

thanks for downloading

TO MAKE YOUR ZINE

PRINT PAGE 1

**FOLD USING THE
GUIDE ON PAGE 2**



<https://linktr.ee/selahmbeman>



Selahn Skybird Berman

RAGE CAMP

AS WE EXPRESS AND CATALYZE RAGE
INTENTIONALLY, WE RELEASE THE PAST AND
BIRTH THE WORLD WE WANT, NOW

FIRE CATALYZES CHANGE
FIRE INSPIRES PROGRESS
FIRE IS HOPE

WE CAN TRANSFORM.

SYSTEMIC OPPRESSION TURNED RAGE INTO ABUSE BUT

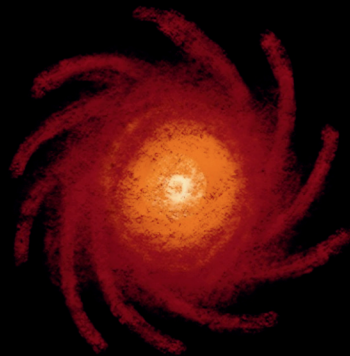
RAGE CAMP IS A SOMATIC PRACTICE SPACE &
THE EMBODIED BELIEF THAT:
RAGE IS HELPFUL
RAGE IS HEALTHY
RAGE IS LIFE-AFFIRMING

RAGE CAMP MANIFESTO

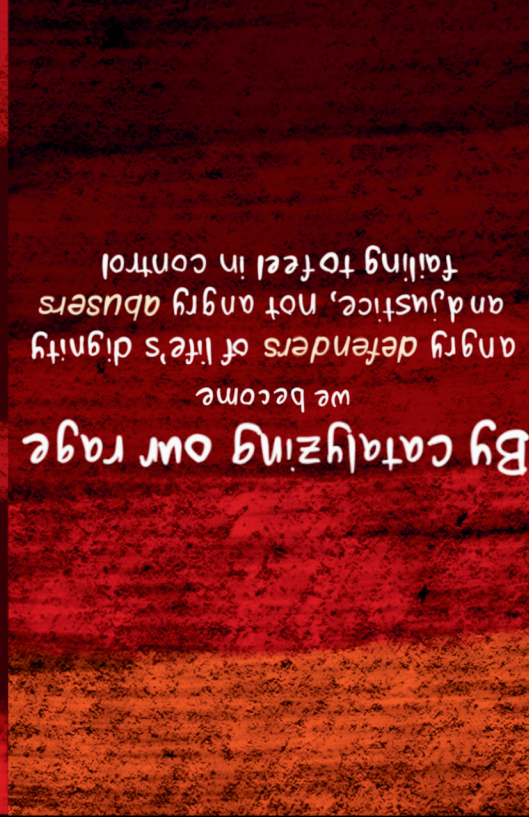


Sacred Rage is a fierce intensity
that protects dignity, justice, and
Aliveness. Sacred Rage is a wise
and protective form of love.

Sacred Rage becomes stagnant
rage when we don't express it



We stifle Sacred Rage because
we're afraid of it or we don't
know how to catalyze it
for change



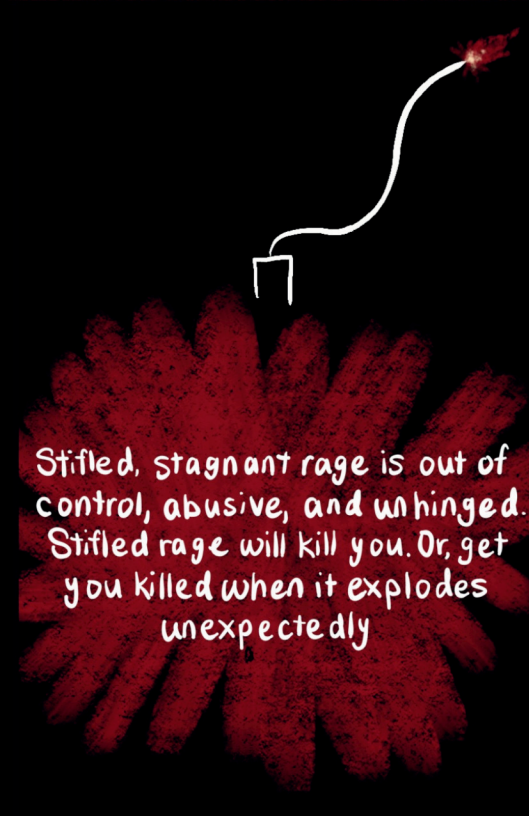
By catalyzing our rage
we become
angry defenders of life's dignity
and justice, not angry abusers
failing to feel in control

We reclaim Sacred Rage by
releasing our backlog of stifled
rage. Without a backlog, we can
catalyze our rage to protect
dignity and justice, turning it
Sacred

We can let go of stagnancy
and reclaim our Sacred
Rage, which is
focused, just,
and grounded.

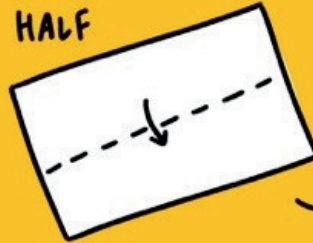
Like a laser, focused rage can
cut through barriers to justice

Stifled, stagnant rage is out of
control, abusive, and unhinged.
Stifled rage will kill you. Or, get
you killed when it explodes
unexpectedly



HOW TO MAKE A ZINE

1. FOLD IN HALF



2. FOLD IN HALF (AGAIN)



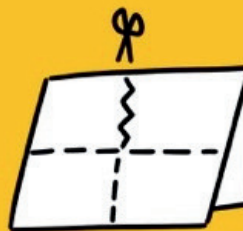
3. FOLD IN HALF (AGAIN)



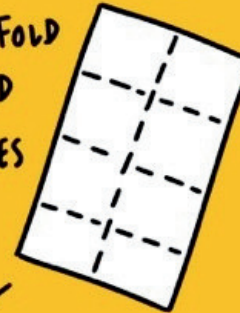
6. UNFOLDED, IT SHOULD LOOK LIKE THIS



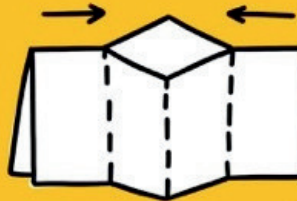
5. FOLD IN HALF + CUT THE CENTRE



4. UNFOLD TO FIND 8 PAGES



7. FOLD IN HALF AND PUSH TOGETHER



8. NUMBER YOUR PAGES IN THE RIGHT ORDER + ROTATION



By Daisy Wakefield
for 42nd Street