



Rachel Mann PhD

Sacred Activist | Social Scientist |
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Sacred Activism for Peacemaking and Ending Violence

Build an Organizational Culture of Inclusion, Caring, Compassion, and Healing with Rachel Mann PhD

Rachel Mann PhD offers universities, non-profits and NGOs soul-infused, earth-inspired, trauma-informed consulting, trainings, and retreats, both online and in person. Her programs draw on the ancient wisdom teachings from Native American spirituality, shamanism, Buddhism and the best western knowledge from the social sciences. Foster an inclusive work environment of caring for and nourishment of self and others. Learn how to improve services to your communities by incorporating a culture of sacred wisdom and the powerful vision it inspires. Work with Rachel and join a global movement to harness the highest destiny lines for all into a world of peace and compassion.

Why Native American Spirituality, Shamanism, Buddhism, and Western Knowledge?

In 1993, Rachel met her first Native American teacher, Venerable Dhyani Ywahoo, who is a carrier an ancient Tsalagi (Cherokee) lineage, as well as a recognized teacher in the Tibetan Buddhist Drikung Kagyu and Nyingma streams. That fateful meeting took Rachel in a direction that she would never have previously imagined as she continued over the next 3 decades to meet and study with other Native American teachers and peacemakers, particularly the medicine people of the Q'ero from the Andes in Peru. Rachel says that Native American

spirituality literally saved her life from trauma and PTSD. Her teachers have freely gifted and blessed their non-Native students to carry the work forward in their families and communities.

While Rachel herself is a Euro-White woman, she has experienced firsthand how powerfully transformational these sacred traditions, ceremonies and healing practices can be, Rachel considers them to be central to ***Sacred Activism for Peacemaking and Ending Violence***. Further, since Native American cultures are firmly rooted in an ethos of interconnection with and service to the Earth, community, and the wider world, they build the fires of a sacred ethics of personal authenticity, inclusion, compassion, and honoring human unity in diversity.

Due to having worked with over 2000 clients as a shamanic energy healer, Rachel believes that healing present-day and historical trauma is a critically important solution to eventually ending repeating cycles of violence in families, communities, nations, and the world. While western socio-political, scientific, psychological, and medical approaches have their place, individuals and organizations must also reach for approaches that address energetic and spiritual dimensions of transformation. Rachel's dynamic combination of Mindfulness and Loving Kindness practices and philosophies from Vipassana Buddhism, her trauma-informed training and research in psychology, the social sciences and the humanities, and Native-inspired wisdom teachings, meditations, teachings, ceremonies, and energy healing practices effect a profound shift in connection to self and others and the Earth.

Individuals and organizations become more energetic, optimistic, focused, and clear about their purpose and mission. They are able to anchor more fully and enthusiastically into visionary creativity in service. They then can dream forth new solutions for approaches to peacemaking and ending violence.

Rachel has been a Sacred Activist in university undergraduate and graduate courses and programs, training and retreats for universities, as well as NGOs and nonprofits for 30 years.

Three Pathways for Sacred Activists

Rachel offers 3 possible pathways for building inner resilience and healing, exploring diversity through building a sacred ethics of inclusion, and expanding your vision of organizational and/or personal Sacred Activism on the frontlines of peacebuilding and ending violence. While her own spiritual practice is anchored into Buddhism, Shamanism and Native American spirituality, she welcomes and embraces the wisdom seeds in all religious, philosophical and spiritual traditions and views.

Rachel wants to ensure that whatever she provides to your organization fits your vision and goals for your employees and the clients and communities you serve. Therefore, these pathways may be mixed and matched depending on your needs and interests. She may also

offer other pathways, tools and programs not listed here. Rachel seeks to make her work with you resonant, versatile, dynamic, and transformational.

Pathway 1: Unity in Diversity: Fostering a Sacred Ethics of Inclusion through Story & Healing

We are living in unprecedented times when organizations are called to go deeper into inner and outer work around differences and conflicts based on race, ethnicity, culture, religion, and any other marker of identity and lifeways. Even in the most open-minded workplaces and individuals, the trauma of historical and present-day problems of violence, oppression, discrimination, and privilege can lurk in subtle, overt, unconscious, and conscious ways.

Pathway 1 offers a healing and trauma-informed journey through the tangled web of this personal and collective suffering. Rachel creates a vibrant, loving and safe container where the magical power of storytelling and community dialogue builds trust and openness. Self-reflective activities, meditation, earth-inspired energy-clearing meditations and healing ceremonies and practices create deeper self-awareness and heart-based connection within and across difference, build the fires of compassion and caring for self and others, and bring back natural vitality, hope and optimism. Friendships across differences are created and/or deepened and creative collaboration in carrying forth your organizational mission is amplified.

Sample Practices: Mindfulness of Suffering, Sacred Storytelling, Anchoring into the Compassionate Witness, Blessing Bundle Ceremony, Mesa Healing Ceremony.

Pathway 2: Radical Inspiration for Sacred Activist Peacemakers: Trauma-informed, Earth and Spirit-Inspired Self-Nourishment, Soul-Activated Vision and Personal Transformation

Vision, purpose, authenticity, and heart are the guiding lights of sacred-activist-peacemakers. It is what fuels you, gives you energy for the work, no matter how hard it can sometimes be. At the same time, organizations and employees working on the frontlines are facing unprecedented stress and pressures in these perilous and promising times of climate change, social and political upheaval, pandemic, and an increase in violent and oppressive rhetoric and actions. Further, personal traumas and unhealed wounds can be triggered as you face daily pressures and witness suffering.

You are also right there seeing what is happening, even if existing institutions, policies and funding do not match needs on the ground. All of this can challenge your commitment and make you question your vision. Or perhaps it is calling you to a deeper exploration of your mission and purpose.

There is a growing awareness in organizations and professionals of the need to anchor into a trauma-informed, personally relevant and authentic spiritual practice that is inclusive and

healing, builds resilience, provides meaning, and offers daily nourishment. Further activist-peacemakers need time to reflect on where they have come from, where they are, and where they are going personally. To see if the work they are doing feels authentic and nourishing of their soul.

Pathway 2 offers a variety of programs tailored to the schedule and needs of your organization:

- Weekly in-person 1-hour virtual teaching and meditation sessions
- Half- to full-day or weekend retreats either virtual or in-person with wisdom teachings, meditations, sacred song, drumming, dance, and energy healing.
- Online *Radical Self-Nourishment for Peacemakers* audio and video teachings, guided meditations, imaginal journeys for transformation and self-discovery, and ceremonies.

Sample Practices: Mother-Father Love-Light Meditations (shamanic loving kindness), Anchoring into the Presence of the Sacred Witness (mindfulness of body, mind, emotions, and spirit), Journeying to the Lower World to Transmute your Wounds, Journey to the Upper World to Harness your Highest Mission and Purpose, Cherokee Heart Chant, Your Heart is a Planet, Indoor Fire Ceremony, the Peacemaker's Mesa for Self-Healing (a medicine bundle).

Please note: Rachel offers this program globally to individuals as a program outside of organizations to which you can send your employees. This Pathway can be offered within a single organization or to a group of like-minded organizations collaborating on building into their offerings to employees' radical nourishment, personal transformation and soul-informed exploration.

Pathway 3: The Spiritual Matrix of Vision & Service: Expanding your Organization's Sacred Activism for Peacemaking and Ending Violence

Professionals and organizational leaders working on the frontlines are growing more and more aware of the need to embrace a spiritually-informed basis for their work with clients and communities. They want to forge a sacred ethics of inclusion and caring, build the fires of compassion, and bring a more trauma-informed approach and solution. Yet, doing so might be a radical shift in worldview and approach.

Pathway 3 provides opportunities for your organization as a whole or for its leaders to explore what it means to bring a view of your work as Sacred Activism, what it means to have a inclusive, spiritually-informed approach and perspective, and how doing so would enable you to have a more powerful impact on the clients and communities you serve. It would also put into your hands earth- and spirit-inspired practices and tools that you can use either internally or externally to create transformational change in patterns of violence and foster peace.

Rachel can come into your organization either virtually or in-person to offer:

- Wisdom Talks on Sacred Activism for Peacemaking and Ending Violence.
- Half- to full-day or weekend retreats either virtual or in-person for organizational self-reflection and exploration and forging a new vision of the work ahead.
- Online *Spiritual Matrix of Vision & Service* audio and video teachings, guided meditations, imaginal journeys for transformation and self-discovery, and ceremonies.

Sample Talks:

- Harnessing Our Highest Personal and Planetary Destiny Lines to Peace
- Sacred Activism for Peacemaking and Ending Violence
- The Terrible Destiny Line of Racism in the United States
- The Importance of Sacred Activism for Peacemaking to Understanding and Manifesting your Vision of Service
- Healing is an Act of Love for 2022 and Beyond
- Native American Spirituality and Peacemaking in the 21st Century

Sample Practices: Exploring the Sacred as Personal Authenticity, Forging a Vision and Harnessing your Highest Destiny, Mindfulness of Suffering, Anchoring into the Vibrational Matrix and Peace and Compassion.

How Rachel Works with her Clients

Step 1: Upon your initial inquiry, Rachel sends you a brief intake form for you to fill out, answering questions about the reasons you were drawn to her work and what your visions and goals are.

Step 2: If Rachel feels there is potential after reading your intake, she will schedule with your appointed representative(s) a free 1 to 2-hour Discovery Call to explore more deeply your vision and goals and to make sure there is a good fit.

Step 3: If everyone is enthusiastic, you will be provided with a written proposal including recommendations and a financial estimate based on the findings of the intake and Discovery Call.

Step 4: Rachel provides another call in the event you have more questions about the proposal.

Step 5: Once an agreement is made on the way forward, Rachel provides you with a Letter of Agreement for you to sign in which she outlines the services and programs she will offer, estimated timeline, and the payments required.

Step 6: Rachel then sends you a more in-depth questionnaire with questions such as what challenges and problems you are having, what spirituality, the sacred, activism, peace, compassion, and inclusion means to you, what your goals are for your employees, and more

about your vision, needs and hopes for the future or your organization and the clients and communities you serve, among others.

Step 7: Rachel then schedules a meeting with your appointed representative(s) to review and discuss more deeply your responses to the questionnaire and then to outline in greater detail than the initial LOA the retreats, trainings and other program offerings, along with a fixed timeline.

Step 8: Rachel then provides the program to your organization.

Let's go! Now is the time! Let's work together to dream a new world into being!

How to Find Out More and Contact Rachel

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