



Recrear Magnify was a precious moment.

13 people came together for 2 weeks in Medellin.

We wondered out loud and inwardly - how do I/we transform tensions to create the futures we want?

We played, danced, sang, cried, slept our way through the personal and collective process. We felt all the feels (apparently) and we often felt unsure about where we would end up.

This zine manifests a lot of what made this experience.

ARE
WE
READY
TO
FACE
IT?

WE COMMIT TO
SEEING TENSION
AS AN
OPPORTUNITY.

WHAT?



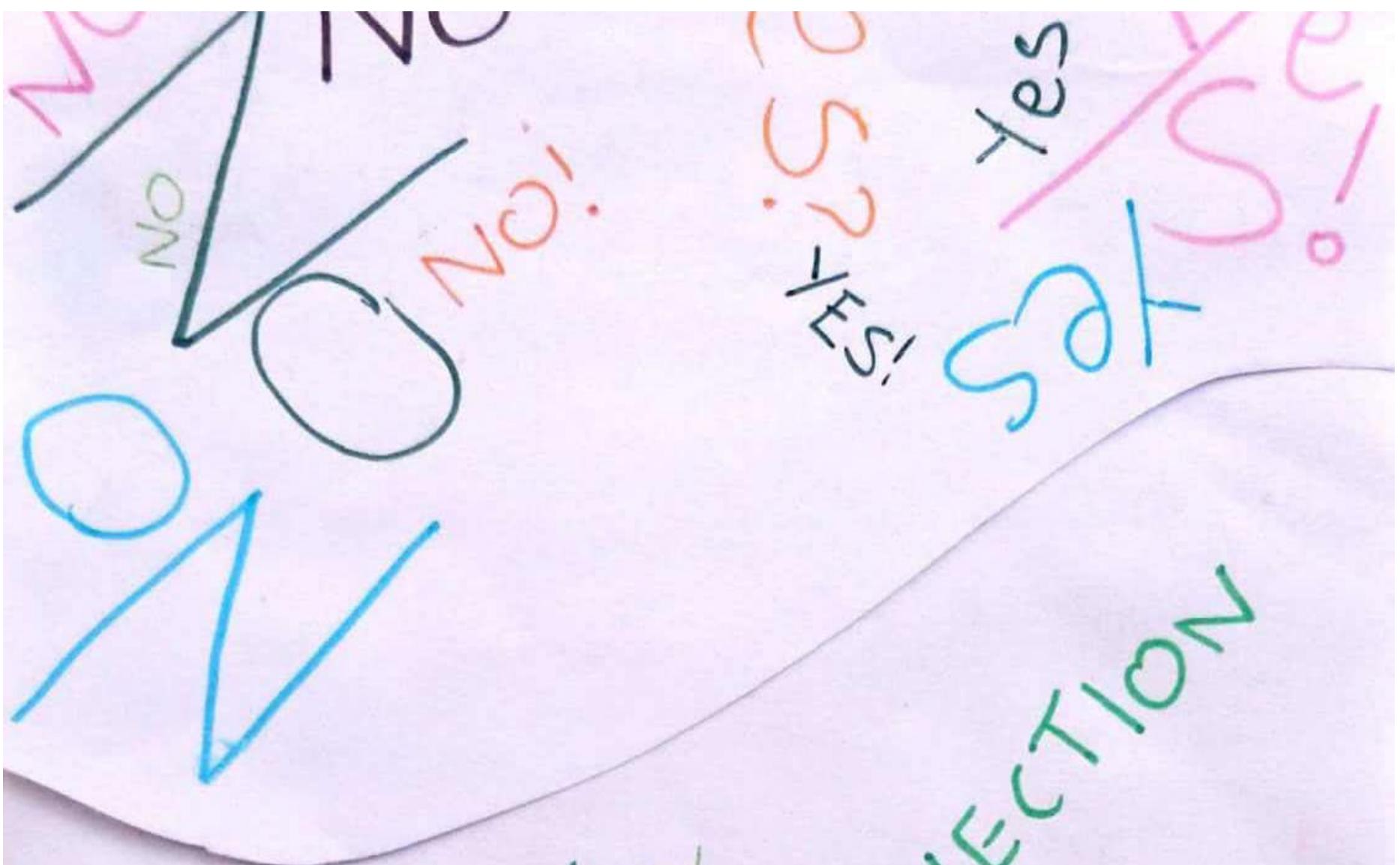
TO
EN



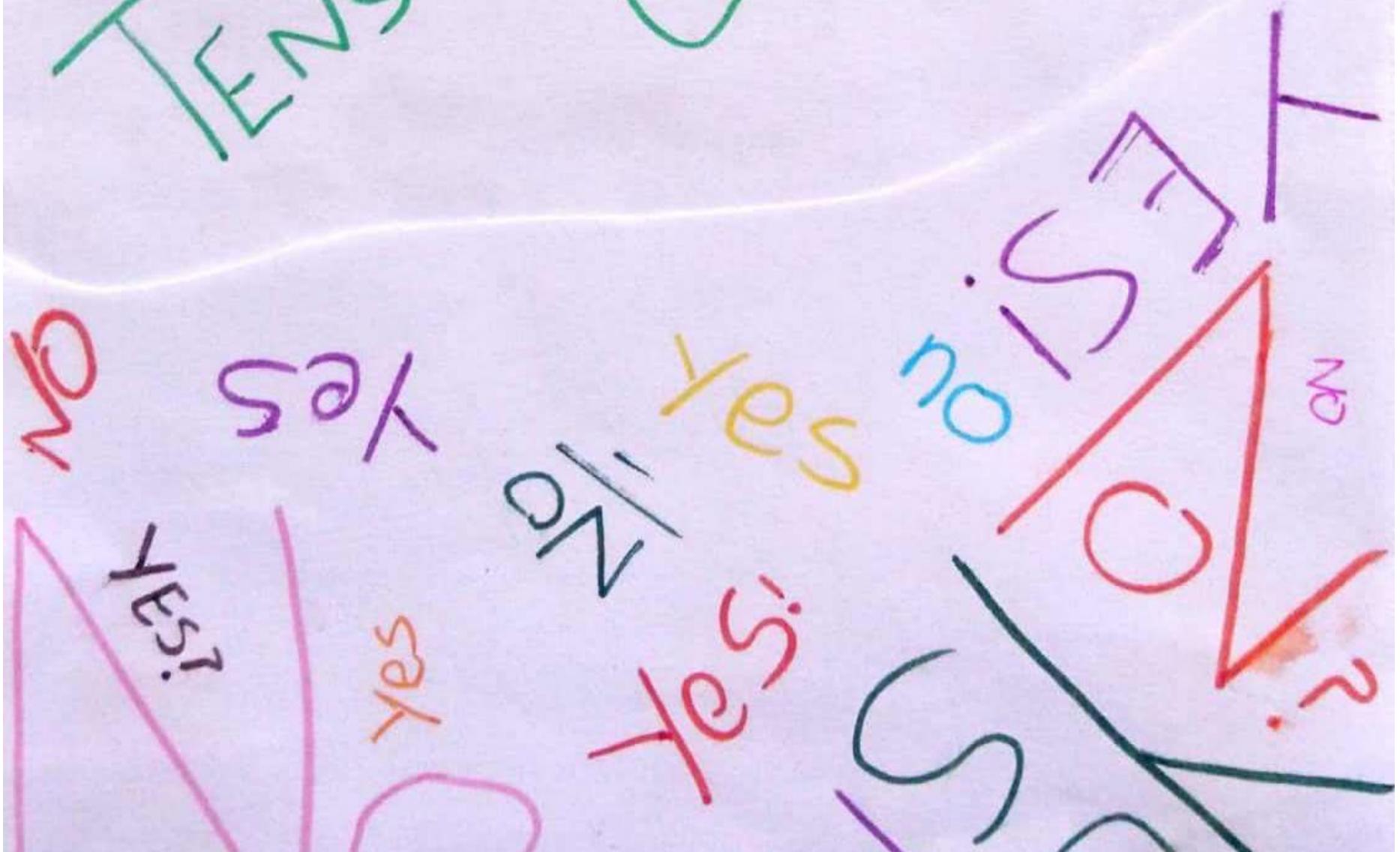
NOT TO
CLOSE.

Tell
me about
it.

THIS CHANGES EVERYTHING!



TENSION and CONNECTION

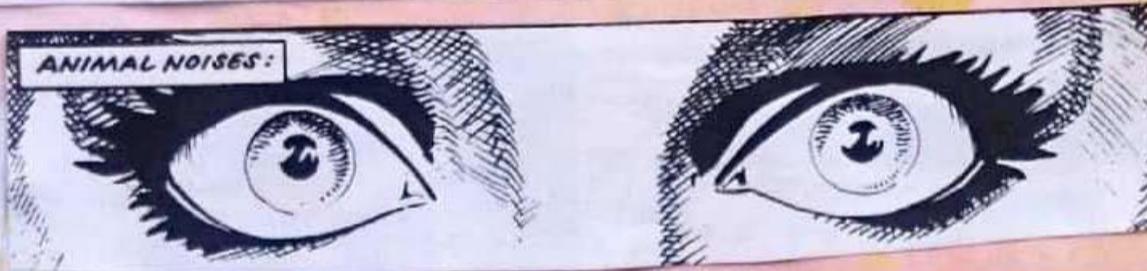


"FOCUS ON ONE EYE..."



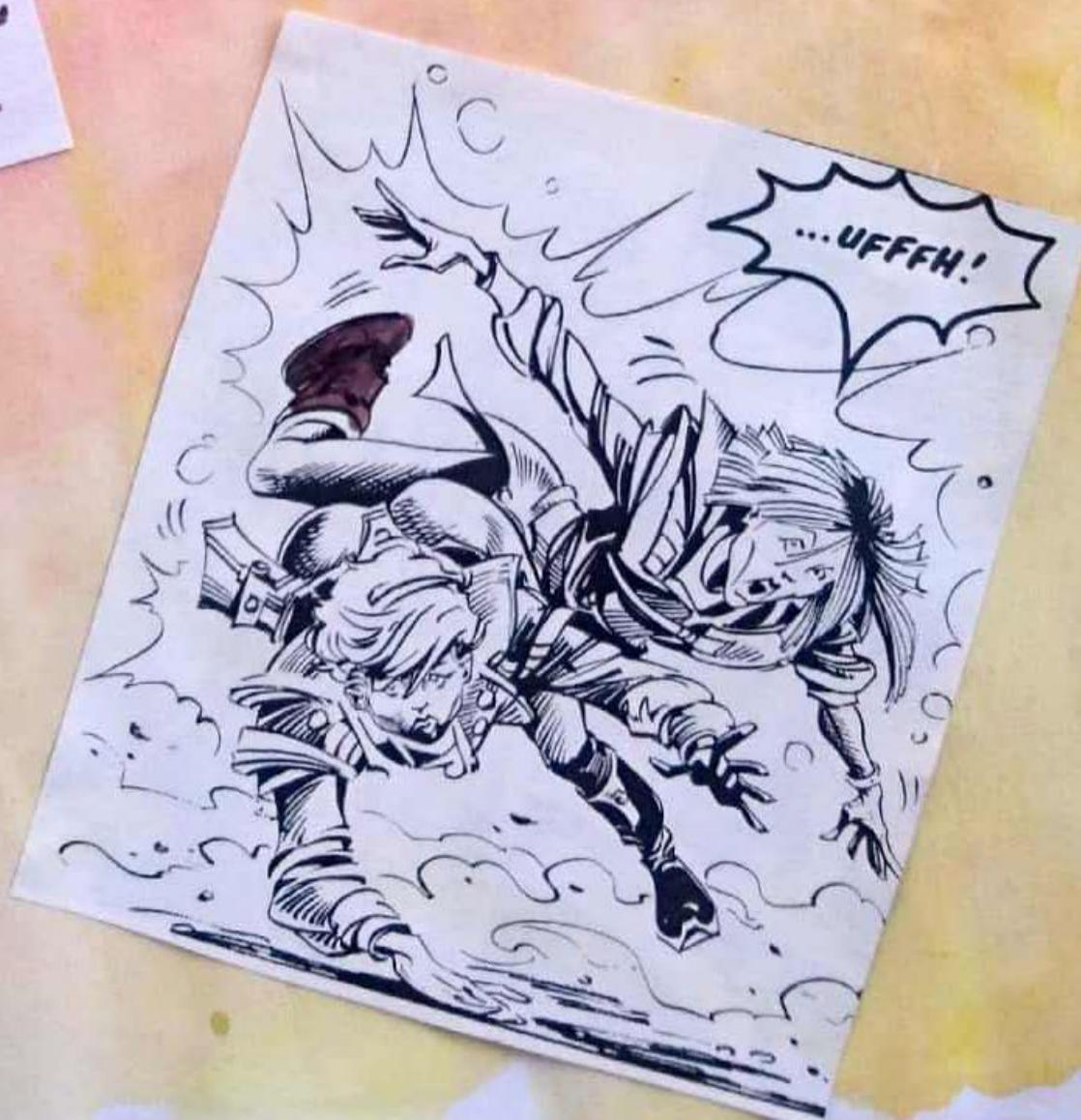
WHO DO YOU SEEE?

WHAT DOES IT MAKE YOU FEEEL?



IS THIS PERSON TRYING TO TELL YOU SOMETHING?

TELL HER!"

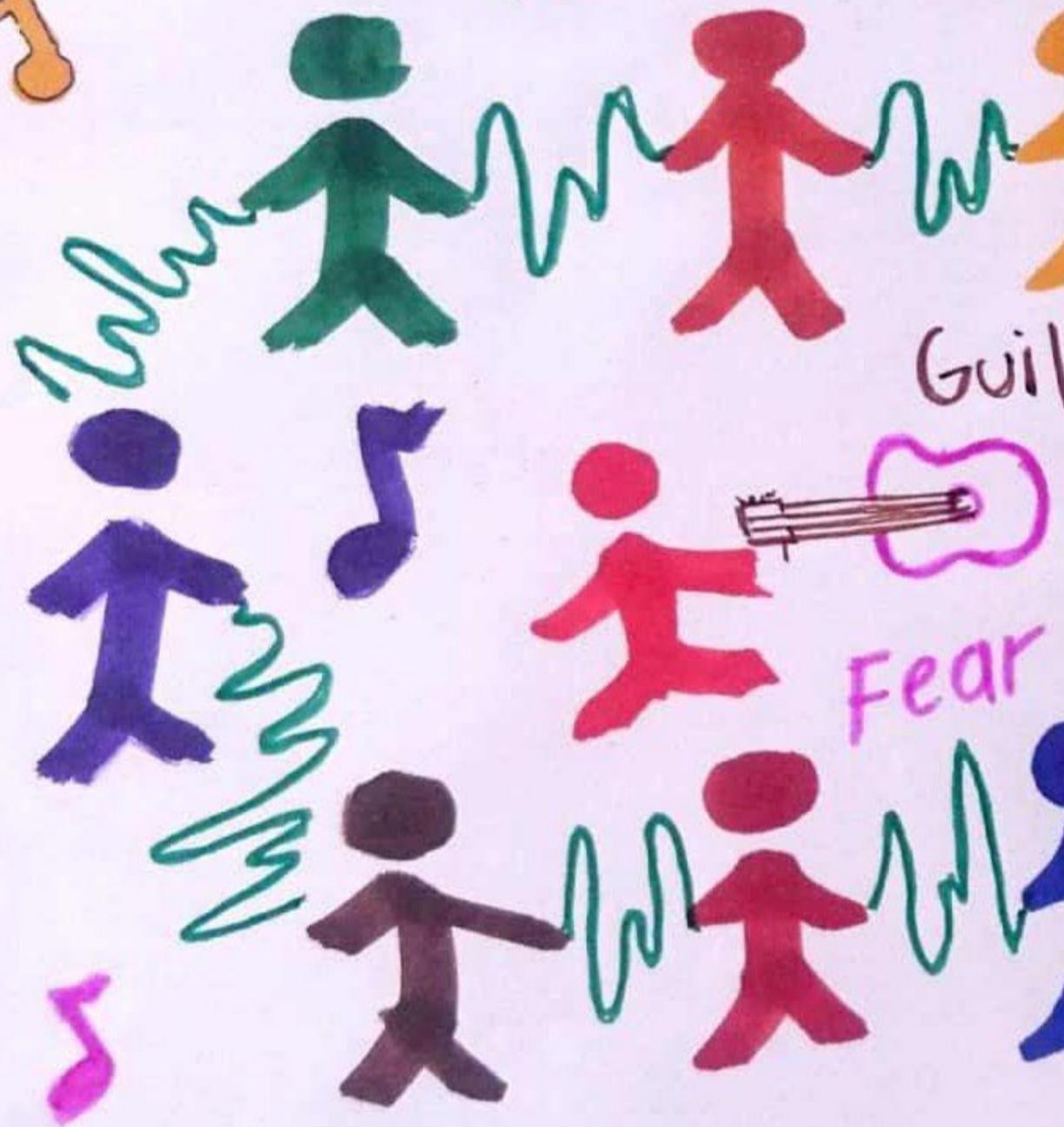


JUEGO's

Vulnerability

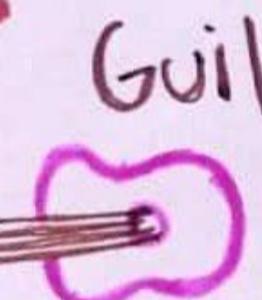


Sadness



Connection

Rel



Fear



CLOSING



The ugliest parts of me
Cracked open and moved

Breaking in and out
Distorted, reconfigured, visualised

To breathe more and to think less
Watching the unfolding

Like that leaf being blown away
Powerless in the wind

She turned back defiant
And we welcomed her

Guilt is what's left lingering
To let go is pure joy

A cluster fuck
Laugh out loud

Trust in the process

Exhale, let it go

I'm uncomfortable with myself

Left behind, imbalance

Are we ready to face it?

Even if we disagree?

Words, words, words wordswordswords

I feel like running

Infinitely far away

Empathy

Explore

Empathy

Explore

This feeling of change how wonderful can it be?

How do we find comfort in our discomfort?

Open my heart with courage

- A collective poem written after our time with El Juego



WHAT WE HAVE LEARNED ABOUT PAR

- IN QUOTES -

WE ARE ALL PART OF THE EXPERIENCE

IT'S ON TO FEEL CONFUSED AND DISCOMFORTED AND IT INVOLVES PLAYFULNESS AND EXPERIMENTATION

SOMETIMES YOU WILL ASK YOURSELF "WHAT THE FUCK IS GOING ON?"

WE ARE ALL CREATORS OF INNER AND OUTER WORLDS

IT'S ABOUT CO-CO STRUCTION

THROUGH OUR PROCESS EACH PERSON HAS CHANGED

YOU CAN TAKE RISKS AND BE BOLD

IT'S OPEN ENDED

IF YOU ARE NOT FREAKING OUT IT'S BECAUSE YOU ARE TAKING TOO MUCH POWER

IMAGINATION INTO MATERIA

WE DID A LOT OF DEEP LISTENING

IT CAN UNFOLD IN UNEXPECTED WAYS

WE CAN MAKE OUR

IT'S ABOUT US AND FOR US

IT CAN CAUSE VERTIGO

IT ALLOWS US

TO ACKNOWLEDGE

EACH OTHER'S EXPRESSIONS

IT'S A HUMAN LAB

UNIVERSES INSIDE OF US

IT ALLOWED US TO EXPLORE THE

EVERYTHING CAN BE QUESTIONED

IT MADE US AWARE OF OTHERS AND THEIR COMPLEXITIES







All of the voices

I
Feel
Uncomfortable

Magnify | Journey | Journal

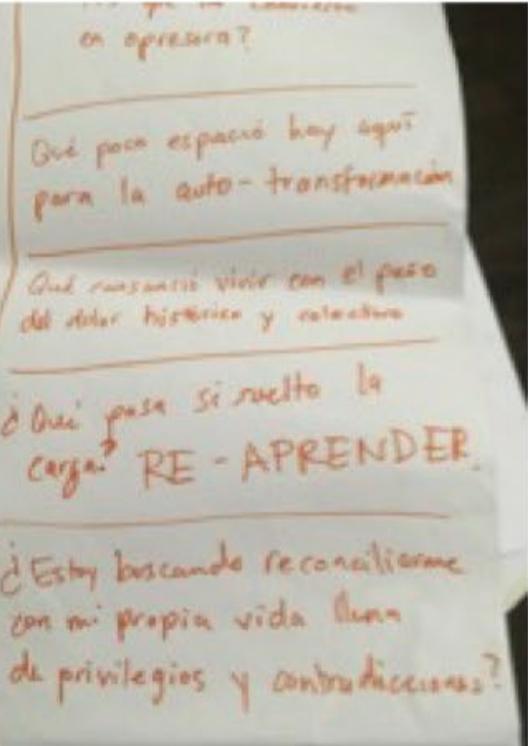
I spend energies thinking and learning about what is wrong and fucked in the world. I look at the history of colonization - of lands, bodies, narratives, homes - and the pain of the oppressed. I name the oppressor: global north, industrialization, development, Green Revolution, technocrats, white men, homophobes, extraction, free trade. I name those who have endured: women, trans*, black, children, indigenous, poor, peasants, souths and peripheries. I have learned to carry a historic pain in me, and to walk the world - my life - with an awareness so sharp that it almost hurts with each step.

I have been confusing the burden with the honoring.

How could I honor this history with my life and actions from a place of creation, love and transformation?

I am learning to see the person behind the system. I see the “oppressor” with different eyes. There is pain, self-doubt, confusion, guilt, denial in the individual. Prisoner of a prison that maybe they did not create. See the other with the eye of the spirit.

My judgement and anger is only deepening the abyss between “them” and “us”. It has been difficult to be compassionate with those that seem so oblivious of their power. A voice in my head said, “You accuse them, make them feel guilty, make them pay for their history of oppression and their present of full of privilege”.



I hear someone question these categories. My categories, my truths. I am so done with attaching to my own narratives of who I am and ought to be in this world. Where the fuck are we going if pain and anger drives creation and action? I hear. I see the spiral where I have been, one that has taught me much but now chokes me, leaves me so little room for newness, for my own imagination to bloom.

**How little space I have left for self transformation.
How tiresome to live with the weight of historic and collective pain.
What happens if I release the burden? Re-learn.
Is this a process of reconciliation with my own life full of privileges and contradictions?**

I went out to the garden to reflect upon my feelings. I was shaking, about to cry, I felt I could vomit at all the voices in my head. I needed others to make me see that my own light is being shed away by my own anger. Self-sabotage. So I began thinking about what it means to heal from within. What does healing the wound mean for me, and how is that reflected back into the fucked up world? How can my healing transcend my individuality? Some call this healing justice. I am only beginning to understand.

I am moved by the vulnerability of our lives and the depth of our universes. To smooth the edges of my truths feels refreshing, liberating, revolutionary. --- MA.

Activities to release tension and engage self

Readiness is in between tension and connection

Comfort in the limits

Self doubt

How can I support the conditions for readiness to navigate the futures?

Power to choose who we want to be

Holding space that is inclusive of complexity

How do I recreate identity in interaction with others to explore the future I want?

How do we develop skills and relationships to transform the way we are in the way of creating the future we want?



o
on
e

pace
s
of
ties

re my
action
inclusively.
res we

Learning into
tensions through
cycles of
transformation

Strategies to
remain open
while sane

Acting from a
place of love
instead of fear

When prefiguring our
futures, how do we
remain open-minded
without losing our
minds or causing arm?

Themes

Sub questions

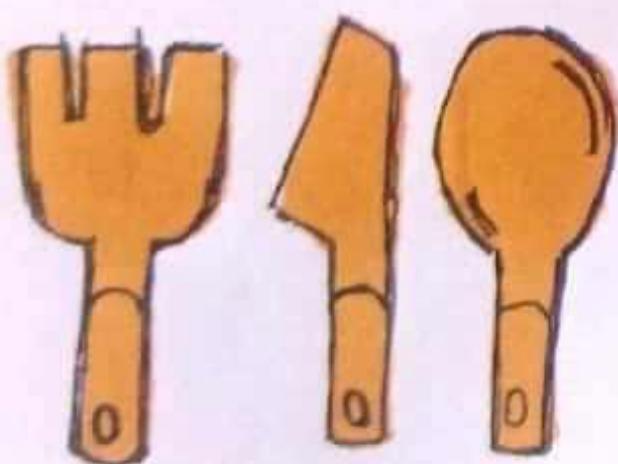
and nurture
tensions that stand
futures we want?

Main question

GASTRONOT

S Y T

gastro
y
t



MIA TERRITORIO



What a magical meal!!!
about feeling thrilled and moved
and the passionate people
of the moment
and the togetherness

Hector
Arístizábal



The medicine is

what is your medicine, the gift you



Difficult
experiences in
life can be seen
as moments of
initiation

in the wound

are bringing into the world?



And the now gigantic fish
said, "thank you for
noticing the details, for
hearing the little things."



Readiness for change

is in between



and



To change is a demanding process.

Tension can inspire readiness,

The people who are connected to us will accompany and nurture the journey





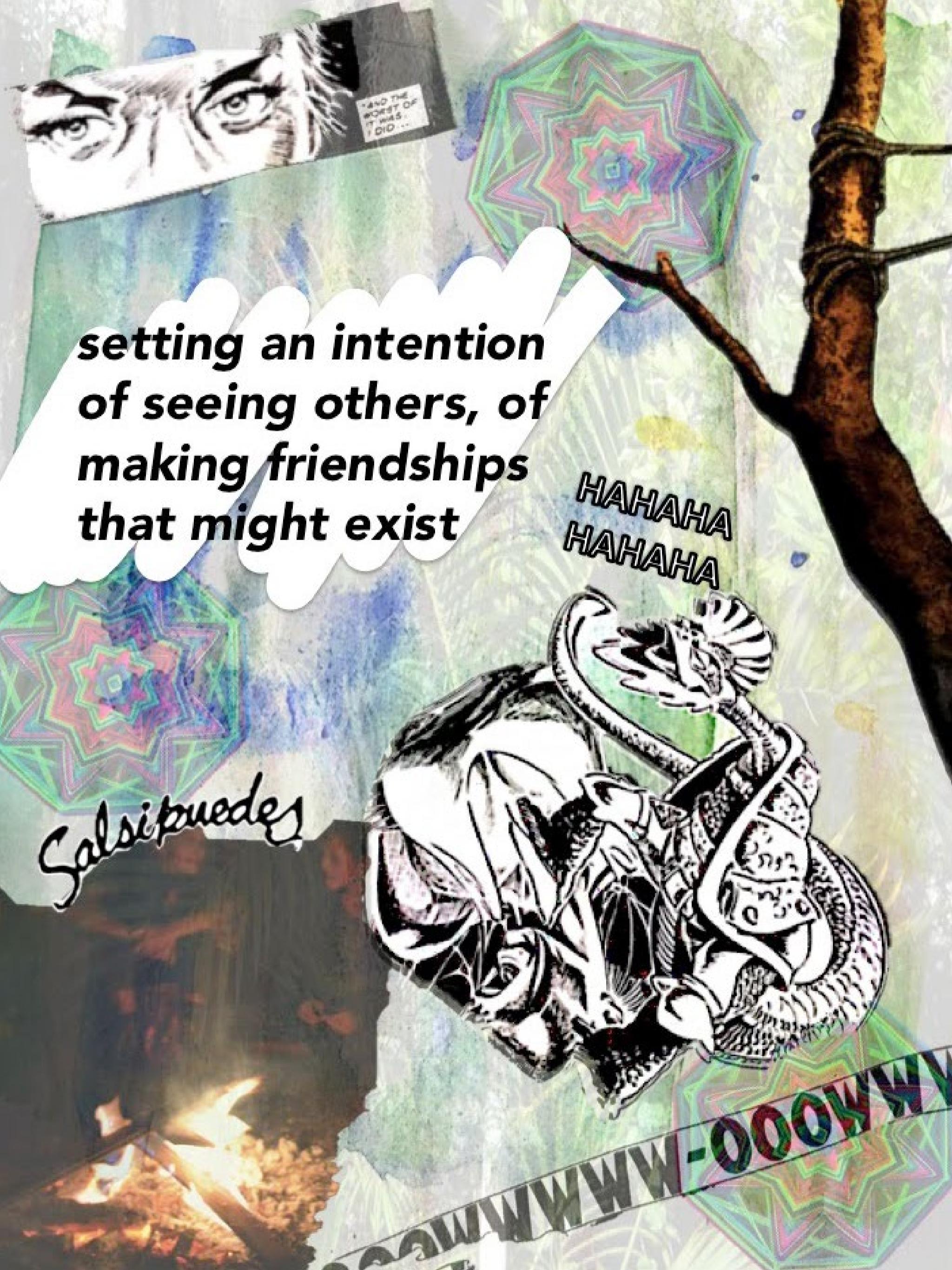


It's a blurry
magical place

I feel so
discombobulated!

RAZ!





**setting an intention
of seeing others, of
making friendships
that might exist**

Salsipuedes

HAHAHA
HAHAHA



www-ooom

What would it look like to lose myself?

I wake up one morning with dull colours and she is not there

No backpack in sight. My fav shoes are gone.

What do I do?

Search, search everywhere.
In the bathroom first. Toothbrush still there.
Why would she have left without it?

I open my laptop in panic.
make missing signs.

Permission.

Can I have permission to lose myself?
Do I give myself permission to fail?
To be held?
To be weak?
To be lonely?

And if
I cannot fall,
can I allow myself
to fully thrive?
To fully come?

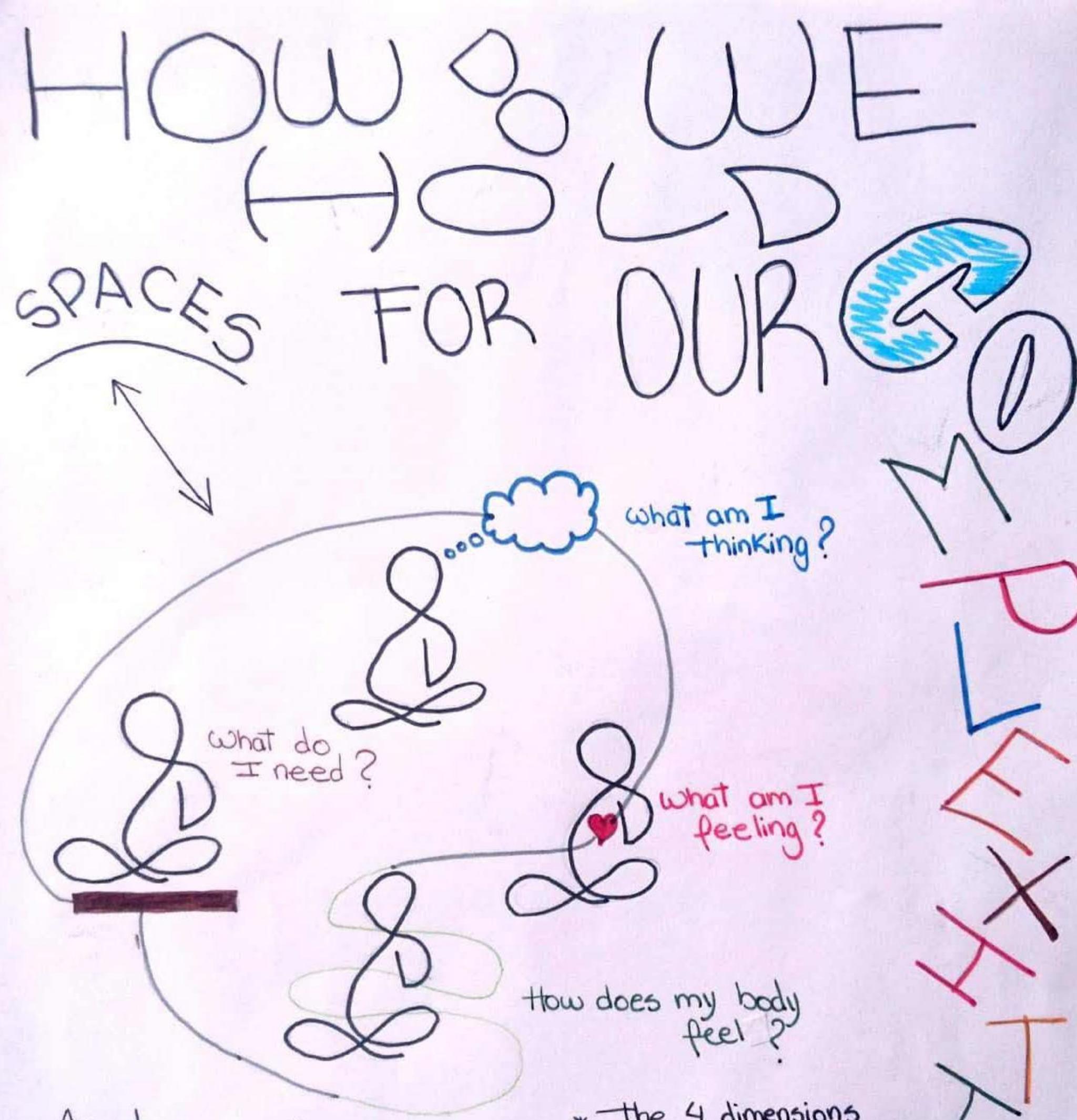
What is it that I am ready to abandon, burn, cremate?

Permission.

To stay with the child, to play with tenderness.
To surrender to boundaries in a hug that can

hold
me

whole and scattered



Aquel que crea
y es creado, reconoce
en su cuerpo, en su
corazón y su pensamiento
su complejidad. Esa complejidad
que compartimos todos.

* The 4 dimensions
EL JUEGO

...nurture relationships...

When I am in front of you, I feel I want to know more about you.

I feel comfortable, secure, open.

In your eyes I see myself, my mother, my father, all humanity.

When I am in front of you, I feel recognized, acknowledged and supported. I see myself. I see beauty in the differences and the similarities.

I feel excited to hear what you have to say, share, analyze. I feel a huge amount of trust, gratitude, affection, inspiration and joy in this group.

When I am in front of you, I feel seen, recognized, trusted, appreciated. When I look into your eyes, I see someone who believes in me and encourages me to go for it. "You are ready to face it!"

I feel the emotions portrayed in your eyes.

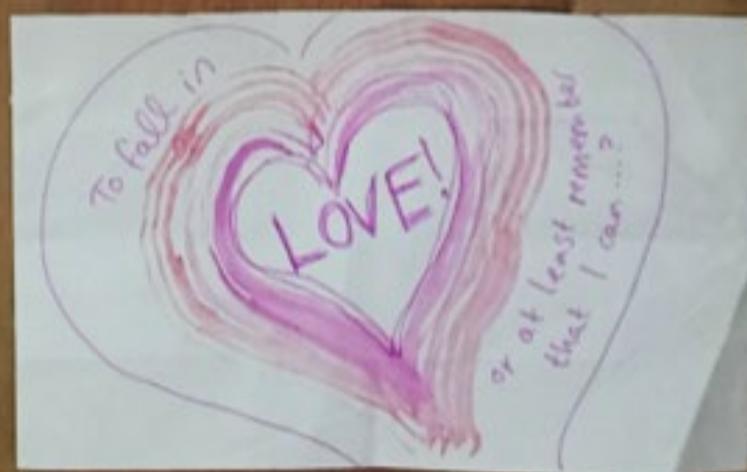
I feel everything I want to bring in the world and everything unresolved in me - at the same time ALL THE FEELINGS, but mostly amazed and grateful.

When I am in front of you, I feel you and me, beautiful with all the stories and experiences we had. I feel peace and joy.

Love these humans!



The Door of Dragon Dreams



"A process that is
TRANSFORMATIVE
DANGEROUS
PAINFUL & POWERFUL
but also somewhat
elusive..."

-carla bergman on
The Sprnogian concept of JOY
Joyful Militancy, 2017

NASYA F

FIA VANE

GIOE

MILA JA

KIRSTEN G

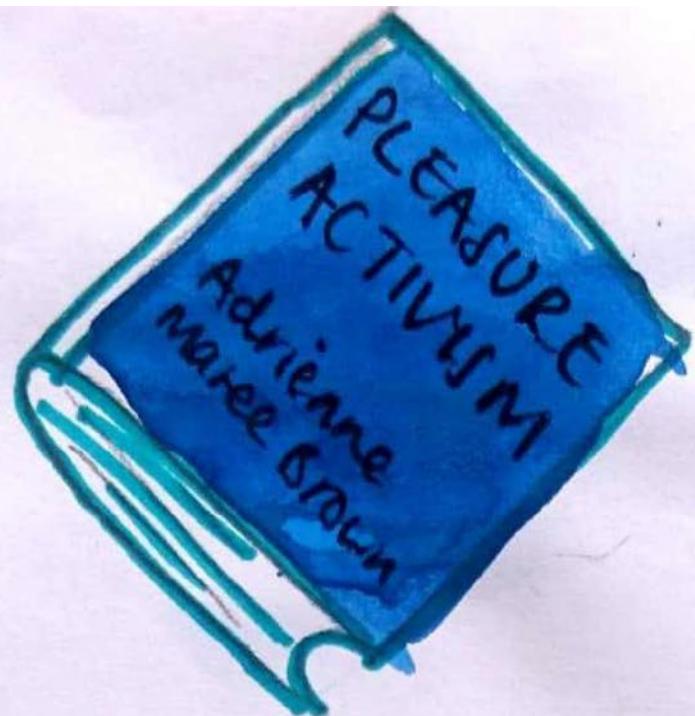
MMA

SSA ANA

L PILAR

A X M. A.

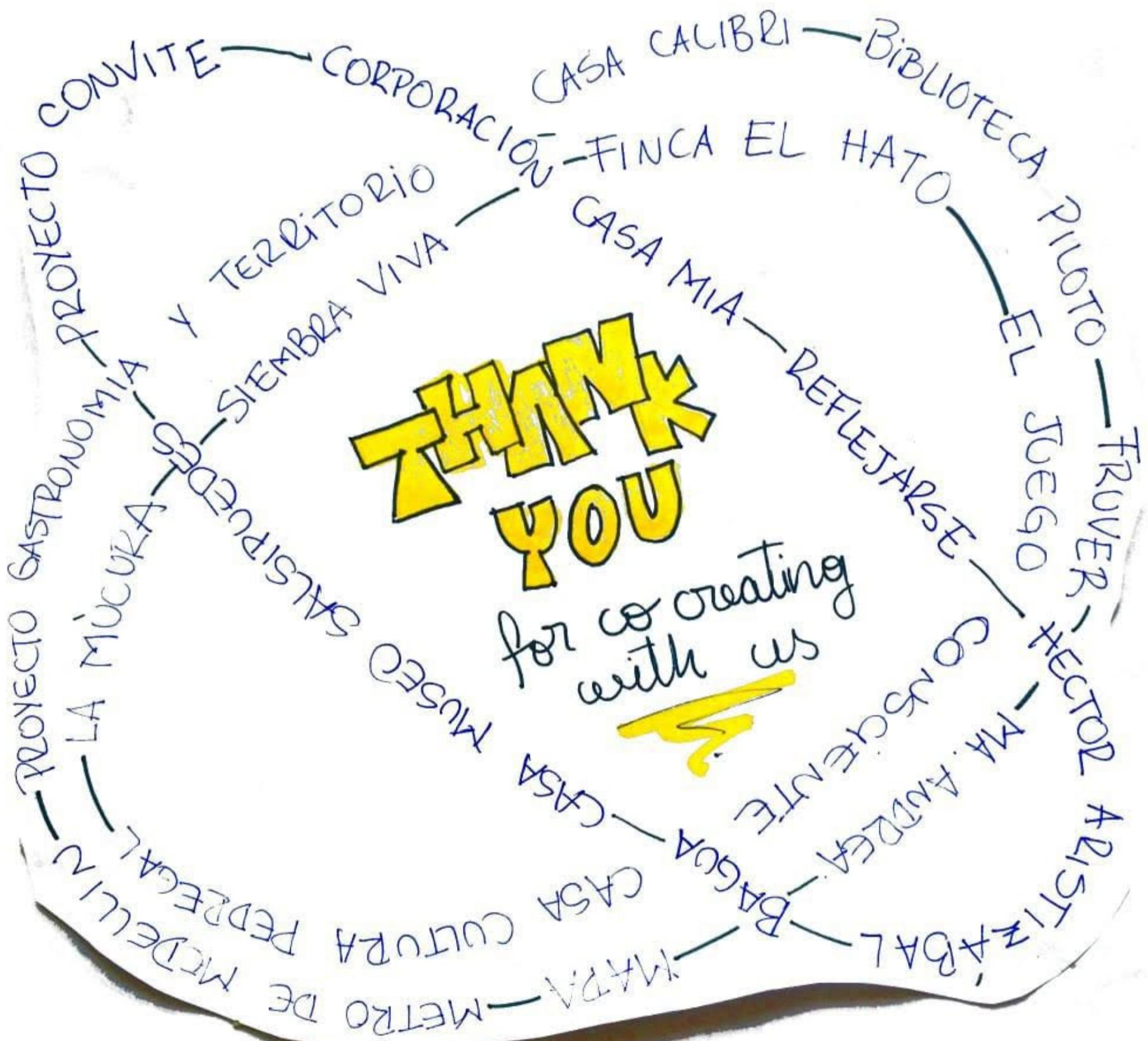
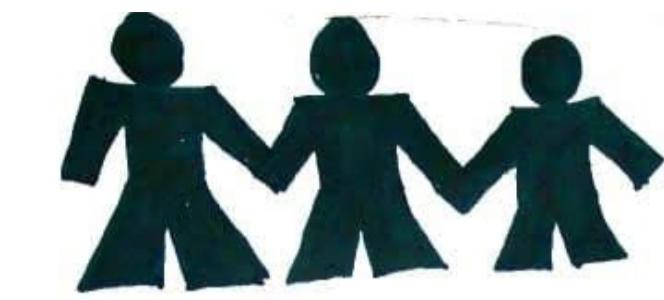
ABY LITA



READING LIST M&M 2019







iSHARE YOUR EXPERIENCE @MAGNIFY WITH
YOUR COMMUNITY!

#RECREARMAGNIFY



@Thisisrecrear



RecrearInternational



@Recrearinternational