

Radical

Sparking a Self-Care Revolution



Issue 21: August 2021

Radical Issue Twenty-One (August 2021)

A new affirmation / Una nueva afirmación

**I live with a daily practice of self-love
I am grateful for myself
I am safe
I am healing every day.**

**Vivo con una práctica diaria de amor propio
Estoy agradecida por mí misma
Estoy a salvo
Estoy sanando cada día.**

What is Radical zine?

Radical started as a way to spread a message of sustainable self-care and unconditional love as a healing tool. Radical also strives to support independent artists, writers, and healers with a focus on woc and queer creatives. Choosing to love myself unconditionally and heal is the reason I am still alive. This zine project is an extension of my own journey. Art, poetry, & choosing to support others gives me a greater purpose than just my own needs. XOXO, Leah Oviedo

D.I.Y. Therapy: Self-Guided Meditation

Love is stronger when it grows from within. In my experience, a meditation or mindfulness practice can be very helpful in centering self-love in our mind and heart. This allows us to focus on what is healthy and important to our unique journey.

Find a comfortable position (or do this while walking someplace safe).

Inhale a deep breath down into your belly and exhale slowly
And another deep inhale and slow exhale
And another

(I find it helps to hold a hand on my belly when I take deep breaths, Something about feeling the rise and fall feels comforting.)

Find a steady rhythm for your breath that feels calming.

Repeat the following affirmations:

Everyday I am more compassionate

Everyday I am more centered

I am connected to everything and everything is connected to me

Inhale a deep breath down into your belly and exhale slowly
And another deep inhale and slow exhale
And another

Repeat the following affirmations:

I choose to act with compassion

I choose to react with compassion

Inhale a deep breath down into your belly
And another
And another

Relax and know you are loved and supported.

Poets to Know-its

June Jordan (1936 - 2002) was a poet, activist, journalist, essayist and teacher. Prolific and passionate, she was an influential voice who lived and wrote on the frontlines of American poetry, international political vision and human moral witness." <http://www.junejordan.net>

Check out her book "Naming Our Destiny"

She's famous for the line, "We are the ones we have been waiting for."

From the poem "Passion"

*"Our own shadows disappear as the feet of thousands
by the tens of thousands pound the fallow land
into new dust that
rising like a marvelous pollen will be
fertile
even as the first woman whispering
imagination to the trees around her made
for righteous fruit..."*

Jaye Simpson is a Two-Spirit Oji-Cree person of the Buffalo Clan with roots in Sapotaweyak and Skownan Cree Nation who often writes about being queer in the child welfare system, as well as being queer and Indigenous. <https://harbourpublishing.com/collections/jaye-simpson>

Check out her book "it Was Never Going To be Okay"

From the poem "Perennial Love Poem"

*"i wonder if they feasted on my heart?
you see, i wouldn't mind that
i had gotten used to sharp teeth on my heart..."*

Follow her on Twitter [@fka_jayesimpson](https://twitter.com/fka_jayesimpson)

The Linda Lindas are a punk/power pop/ new wave rock band from California.
<https://thelindalindas.wixsite.com/rock>

Check out their EP The Linda Lindas

*From the song "Vote"
You can't just sit on the side
Well, you're just wasting our time
You can't just wait and see
We'll be stuck for eternity*

Love

by Jasmine Farrell

*Italics are quotes from Zora Neale Hurston

Love, I find, is like singing
You have solos
duets and sometimes choirs.
singing the same notes
and harmoniously laying hearts in
the place where liberation is found.
Love makes your soul crawl out of its hiding place.
Tugs you outta of the cupboard that was seldom opened,
filled with cobwebs,
surrendered dreams
and
lack luster promises of higher grounds
Mhm.
I have been in Sorrow's kitchen and licked out all the pots.
Then I have stood on the peaky mountain wrapped in rainbows,
with a harp and sword in my hands.
Heartbreak knows no boundaries, but neither does
unconditional love.
and I know about unconditional love.
The full acceptance of your being held like
premature children in hospital rooms.
I know about lovin'
I know about pain.
I know about joy.
I know about purpose, poise and passion
Those that don't got it, can't show it.
Those that got it, can't hide it.
I have known the joy and pain of friendship.
I have served and been served.
I have made some good enemies for which I am not a bit sorry.
I have loved unselfishly, and I have fondled hatred with the red-hot tongs of Hell.
That's living.
and
trust me, I know about livin'.

Jasmine Farrell, from Brooklyn, NY is a freelance writer and poet. Her most recent poetry collection, *Long Live Phoenixes* is available exclusively on Amazon. She wants people to reclaim who they are, so they can live life authentically and with purpose.

JasmineFarrell.com & Facebook.com/justbreathejasmine

& Twitter.com/justbreathejas & Instagram.com/JustBreatheJasmine

Plan

by Teri Anderson



Teri Anderson creates work that looks into the idea of craft in art, textiles, installation and sculpture to create a linear or surreal environment which the audience have to inhabit. The work links to her heritage and how textiles were key in their family history including sample machinists and pattern cutters. Building on this Teri proposes an art practise which incorporates a craft based techniques into the art based discipline of installation.

<https://teriandersonsite.wordpress.com/>

@tinyteri13 - instagram

@teriandersonartist - Facebook

The Unfathomable

by Natalie Allgyer

The unfathomable shouldn't happen. It shouldn't be. It's against every law of nature.

Yet, here we are.

The unfathomable is the most unholy surprise. A fate worse than death, and beyond all human comprehension.

Yet, here we are.

The unfathomable is numb, and stuck in a constant state of hopelessness.

Yet, here we are.

The unfathomable is a thief. Stealing your love, your time, your soul.

Yet, here we are

The unfathomable is just that- unfathomable.

Yet, here we are.

This image (*on opposite page*) is dedicated to a little boy who was my neighbor for many years. My family considered his family our own. 100% of the profits from this image will be donated to St Jude's Children's Research Hospital so that hopefully, no child or parent should have to endure the Unfathomable again.

Purchase at www.natalieallgyer.com/store/the-unfathomable



Natalie Allgyer was born in New Jersey, just outside of Manhattan, in 1980. Then moved to Charleston, SC to start a family in 2014. Her medium is photographic surrealism. She uses her camera and photoshop to create her limited edition pieces.

Natalie attended the parallax art fair in London in 2019. She is published in magazines across the USA and EU. She is also featured in galleries across the USA.

Guerrera Concha

By Daisy Salinas

After my birth in the Valley, my family migrated to the green montañas of Tennessee
In a sea of whites, I was the only brown body but returning to these borderlands I dreamed of
for years. It was my chance to tend to my roots
Searching for meaning and a connection to esta tierra, mi madre me contó una
historia sobre su abuelita
Mi bisabuelita from General Treviño, Nuevo Leon, Mexico
A politically progressive free-spirited mujer who dared challenge the conventional standards
of early 20th century Mexico
But this came with a price
Labeled a bad mother and wife - she was shunned, humiliated, and was el chisme del pueblo
- the talk of the town
I imagine myself as her running barefoot through el rancho, montando caballos, mal hablada,
una guerrera, luchadora, chingona
You see dreams bring our ancestors across the border but so do machista nightmares
Mi bisabuelito committed the greatest act of violence
He kidnapped her three children – including my abuela across these fragmented borderlands
to Tejas and convinced them that their mother had died
You see, the border is a weapon used to divide the matrilineal bloodlines in my family, keep
women in their place
El sexismo, machismo keeping us all hostage from womb to tomb
Generation after generation
Tragic loss of motherhood
The rememberings, los recuerdos that are not fully realized
Alone all those years in the desert calling out her children's names
I still hear her wails
She did not find them until 20 years later
I am her and she is me
Dreaming in these borderlands
I won't forget her dreams or her pesadillas
I never met my bisabuelita or my abuelita but I carry their pain
To remind me that though the landscape and people have changed, so much still remains the
same
La cultura Mexicana is bittersweet – a romanticized fairytale we tell ourselves, but the pages
are stained with the blood of women
My relationship to my foremothers feels alien but if I record, preserve, and share my
bisabuelita's story

To call it out as something unjust that was done to her
I believe it can help ease her suffering
I've taken refuge in her
I will restore what's broken
Her suffering and pain will not be in vain
I will make sure the world knows that no mujer should ever have to suffer from un hombre que
no vale una chingada
No vas estar olvidada
Because a century later, I am the descendant of what my bisabuelita always dreamed of
Running barefoot through el rancho, montando caballos, mal habladas, guerreras,
luchadoras, chingonas
That's where I will always find her

Daisy Salinas is a San Antonio-based Xicana feminist zinester, punk musician, fest curator, activist, and overall rabble-rouser sin vergüenza. With the purpose of amplifying the voices of radical artists of color, Daisy founded the decolonial Native Xicana Feminist publication *Muchacha Fanzine* in 2011. Along with zine-making, she also founded the feminist punk collective Xingonas in the Pit and fronts the Tejana punk band Frijolera Riot. You can support her work via patreon.com/muchachafanzine.

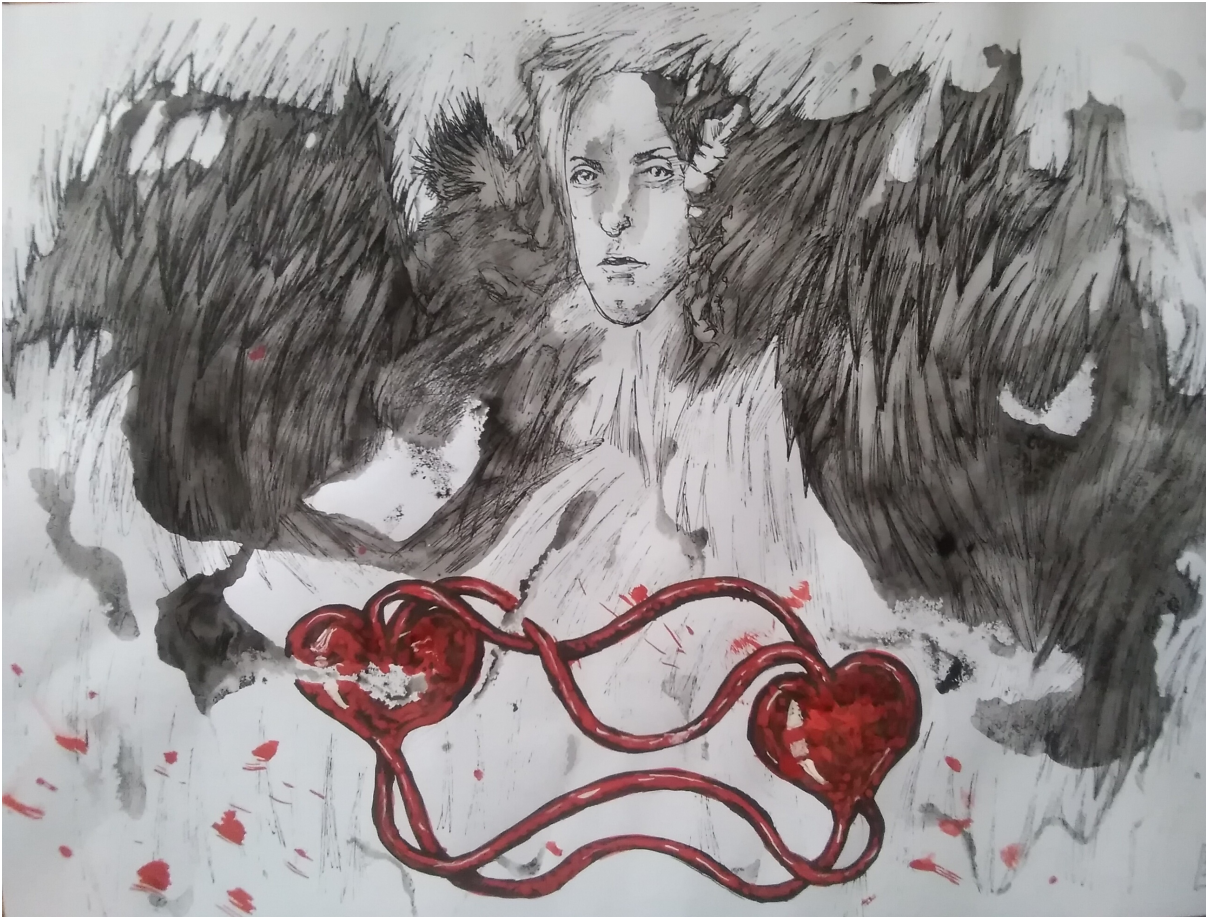
I write
Because
You don't always listen

Lots to say
Sometimes I am scared
Sometimes I am shy
Sometimes I am fed up
My message is important
My voice needs to be heard

I am
All the women
(the silent women)
Who scream inside
Who smile outside
Empowered

Bio: Teacher Writer Traveler Wayfarer
<https://www.instagram.com/sabihawritespoetry/>

Art & Writing by Irina Novikova



Materials: Ink, gel pen, gouache, paper. Size: 30x40 cm. Year: 2021.

Myth, oh heart

Narrative passages

I think I've lost the thread of the story .. Yes, no .. Here they are! Stretching from my heart to another, two strands, two scarlet hearts ..

When life breaks down, you think that before a rainbow blossomed in the sky like a flower and pink unicorns fell from the sky into your palms ... This is just a myth, and you, like a child, are floundering in the sea, waiting for an adult who will save you ...

Heart broke ...

When the thunder breaks out, it will be too late .. You will not hide from your melancholy, your desire is what you thought did not come true and a storm came and tore your heart .. How painful! - you whispered but did not die .. The rainbow folded the pieces of your heart and it fused and beat again, something revived inside you ...

I woke up and my heart beat in time with the falling drops of rain, they sang together my heart and rain ... Red and transparent, blood and water ... That which gives us life, and the absence of which can destroy us, we die without water and blood ...

Remember that your heart is one for you! Keep him safe! The only thing dies only once! So the heart, if it stops, then it's forever ...

Everything was bright and cheerful, and now the world has plunged into darkness, but this is your own imagination, something that can only be in your mind ... And I'm not intelligent trying to break these threads ...

Forget your sorrow, open your heart, let the bee fly to the smell of pollen ... Let the bee sit on your heart like ether and calm it ... Let ...

Drawing began to interest me from an early age, the first subjects for me were Fantastic birds and animals. By my first education I am an art critic (State Academy of Slavic Cultures), by my second I am a graphic designer (MGTA).

The main techniques that I use are watercolor, ink, gouache, acrylic. I love experimenting and mixing different materials. I draw a lot on environmental topics. The first big series that I drew is the "Red Book" dedicated to rare and endangered species of animals and birds.

I do illustrations, invent various creatures and stories for them, draw nature and portraits. I like to do the whole line drawings, forming the composition first in my head. I am inspired by baroque music and black and white films. Recently, I have been leaning more and more towards symbolism.

Links to my social networks:

<https://m.facebook.com/profile.php?v=photos&lst=100009868569...>

<https://www.instagram.com/irinanov4155/?hl=ru>

<https://www.instagram.com/irina1187novikova/>

<https://m.vk.com/id506969575>

If I Go Missing, Look Here First

Iris Orpi

There's a spot on the lake shore
I have chosen to end it all
not too far a walk
from the 47th Bus stop
and it calls to me on nights
when home is a bloodstain
left behind by a murdered language,
on days the walls are suffocating
and the words are empty,
floating belly-up, eyes dumb
in the untenable disquiet,
it calls to me

I know all the routes from
all the starting points
and I've taken to keeping
the exact fare in my pocket
and it's probably the least
heavy thing in my person,
that place

If it's water, it will take me home

Even if it's just Michigan on
the opposite shore, it's water
and I choose it
to carry away the part of me
that will no longer need anchor
or step into land
or breathe air into lungs.
Instead I will be its blue,
the unspoken out of the lips
of the unchanging
and the winds will be
of another world,

harmless, faraway voices
instead of movement
and the violent stirring of waves
that warn of death as an ending,

and what I touch won't matter
so don't hold on too tight.

If you find me a few days
later about a mile from
the concrete barrier,
it won't be me anymore,
but only the part that has
become a burden, which I
struggled with for a long time
in honor of you, that by then
I will have been free of,
the absolution that the water
in all its massive volume
and unrelenting cannot
claim as its own without
needing to spit out the bones,

too impure.
The water would have
taken me home.
Don't hold on too tight.
Remember that I jumped
because I love you.

Iris Orpi is a Filipina writer living in Chicago, IL. She is the author of the novel *The Espresso Effect* and two books of collected poetry, *Cognac for the Soul* and *Beautiful Fever*. She was an Honorable Mention for the annual Contemporary American Poetry Prize in 2014. Her work has appeared in over two dozen online and print publications around Asia, North America, Europe, and Africa. <https://twitter.com/irisorpi> & <https://www.facebook.com/irisorpi>

Me & You, and this Full Moon

by Inisa Fajra

Did I tell you where I'm at?
I must've forgotten, forgive
I meant to say I'm back

I swear I was walking straight ahead
following the sun
but it looped me in a circle and here I am instead

Something about the linear coming-going
don't sit straight with me
nor the world
It isn't ouroboric, is the problem
therefore not right, if it isn't curled

You seem surprised
You didn't think you'd see me soon?
It's the ebb and flow of life, a chance
full circle - me & you, and this full moon

You don't seem to say too much
Did I catch you unprepared?
I was gone too long, I know,
long enough to hold a grudge

This moment will be short
Me & you, and this full moon
I'm just stopping by - an exposure, a completion
A new sun, demanding, that I be gone by noon.

Inisa Fajra is a creative writer and poet and wellness & empowerment leader (WEL being) who works on empowering others by helping to understand and navigate our emotions better. Her words serve to make people feel and to invite them to dig deep into their own well of emotions in order to heal, inspire, awaken and empower. Her book "New Skin" has now been published through Amazon. [Instagram.com/inisa.fajra](https://www.instagram.com/inisa.fajra)

Art by Leah Oviedo



Hold yourself so tightly..
feel the arms of loving kindness embrace you
relax into your stillness
find your song in the rhythm of your heartbeat
daydream of your strength and resilience
be assured in the comfort of your hope
rejuvenate in the deep waters of your soul
...and never let go

Leah Oviedo is an artist, writer, self-defense instructor, and self-care advocate. Her main interests are intersectional equality, healing, and nature. Her art is meant to “inspire a love of self and healthy self-growth, of inner and outer peace, and the possibilities that we can all take action to be the change we want to see.” Find her work at ImpowerYou.org

As the far-right/repugnants (aka darth vader's crew) increasingly attack and prevent women's human right to reproductive freedom and choice, now is a good time to get more involved in protecting this vital health care procedure. Please choose an option or a few options below and follow the links to be the heroes we are meant to be.

WAYS TO STAND UP FOR REPRODUCTIVE FREEDOM

Join, follow, & support local and national organizations

Speak up for women's healthcare and talk about abortion to reduce the stigma

Start or raise money for an abortion fund to support access to abortion

Volunteer to be an abortion clinic escort

Support pro-choice elected officials and oppose anti-women judges

Select an issue "abortion" at YouLobby.org and find tools to lobby your elected officials to support abortion rights

Use the links below to get started!

National Latina Institute of Reproductive Justice <https://www.latinainstitute.org/>

The Center for Reproductive Rights; <https://reproductiverights.org/>

Planned Parenthood: <https://www.plannedparenthood.org/>

ACLU: <https://www.aclu.org/other/keep-marching-what-you-can-do-protect-reproductive-freedom>

**The Abortion Diary – Break the silence about abortion with your story.
<https://www.theabortiondiary.com/about-the-abortion-diary>**

Like Radical Zine?
Support the artists in each issue by following them on social media & purchasing their work!

Follow Radical Zine on [Instagram @radicalzine](#) and [Twitter @radicalzine](#) for updates about new issues.

Subscribe on the [Issuu page](#) for NEW issues. All issues are FREE to read.

Social/Environmental Justice Resources

The official #BlackLivesMatter Global Network builds power to bring justice, healing, and freedom to Black people across the globe.

<https://blacklivesmatter.com/>

This launch of *A People's Orientation to a Regenerative Economy: Protect, Repair, Invest and Transform* guides us collectively into a sustainable future, wherein Indigenous sovereignty and values are front and center.

<https://www.ienearth.org/regenerativeeconomy/>

Mama Black uplifts the voices of Black women across the African Diaspora, continuing the powerful legacy of Black feminist traditions, womanist inclinations, and radical leanings. This platform offers cutting-edge perspectives and radical thought on Black women's issues, centering the lives of Black women survivors of rape and sexual violence across the spectrum of assault. <https://www.mamablack.org/>

March for Our Lives mission: To harness the power of young people across the country to fight for sensible gun violence prevention policies that save lives.

<https://marchforourlives.com/>

Healing Resources

Nationwide Suicide Prevention crisis line: **1-800-273-8255**.

Don't want to call? Use a text help line. **Text 741741** anywhere in the USA for a live trained counselor.

Black Line – A crisis line that gives priority for BIPOC folk. [Callblackline.com](https://callblackline.com) 1-800-604-5841. You can also report incidents of vigilantes and police.

The Trevor Project – Suicide prevention for LGBTQ youth, 1-866-488-7386 or [TheTrevorHelpline.org](https://thetrevorhelpline.org)

There are apps that support mental health. The My3App connects someone who is feeling suicidal with their three main support contacts. [My3app.org](https://my3app.org)

Mental Health America offers free mental health first aid training, [Mentalhealthamerica.net](https://mentalhealthamerica.net)

NAMI – Alliance of mental illness has a program called Peer to Peer, similar to Big Brother/Big Sister, which is a way to socialize and give support for those who are feeling isolated. [Nami.org](https://nami.org)

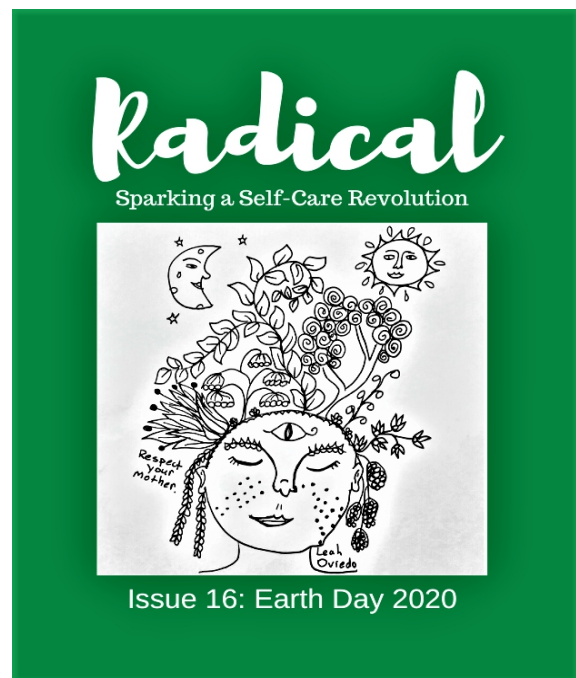
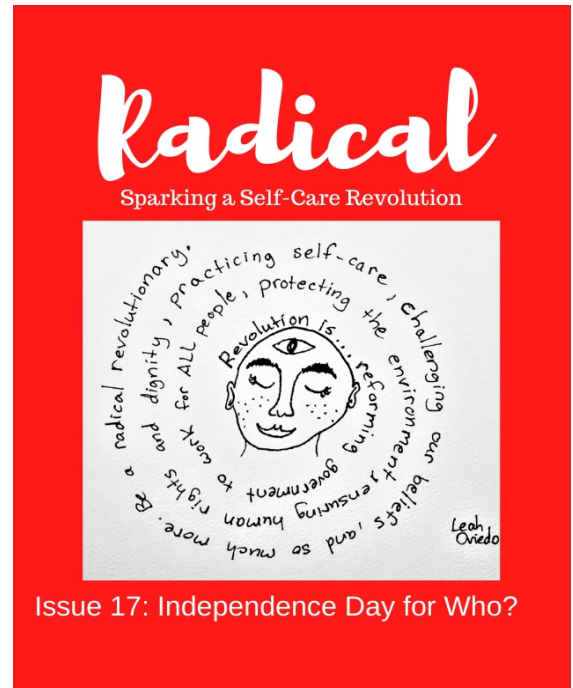
DBSA– Depression, Bipolar, Anxiety. [Dbsalliance.org](https://dbsalliance.org)

Survivors of Suicide Loss. [SOSLSD.org](https://soslsd.org)

The Love Warrior Community focuses on helping people work on self-love and body acceptance. [Lovewarriorcommunity.com](https://lovewarriorcommunity.com)

Affordable healthcare is available through various local clinics and through [Planned Parenthood](https://plannedparenthood.org).

Read previous issues of Radical Zine on [Issuu.com](https://issuu.com/radicalart)!



[ISSUU.COM/RADICALART](https://issuu.com/radicalart)