

# Seven Ways To Love Yourself And Find Your People In An Unjust World

Living in an unjust world can often leave us feeling lost, disconnected, and unsure of our place. It can challenge our sense of self and make it difficult to find our people – those individuals who truly understand us and support us through thick and thin. However, amidst the chaos, it is crucial to remember that self-love is paramount to finding genuine connections and creating a positive change in the world.

## 1. Practice Self-Compassion

Self-compassion is essential in navigating an unjust world. It involves being kind, understanding, and forgiving towards yourself during difficult times. Acknowledge your emotions and allow yourself to feel them without judgment. Embracing self-compassion allows you to lay a foundation of self-love, which will facilitate personal growth and attract like-minded individuals.

## 2. Cultivate Authenticity

Be true to yourself and live authentically. Society often expects us to conform to certain standards and values, but it is in embracing our unique identities that we find true happiness and attract others who appreciate us for who we truly are. Embrace your quirks, celebrate your passions, and stay true to your values.

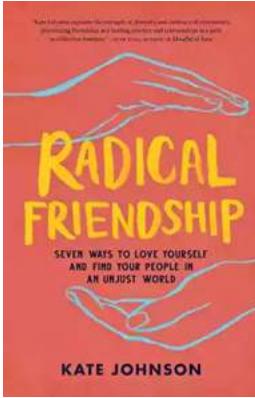
### **Radical Friendship: Seven Ways to Love Yourself and Find Your People in an Unjust World**

by Kate Johnson(Kindle Edition)

★★★★★ 4.6 out of 5

Language : English

File size : 2450 KB



Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 230 pages



### **3. Surround Yourself With Positivity**

Creating a supportive network is crucial in an unjust world. Surround yourself with positive influences who uplift you, provide emotional support, and inspire you to grow. Seek out individuals who share your values and will stand by you in the face of adversity. These people will become your tribe, your people, and your source of strength.

### **4. Practice Self-Reflection**

Take time to reflect on your thoughts, emotions, and actions. Engage in self-reflection to understand your strengths and areas for growth. Use this knowledge to continuously improve yourself while remaining true to your core values. Self-reflection allows us to learn from our experiences and make better choices in how we navigate an unjust world.

### **5. Seek Out Community Activism**

Engage in community activism and find others who share your passion for creating change. Join local organizations and initiatives that align with your values. By working towards a common goal, you will not only meet like-minded individuals but also make a positive impact on your community. Engaging in

collective action empowers you and helps you find your people who are also seeking justice.

## **6. Prioritize Self-Care**

Amidst the challenges of an unjust world, self-care is crucial. Take care of your physical, mental, and emotional well-being. Prioritize activities that bring you joy, reduce stress, and provide a sense of peace. By consistently investing in your self-care, you will attract individuals who also prioritize their own well-being, forming a community of individuals who value and cherish one another.

## **7. Embrace Empathy and Understanding**

In an unjust world, understanding and empathy are powerful tools. Strive to understand and appreciate the experiences of others, even if they differ from your own. Embrace diversity and open your heart to those who have faced discrimination or injustice. By cultivating empathy, you create a safe space for others to share their stories and find solace. In turn, this fosters the formation of deep connections with like-minded individuals who are also dedicated to creating a more just world.

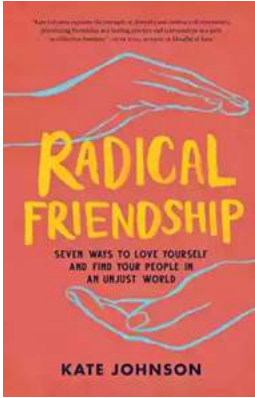
Remember, loving yourself and finding your people in an unjust world is an ongoing journey. It requires constant self-reflection, resilience, and perseverance. By practicing self-love and engaging with like-minded individuals, you can navigate the challenges of an unjust world while creating positive change and finding community.

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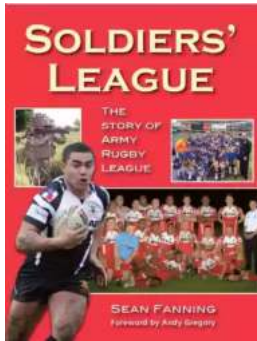


A case for friendship as a radical practice of love, courage, and trust, and seven strategies that pave the way for profound social change.

Grounded in the Buddha's teachings on spiritual friendship, Radical Friendship shares seven strategies to help us embody our deepest values in all of our relationships. Drawing on her experiences as a leading meditation teacher, as well as personal stories of growing up multiracial in a racist world, Kate Johnson brings a fresh take on time-honored wisdom to help us connect more authentically with ourselves, with our friends and family, and within our communities.

The divides we experience within us and between us are not only a threat to our physical and emotional health—they are also the weapons and the outcomes of structural oppression. But through wise relationships, it is possible to transform the barriers created by societal injustice. Johnson leads us on a journey to becoming better friends by offering ways to show up for our own and each other's liberation at every stage of a relationship. Each chapter ends with a meditation or reflection practice to help readers cultivate vibrant, harmonious, revolutionary

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