
Recipe for Resistance (my version; there are many other methods available)

Ingredients:

Pinch of **Anger**

Sense of place, as needed

A diverse **Community** (essential for this version; others exist where only individuals would be needed)

Copious amounts of **Memory**

Collective **Vision**, as created through community discussion

Action, as needed to complement the vision

Occupation of space, to various degrees

Strong helping of **Resilience**

Method:

1. In this recipe, **anger** acts as a catalyst to fuel the drive for knowledge – knowledge of your history, family and sense of place. Be careful about too much anger, however – too much may change the results of this recipe.
2. Once stoked, use your newfound or rekindled **sense of place** to stir your community – the people in your life also affected by oppressive structures.
3. **Community** is a key ingredient for resistance – it is possible to substitute community for family or any such smaller group, but the effects may not be as strong as when the larger community is mobilised.
4. Gather the community that you have mobilised to come together and share **memories**. Memories inspire people and will assist in creating a shared sense of identity, of connection and of pride in your collective heritage. Sharing memories, as well as creating new ones will act as the glue in this recipe, to hold people together.
5. As a community, create a **vision** for the future. It is important that people from all segments of the community – young, old, wealthy or struggling – are included in these gatherings, to create open communication and a vision that is in line with where the community wishes to go.
6. Once the vision has been formulated, engage in **acts** of resistance. This can take many forms, from art and protest to community projects that may not seem overly critical. The key is to **occupy physical space** and be seen.
7. Be prepared to go through this method many times before seeing even the smallest of results. At any point throughout this process, you may have to start over or go back to an earlier step and re-assess. Build **resilience**; refer back to memories shared earlier to be inspired and re-charge as needed.
8. Remember that you are engaging in the process of resistance at every point along this method. There are structures in place to ensure the hegemony of oppressive systems. This, nor any other method, cannot guarantee immediate systematic change. Resistance is not an end, but a continuous process – one that is all the more necessary to engage in for this reason. May the practise of resistance bring peace and positive change.