



Bodies, Breath, and Bone:

Guided Meditation w/ Ancestors

Naya Jones, PhD & Ona McGovern
National Young Farmers Coalition Convergence
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Further Resources, Recetas/Recipes, and More:

Our E-mails, Instagrams, Websites:

- Naya: nayaj@ucsc.edu / Web: www.nayajones.com / Instagram: [@rootwomxnarts](https://www.instagram.com/rootwomxnarts)
- Ona: fionabmcgovern@gmail.com / Instagram: [@honeysuit](https://www.instagram.com/honeysuit)

Readings:

- Zine: [“Let’s Talk Land Back”](#) by Regan de Loggans
- Book: [M Archive: After the End of the World](#) by Alexis Pauline Gumbs
- Book: [Black Nature](#) edited by Camille Dungy
- Journal: [The Arrow Journal // New Collection on Spirituality and Survival: Imaginative Freedoms for Abolition Futures](#) edited by shah noor hussein, et al.

Audio:

- Audio Recordings: Text & Audio to a growing [Black Feminist Ecologies](#) project - Ona
- Guided Meditations: [Work the Roots Radio](#) - Naya
- Podcast: Naya’s interview on ancestors, eldership, and healing arts w/ [Bespoken Bones](#)
- App: [Liberate Meditation App](#)

Recetas, Recipes and Rituals:

- Videos: [Sacred Vibes Apothecary](#) - Karen Rose offers wonderful reflections during moon cycles
- Instagram: [The Zen Dragonfly](#) and [School of Good JuJu](#) - Angela Smith (also witness [collab](#) with Naya)
- Book: [Sassafras, Cypress, and Indigo](#) by Ntozake Shange
- Blog: [Sweeping the Yard for Fall](#) - Naya