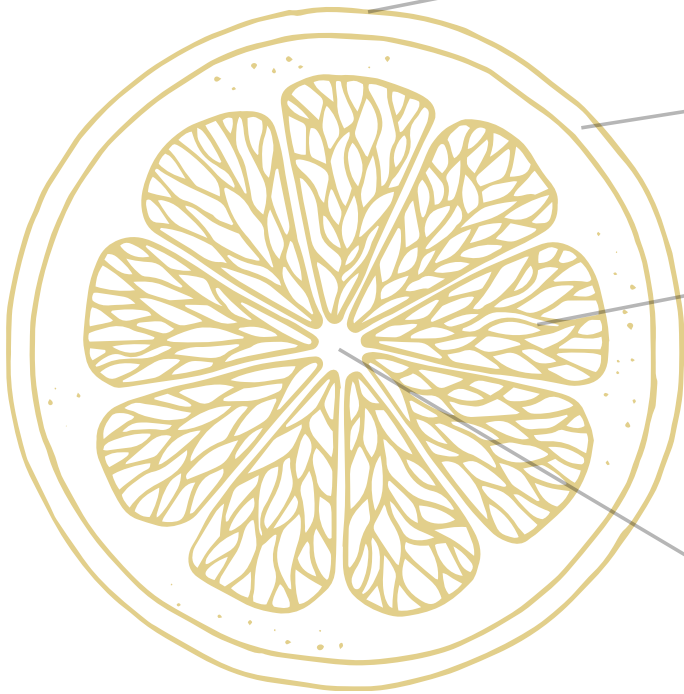


## ACTIVITY: PEEL THE FRUIT

Originating in the education system, this is a practice for understanding complex topics and “getting to the core” of big issues.

For this activity, identify a societal shadow you have experienced at the personal or communal levels. Beginning with the “Skin” and moving toward the “Core,” use the guiding questions and prompts to reflect on how this shadow operates and the ways in which it is perpetuated and maintained.



### **Skin:**

*What do you see and notice?  
What are you aware of?*

### **Under the Skin:**

*What curiosities or questions are arising in you and your story?*

### **Substance:**

*What are the power dynamics at work here? Who is benefiting from the status quo? Who is being harmed? Who is already working with a posture of healing? What connections can you make? What emotions are beneath the behaviors you see and participate in? How are you being invited to participate and practice solidarity?*

### **Core:**

*What's at the core or center of this issue? What is the root cause?*

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