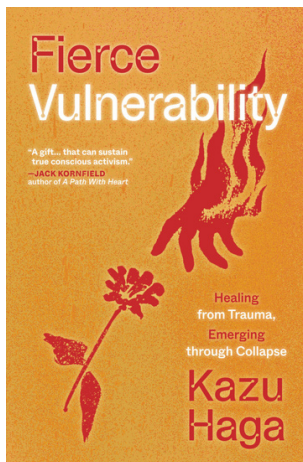


## Discussion Questions: *Fierce Vulnerability* by Kazu Haga



Section 2: The Fractal Nature of Trauma and Healing, Healing in a Fractal World, Matching Escalation, A Crack in the Matrix, We Are Okay, The Delusion of Individualism

1. What is an example of “us and them” thinking that you find yourself getting caught in? What reinforces it? How do you currently, or can you from now on, practice letting go of that division in your mind?
2. What concept or reasoning presented by the author is difficult for you to accept or practice with?

3. The author discusses the concept of Two Truths, conventional and ultimate, which exist simultaneously without hierarchy, despite any perceived contradictions between them. The author looks at the example of oppression and says “healing from oppression isn’t a battle between the oppressor and the oppressed. It’s a battle between oppression and humanity.” (p.143) How does this view of Two Truths align with your own experiences? If you accept it, how does it impact the way you approach something like the battle against oppression?
4. What is your relationship to belonging? Has this book shifted your perspective or inspired new understanding of what it means to belong?
5. Are there other stories or concepts from the reading that you want to share reflections on?



**Kazu Haga** is a trainer and practitioner of nonviolence and restorative justice, a core member of Building Belonging, the Ahimsa Collective and the Fierce Vulnerability Network, is a Jam facilitator and author of *Healing Resistance* and *Fierce Vulnerability*. He works with incarcerated people, youth, and activists from around the country. He has over 25 years of experience in nonviolence and social change work. He is a resident of the Canticule Farm community on Lisjan Ohlone land, Oakland, CA, where he lives with his family. You can find out more about his work at [www.kazuhaga.com](http://www.kazuhaga.com).