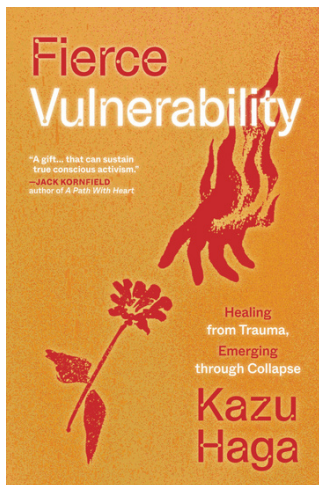


Discussion Questions: *Fierce Vulnerability* by Kazu Haga



Section 1: Foreword, Prelude, The Power of Vulnerability, The Compassion of Fierceness, Panic and Trauma

1. What story, phrase, or exploration stood out to you?
2. What is your relationship to vulnerability? How has it changed over time?
3. How do you view and understand power? Had you previously explored the different types of power as they are identified in chapter 2? (p. 50-54)
4. The author describes spirituality as a practice for understanding and accepting reality in order to take action and contribute to changes that free all of us. What is your vision for collective liberation and the path to reaching it? (p. 58-62)
5. Do you feel that you have space for your rage? Lately, is it more like a wildfire or a controlled, intentional burn? (p. 62-66)
6. What aspect of panic and/or trauma did you learn about or see in a new way?
7. How was your experience with the practices and invitations for looking deeper in this section?



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.