

ARTS AS HEALING FOR FREEDOM

CELEBRATING
CULTURAL
BRILLIANCE
AND FREEDOM

ROOTED IN SPIRITUALITY

NOURISHING
THE SOUL
THROUGH
SPIRITUAL
REFLECTION

THE DUGAS METHODS

APPROACH IS
EVERYTHING

connecting
with the
collective

the artistry x impact of candi dugas collective

NOV 2023





WHAT'S UP, EVERYBODY?!

Our monthly newsletter is back! 🥰 Annnd updated!!! 😊
What you think???

I've got LOTS of wonderful goodness to share - updates and what not. WATCH the vid 🖱️ + check out what's inside the pages!



PEACE + ALL THAT IS GOOD,

rev dr candi dugas

LEAD CREATIVE + PRESIDENT
CANDI DUGAS COLLECTIVE

peace + all
that is good
candi

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prioritizing Native + Black Americans @ Thanksgiving | about | holistic lifestyle + more



the

Fasts

as healing for
freedom



the Arts as healing for freed•dom

artist spotlight

SURPRISE! "[Batiste] is back with a vengeance, collecting an album of the year nomination for the expansive 'World Music Radio' and nods for both

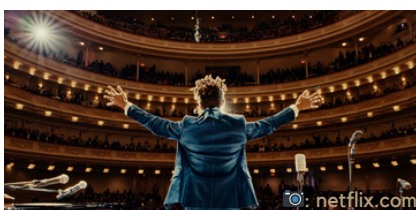
Jon
Batiste

©: New York Times

record of the year ('Worship') and song of the year ('Butterfly'), neither of which had any commercial impact."

"2024 Grammy nominations: All the snubs and surprises," LA Times.

[Read the rest of the article.](#)



Batiste's documentary, *American Symphony*, premieres on Netflix 29 Nov 2023.



©: bloximages.com

"I'm from New Orleans, which is all about direct engagement out in the street with all the parades and Mardi Gras Indians and jazz funerals. I'm trying to take that and put it into my generation, a group that doesn't have enough joy and celebration in their lives." ~Jon Batiste

Jon Batiste's, "Freedom," - meaningful in its elevation of how we move our bodies is an indication of freedom - particularly poignant when we recall all that our bodies represent in U.S. culture.



“
**Your life is
already
artful-
waiting,
just waiting,
for you to
make it art.**

~Toni Morrison

about

The Arts as healing for freedom

Healing is necessary for full freedom.

Often healing that eludes can be due to situations or people that we do not want to face. If it's safe, and if it's time, the **Arts** provides the most profound + poignant path into these areas that can call for our attention so that we can (*finally*) heal.

candi dugas collective specializes in producing storytelling art forms in safer + supportive spaces, shaping today narratives while honoring tradition's wisdom + steadfastness. We thoughtfully infuse our work with alternative approaches to recognizable issues to shift us forward in meaningful ways, allowing our healing to be sustainable.

This is **contemplative creativiTea™**.

READ MORE »



SUBSCRIBE

@BlackWomenAI Art on Insta

8

ALVIN AILEY AMERICAN DANCE THEATER

New York City Center
Nov 29 - Dec 31, 2023

Learn More +
Grab Your Tickets

alvinailey.org

Contemplative CREATIVITEA

spilling the tea on the truths that heal + set us free

Free



The Journaling Challenge
with licensed therapists



SIGN
UP!!!

Join us, **FREE**, for
7, 14 or 21-day
journaling challenges
with licensed therapists.

These challenges are designed
especially for those of us who are
uncomfortable with the thought of
going to therapists, **scared** to go to
one, and/or cannot financially **afford**
to go to one.



Learn more + [sign up!](#)

Topics: subtle grief of the holidays

igniting the possibilities of your dreams

making space for your dreams

Beginning Dec 2, 2023





#WATCH on TikTok

as we journey through these pages
side-by-side!
and reflect on helpful lessons for our own lives



A-List Love + Life Lessons with dr candi dugas

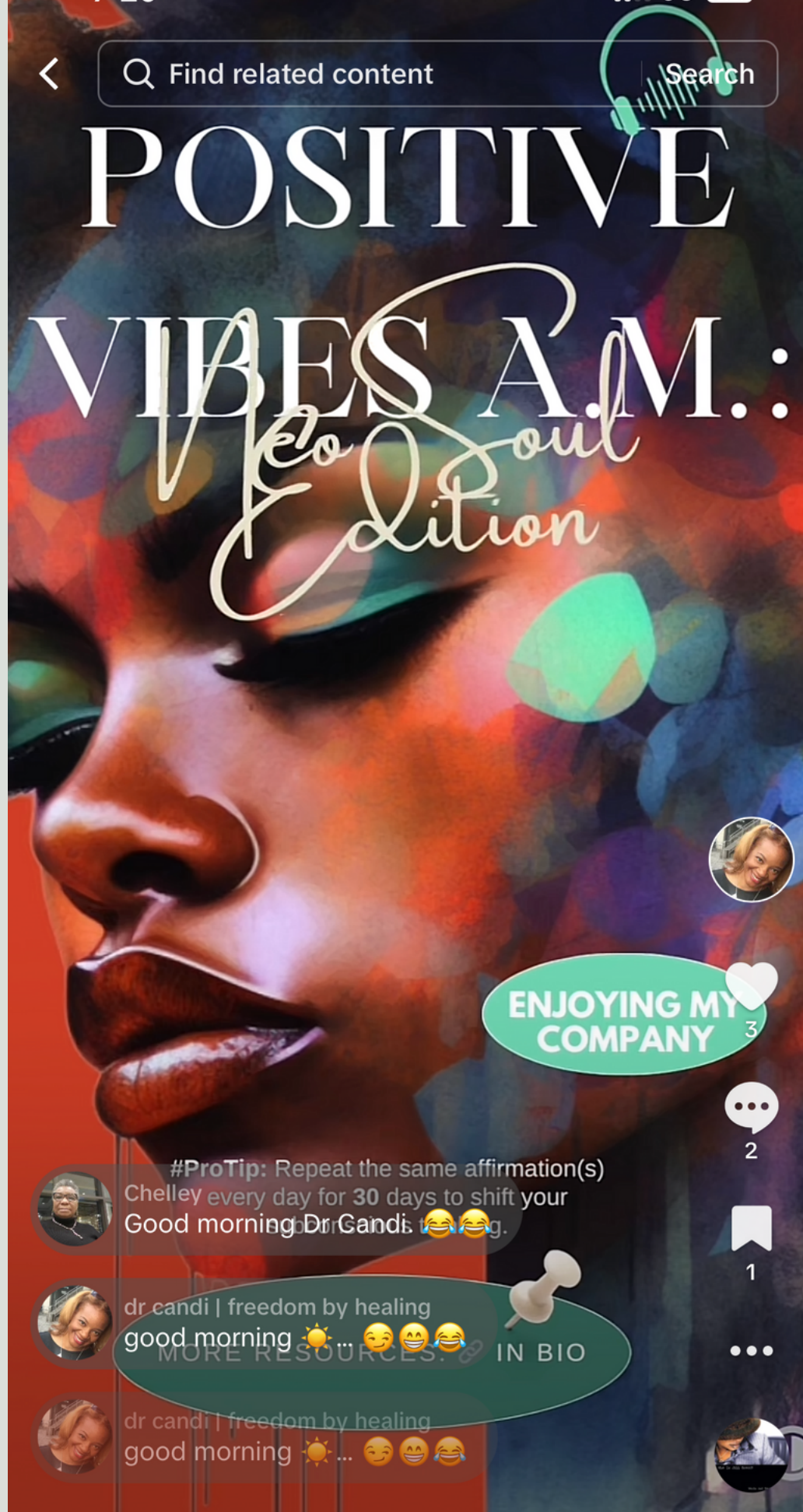


A
TikTok
Series



#WATCH on TikTok

as we affirm supportive, soul-nourishing insights
toward our growth, **healing + freedom!**





rooted in
Spirituality



Nourishing the Soul Amidst Turbulence

In the ebb and flow of life's uncertainties, the practice of gratitude always proves to be a secure anchor for our spiritual well-being. As we navigate these challenging times, a consistent practice of embracing gratitude becomes a powerful way simply to be ... OK. Try the following 3 practices:

1. **Daily Reflection:** Set aside moments each day to reflect on the aspects of your life for which you are grateful. You may want to keep a gratitude journal to record these reflections.
2. **Mindful Presence:** Engage in mindfulness practices to anchor yourself in the present moment. By focusing on + appreciating the now, you cultivate a heightened awareness of the blessings that often go unnoticed.
3. **Expressive Acts:** Extend your gratitude beyond personal reflection by expressing it to others. Simple acts of kindness + words of appreciation create a ripple effect, uplifting **both** the giver **and** the receiver. 🧡



Check out Liza Colpa's guided meditation, "Gratitude Meditation to Release Anxiety in Times of Uncertainty"

rooted in Spirituality

gratitude

"I've learned in life that what you give to others is what provides the most value to your life."

~Jenifer Lewis

Volunteering

Be Kind to Others

Random Acts of Kindness

Call a Loved One

Write a Thank You Letter

Make a Hand-crafted Gift

Be Present + Listen

Source: canyonvista.com

7 ways to
Show
Gratitude
This Holiday
Season



about

rooted in

Spirituality

Spirituality is the heart + soul of building freed•dom for Black people.

It's our life-force. It's our essence.

the **candi dugas collective** (cdc) invites you to immerse yourself in our visionary, syncretic spiritual offerings - from meditations to other spiritual practices like journaling - to help heal + ground you, increase your mindfulness, support your decision-making, manifest your dreams, and more! 🧡

READ MORE »



SUBSCRIBE

#LISTEN on InsightTimer + #WATCH on YouTube

as we focus deeply on the kinds of thoughts
that help us **heal**, grow, thrive + **BE FREE!**

LISTEN!

melanated meditation

for the
descendants of
those who
crossed the
waters



Stillness

Melanated Meditation
for Healing & Self-care

candi dugas

an *interactive* experience

New to meditation?

No problem ... 😊 🙏

We have a wonderful, introduction to
meditation just for you!

Download it, **FREE**, and let us know how
it's going 🧘 🧘 🧘



For our Christian friends ...

Transform your church community Christmas experience!
This fasting + prayer guide is your essential, interactive
companion for a meaningful, multigenerational Christmas
celebration! **Learn more + order** your copies today!



SALVATION HAS COME TO THIS HOUSE!

Prayer and Fasting Guide for Christmas
Productions

CANDI DUGAS

Kindle +
Paperback



Celebrate

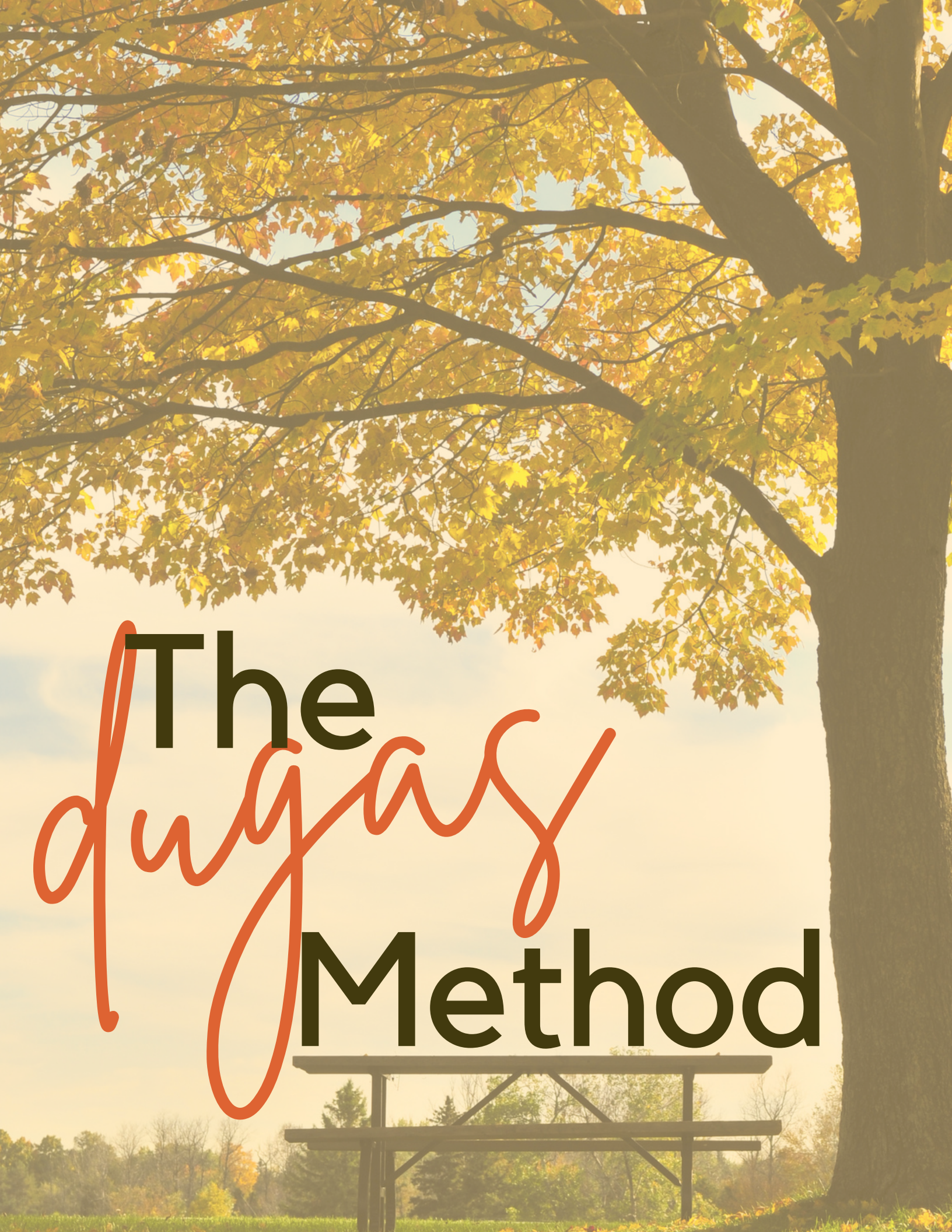
with us - we're now
on Insight Timer!

candi dugas collective
produces meditations
that enhance our
mindfulness and
strengthen our capacity
for critical **decision-**
making, resisting
imposter syndrome,
and to be available to
connect with our
ancestors.

Listen/Follow on
Insight Timer







The *dugan* Method

The dugas Methods

what to the Black person *is* Thanksgiving?

/ from candi dugas + Essence Magazine

In the larger traditional sense, it's a colonizer's holiday. What business we got celebrating it? We don't. It's about **family**.

Black Origins of Classic Thanksgiving Dishes

Collard Greens Per the LATIBAH Collard Green Museum in Charlotte, N.C, "collard greens were just one of a few select vegetables that African-Americans were allowed to grow and harvest for themselves and their families throughout times of enslavement, and so over the years cooked greens developed into a traditional food...Even after the Africans were emancipated in the late 1800s, their love of greens continued and they kept handing down their well-developed repertoire of greens recipes from one generation to the next."

~*Essence Magazine* - [Read the entire article.](#)

Share **your** traditions + tag us:

@candigirlfreedom on Insta + TikTok.

Thanksgiving for me was always about family (like 4th of July). It was never about any U.S. allegiance. Catching up on loved ones' lives, cracking jokes -- and EATING the dishes ONLY cooked/baked by certain family members! 😊😋
~candi



Identify your values + goals
**Eat foods that make you feel
your best**
Find movement you love
Get some sleep
**Make time for quiet +
reflection**
Prioritize relationships
Get outside
Build habits + routines

Source: gomacro.com

8 ways to
Live a
Holistic
Lifestyle



about

The *dugas* Method

Crafting YOUR Blueprint for Success with
and
Unlocking the Power of

The *dugas* Method™

Hint: Strategy is Everything ... 😊 🙌

As our global marketplace is ever-evolving, one undeniable truth remains constant: **strategy** makes allllll the difference in the world. It's not just the guiding star that illumines our paths to success - it's how we garner the momentum *to* succeed.

Experience taught us this, and that's why strategy is at the heart of The *dugas* Method™ — an approach that is a proven game-changer in whatever work we do. From planning to producing - our Method is the essence of transformation, the embodiment of rationale, and the guarantor of your efforts' results.

READ MORE »

SUBSCRIBE

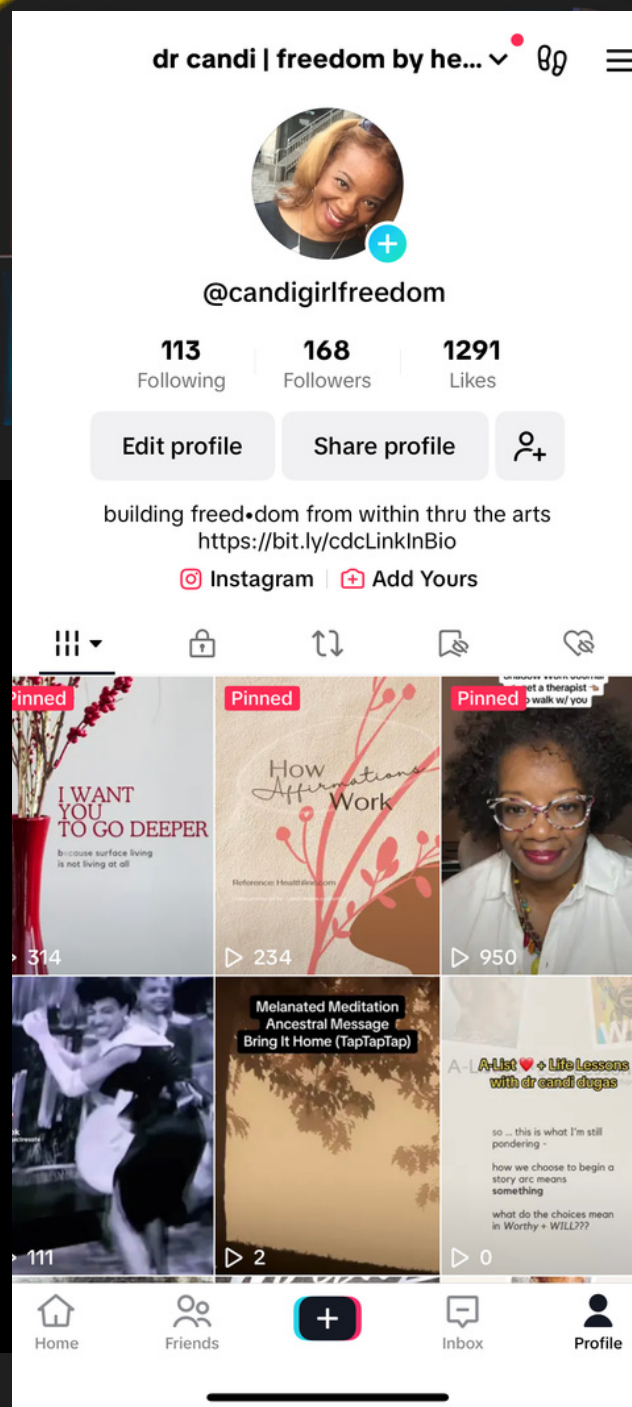


FOLLOW US ON TIKTOK

Our content is 🔥 -
help us share it!



GOAL:
1,000
followers
by
Thanksgiving



ask your friends to
follow too!



BE ever-ready 🖐️

Are you an artist looking to communicate your creative journey, inspirations, and aspirations effectively?

This **4-week virtual course** will guide you in crafting an **authentic, comprehensive** artist statement that resonates with your unique artistic voice and supports the stage for your successful creative career.

No more blank-page procrastination! 😊

[Learn more + REGISTER](#)

BE ever-ready 🖐️

Are you a professional looking to communicate your career journey, inspirations, and aspirations effectively - without losing/compromising who YOU are in the process?

This **4-week virtual course** will guide you in crafting an **authentic, comprehensive** professional statement that resonates with your unique value and supports the pathway(s) for your successful career.

No more blank-page procrastination! 😊

[Learn more + REGISTER](#)



with dr candi dugas



**Be on the look out
for our seasonal **deals!****

- **Black Friday**
- **Small Biz Saturday**
- **Cyber Monday**
- **Giving Tuesday**

**Have an
a-mazing
rest of November/
beginning of December**

**and we'll see you
with the December edition!**

xoxo
Happy Holidays!!!



connecting with the collective

the artistry x impact of candi dugas collective

LINK
IN
BIO



REMEMBER to
FOLLOW us
on TikTok!!!



SUBSCRIBE

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