



**BLACK  
HISTORY  
MONTH**

MELANIN'S  
POWER  
(IN THE ARTS)

**DREAMS  
MATTER**

DON'T LET  
THEM  
ELUDE YOU

**LOVE IN  
BLACK**

YESTERDAY  
TODAY  
TOMORROW

---

**connecting  
with the  
collective**

*the artistry x activism of candi dugas collective*

FEB 2024



## EXPERIENCE YOUR HERITAGE! 🎉

“Experience Your Heritage” was the Black History Month theme when I was the BHM director

at the University of Florida! 😊 That was quite some time ago ... and it still means a lot to me - this month of celebration means A LOT to me. I hope you treasure it as well. #LISTEN for more ...



**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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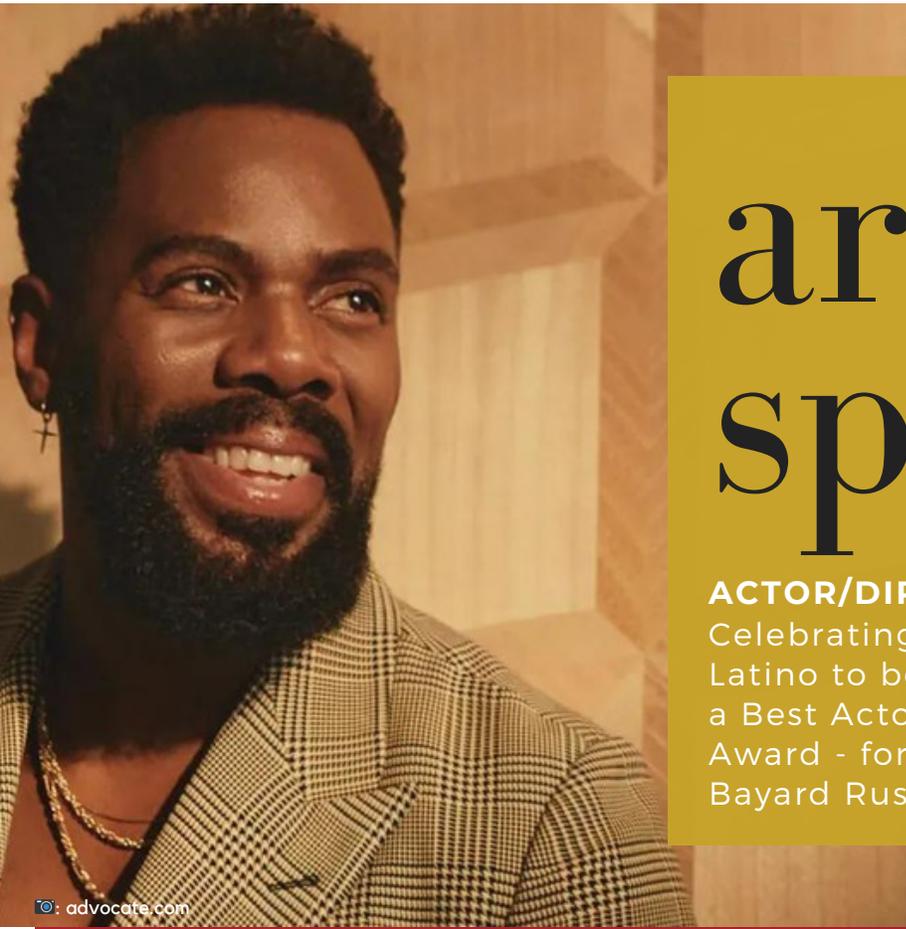




the

Arts

as healing for  
freedom



the Arts as healing for freed·dom

# artist spotlight

**ACTOR/DIRECTOR/WRITER**

Celebrating the 1st Afro Latino to be nominated for a Best Actor Academy Award - for his portrayal of Bayard Rustin in *Rustin*.

Colman Domingo

advocate.com

He grew up in Philly, with a Black mother and a father from Belize - annnd **yes**, if you wondered, went to high school with the Fresh Prince Will Smith. With a degree in Journalism from Temple University, Domingo has been building his phenomenal artistic career for the past 33 years. Upon receiving his Academy Award nom, President Barack Obama (*producer of Rustin*), phoned him, "Congratulations. Enjoy this moment!"

"I love the idea that people can witness the way I want to show complex Black men – very different, unique experiences and how they all live in me. Any actor worth his grain of salt would want that: to be able to be viewed as an actor the way I see myself – that I am limitless," he declares.

Sources: [themarysue.com](http://themarysue.com), [theroot.com](http://theroot.com), [variety.com](http://variety.com)



vogue.com

"I AM limitless. ... They all live in me."

~Colman Domingo

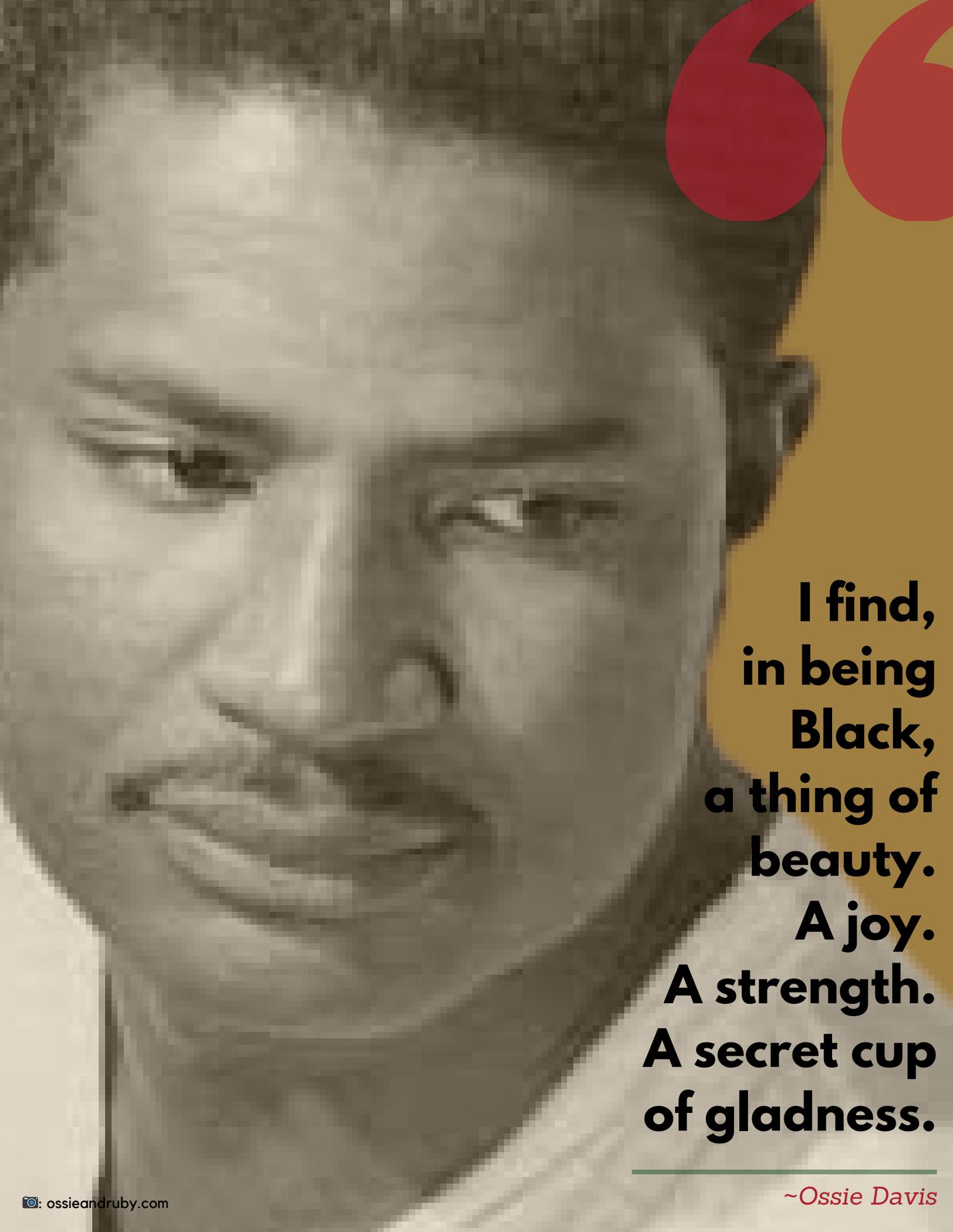


**#LISTEN on InsightTimer + #WATCH on YouTube**  
as we focus deeply on the kinds of thoughts  
that help us **heal, grow, thrive + BE FREE!**

# MORNING'S HEARTBEAT

*For Black History Month ::  
The Melanated Mediation Series  
with dr candi dugas*





**I find,  
in being  
Black,  
a thing of  
beauty.  
A joy.  
A strength.  
A secret cup  
of gladness.**

---

*~Ossie Davis*

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.

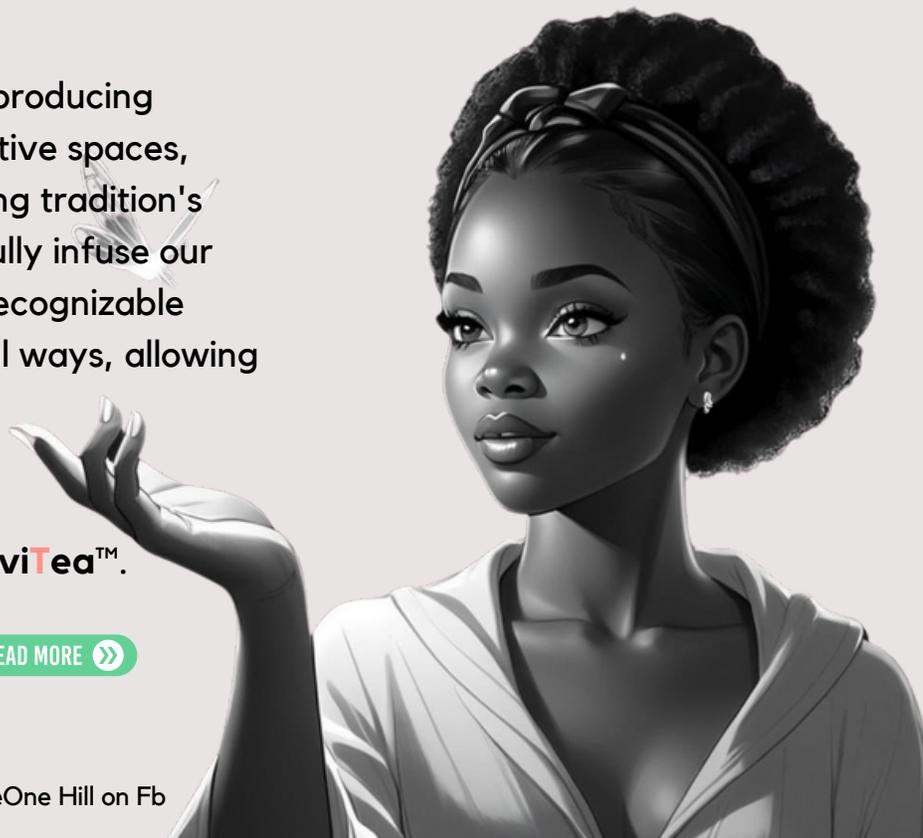
**candi dugas collective** specializes in producing storytelling art forms in safer + supportive spaces, shaping today narratives while honoring tradition's wisdom + steadfastness. We thoughtfully infuse our work with alternative approaches to recognizable issues to shift us forward in meaningful ways,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

This is **contemplative creativiTea™**.

[READ MORE](#) »

[SUBSCRIBE](#)

 Chad NiseOne Hill on Fb



**Commemorate the past but look to the future**

**Celebrate success stories**

**Make plans for future change**

**Provide a clear insight into the truth of black history which is not just slavery**

**Improve knowledge to increase diversity and inclusion**

**Remind colleagues of the issues and disparity**

**Education / change**

**READ the entire article.**



**Reasons to Celebrate  
Black History**

Source: forbes.com

Self-portrait of Jean-Michel Basquiat. Source: si.edu

**Our National Museum of African American History & Culture celebrates 2024's **Black History Month** with **Art as a Platform for Social Justice**.**

**1-4 Feb: Literature + Poetry**

**5-11 Feb: Performing Arts**

**12-18 Feb: Visual Arts**

**19-25 Feb: Music**

**26-29 Feb: Digital Arts**

**There's SO much to explore on their site!**

**Discover it ALL!**





**rooted in**

*Spirituality*

**Artist:**

You are brilliant!!!

I know it can be hard to be in the absolute believing space of your power sometimes.

Especially those times when you're challenged by everything around you.

That's the key, tho. Your brilliance, your power does not come from anything or anyone or anywhere beyond yourself.

The key is to remain always as much as possible inextricably tuned only to the frequency within you.

Everything else is only temporary.

You

... always remain.

Asé.

*candi*

# powerful

"The black artist is **dangerous**. Black art controls the 'Negro's' reality, negates negative influences, and **creates positive** images."

~Sonia Sanchez



Check out  
Linda Youssouf's  
guided meditation,  
"Meeting with Your Power"

rooted in Spirituality



What was said to  
the rose that made  
it open  
was said to me  
here in  
my chest.

~Rumi



**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! 🧡

**about**

[READ MORE](#) »

**rooted in**

*Spirituality*



©: @Ant G Uggy on Fb

**SUBSCRIBE**



I do not listen to sermons much these days. Why? Well ... for all the reasons that the institutional church is declining.

I happened to catch the livestream of this here declared Word from the very 1st (*imagine that???*) woman to preach at the National Baptist Convention.

Soul-stirring + truth-telling for today's people, and our needs + desires. More of that, and I'll listen more - and we may just revive a Yeshua-disciplined community of faith.

#WATCH ... #LISTENIN

*candi*



Check out  
Rev. Dr. Gina M. Stewart's  
historic sermon,  
"What We Gone Do With Jesus of Nazareth?"



# powerful

"We truly create when we speak.  
Tomorrow is what we did today.  
What choices are we making?"

*~rev dr candi dugas*

**DONATE**

# Spiritual Awakening

A Guided Journey of  
Choosing a Spiritual Path

candi dugas

The good news is that there has never been greater access to such a wide variety of spiritual paths. The challenging news is the same - with soooo many choices + relatively easy access to them all, choosing the best spiritual path can become completely overwhelming. 😊

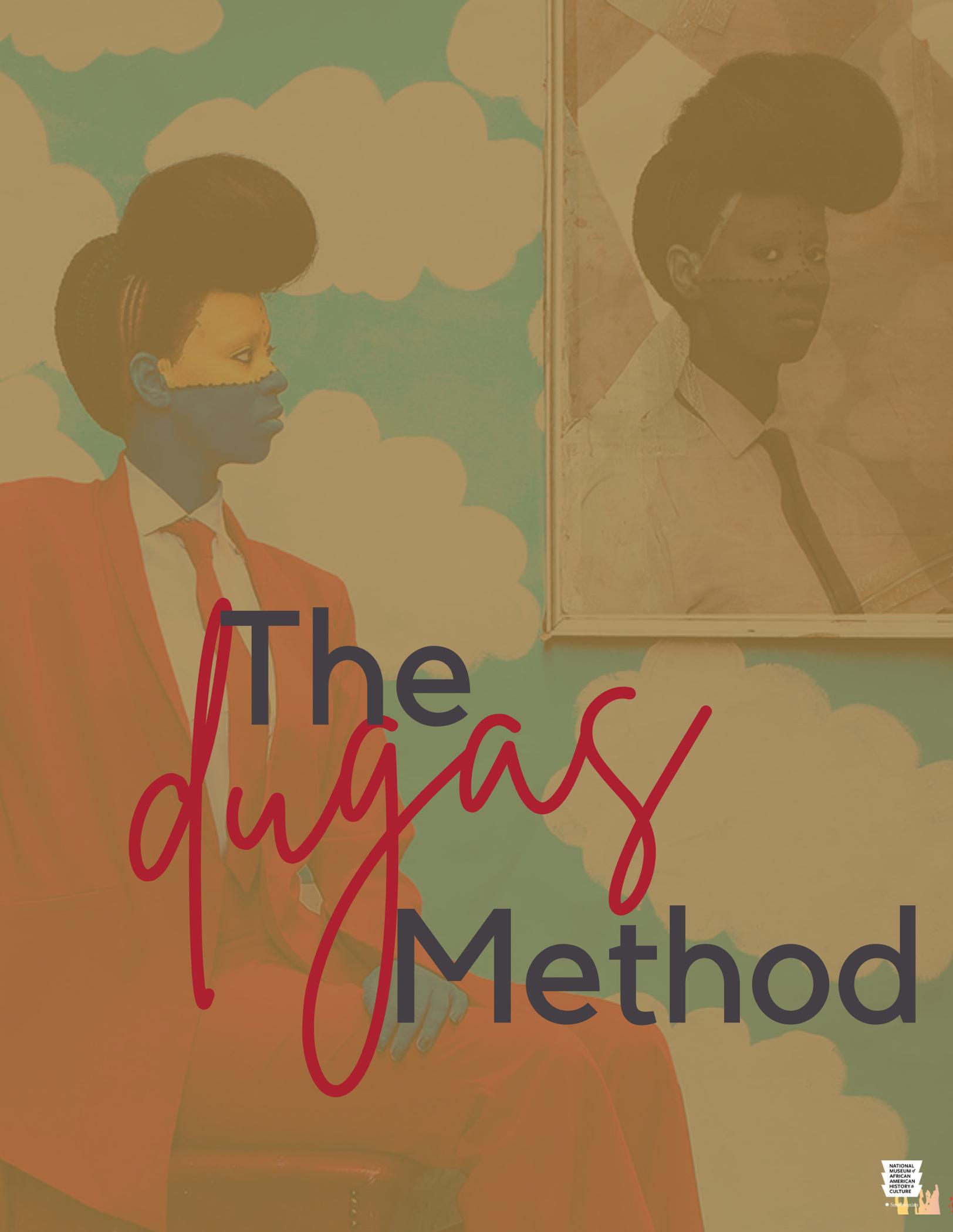
So, this e-book will help guide you through **5 tools** to help you begin to sift through your options so that the process is not so daunting. We all need a helpful spiritual practice simply to navigate life well - to be healthy and at peace.

"Spiritual Awakening: A Guided Journey of Choosing a Spiritual Path" is particularly designed with the spiritual seeker in mind, especially those who are very, very brand new even to considering practicing any form of spirituality. However, those of us who may be considering changing spiritual/faith/belief traditions can benefit from it as well.

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







# The *duogas* Method



**Don't bury  
your  
thoughts,  
put your  
vision to  
reality.  
You have  
to be  
someone.  
Wake Up  
and Live!**

---

*~Bob Marley*



about

# The *dugas* Method

Crafting YOUR Blueprint for Success with  
and  
Unlocking the Power of

The **dugas** Method™

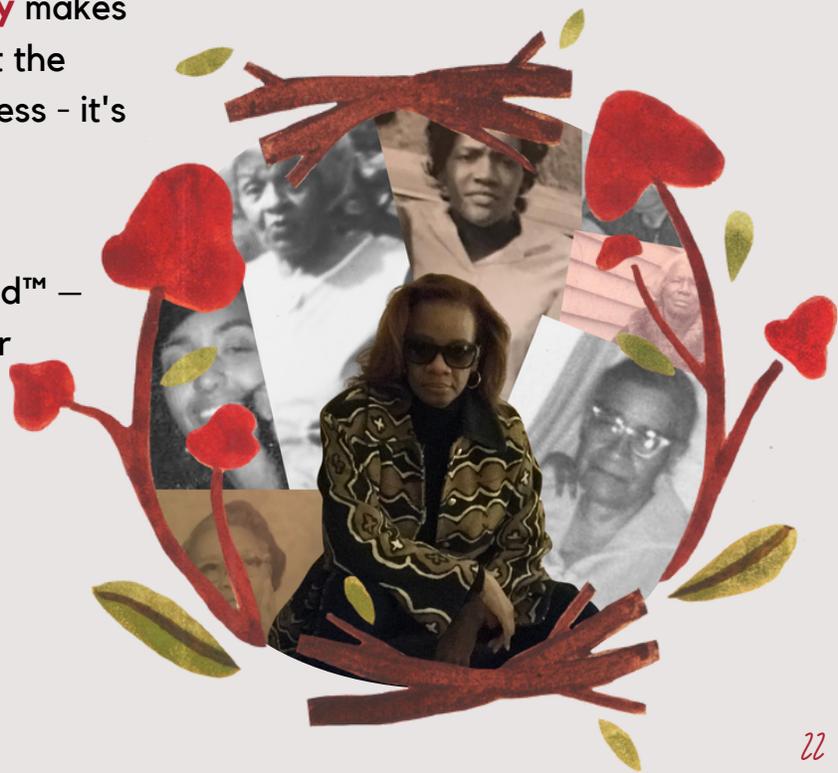
*Hint: Strategy is Everything ... 😊 🙌*

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](#)



# In Relationship with Money?

/ from candi dugas

If money is neutral + has no energy of its own, how are we in relationship with it? Right. We are not.

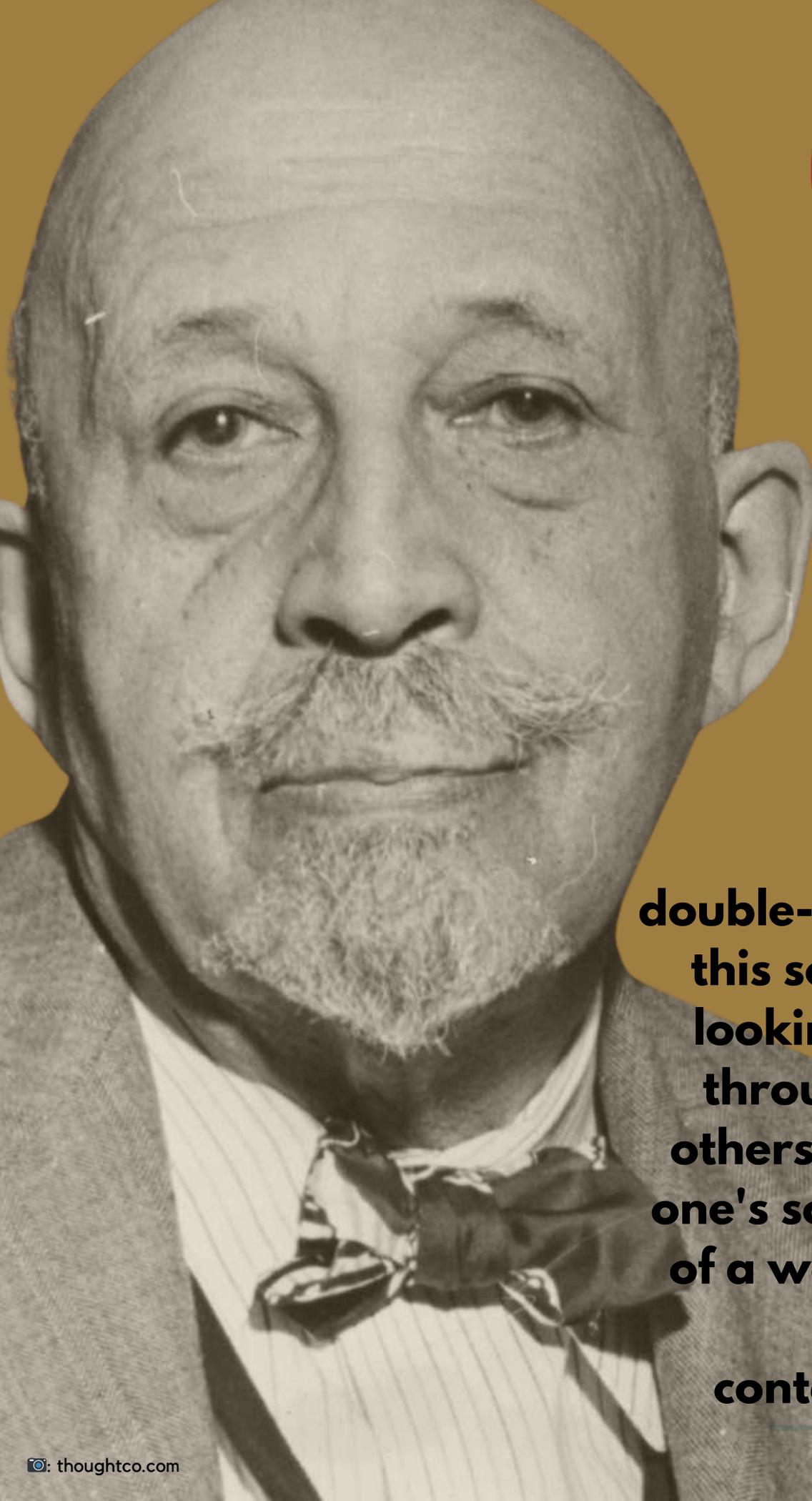
Your relationship is not with money.

Your relationship is with whatever is on the other side of the money exchange.

Our social media followers are calling this message “powerful... 🔥🔥🔥”

**Learn more**, sign up, let us know in the comments what motivated you to sign up/your intentions for the course - and share with others you think will resonate with it! 🙌✨





**It is a peculiar  
sensation,  
this  
double-consciousness,  
this sense of always  
looking at one's self  
through the eyes of  
others, of measuring  
one's soul by the tape  
of a world that looks  
on in amused  
contempt and pity.**

*~W.E. B. Du Bois*



# The Journaling Challenge



with Collective licensed therapist, Dr. Willie F. G~dman

# DREAM

14 days  
February 10-23, 2024



*Free*

**"Dream Crafting: Unraveling Assumptions to Ignite Possibilities"**

Join this journaling challenge to explore the assumptions we make, even subconsciously, **that may be hindering our dreams coming true** 🌸 ...  
**#LISTEN** to learn more 🖱️



# Expression



BHM hoodies, tees, journals + candles:

it's giving Black History 365

just me leaving legacies for my children

just vibe checking the bullshit

as always, cdc's staple styles - hoodies, tees, journals + candles:

free ... Since I said so 😊

gotta think about that shit

light up your voice; ignite impact

savage & chic

standing on business 2024

stay out of Black folks business

3 NEW styles dropped for Black History Month - grab yours today! 🙌🏾

Back



GRAB your cdc building freed-dom merch!



SHOP NOW

# Women's HISTORY MONTH



"The National Women's History Month's theme for 2024 celebrates '**Women Who Advocate for Equity, Diversity and Inclusion.**' The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions."

*~nationalwomenshistoryalliance.org*

**Learn More** about all things  
Women's History Month 2024

*What's happening in your  
community?*

**Post on Insta, and tag us!  
(@candigirlfreedom)**



“

[T]he conquest of the physical world is not [hu]man's only duty. [They are] also enjoined to conquer the great wilderness of [themselves].

The precise role of the artist, then, is to illuminate that darkness, blaze roads through that vast forest, so that we will not, in all our doing, lose sight of its purpose, which is, after all, to make the world a more human dwelling place.

~James Baldwin





# Stewardship of the Collective



## HANSBERRY

Your support at this first level, **\$25**, honors Lorraine Hansberry, the first-ever African-American woman to write a play performed on Broadway - *A Raisin in the Sun* (1959). FOCUS: supporting creative + mental health resources + community for the Collective's artists.



## POINT DU SABLE

Your gift of **\$50** honors Jean Baptiste Point du Sable, a pioneering trader/settler born in Haiti and founder of the settlement that later became the city of Chicago, Illinois. FOCUS: supports the creation of transformative content for cdc's spirituality programs that empower individuals on their life journeys.



## L'OUVETURE

Your gift of **\$75** honors Haitian leader of that land's independence movement, François Dominique Toussaint L'Ouverture. His leadership included the liberation of his enslaved people, restoring his people's economy. FOCUS: helps support community outreach + engagement for initiatives that drive social impact.



## CHISOLM

Your gift of **\$125** honors Shirley Chisolm, "unbought & unbossed," the first-ever African-American woman elected to the U.S. Congress, and the first Black person to make a bid for the U.S. presidency as a major-party candidate — no permission needed. FOCUS: supports 10 meals at a Broadway Brunch.



## MANGOU

Your gift of **\$250** honors Sarraounia Mangou, fearless warrior-chief priestess of the largest ethnic subgroup of the Hausa, a people of northern Nigeria and surrounding areas. She successfully fought off the French, trying to colonize her land. FOCUS: supports professional development for emerging + established artists.



## X

Your gift of **\$500** honors El-Hajj Malik El-Shabazz — better known as Malcolm X. One of his most famous quotes is simple, and inspires perspective + resilience, "Stumbling is not falling." FOCUS: supports focused marketing, social media boosts, and other amplified outreach to cdc audiences.



## TUBMAN

Your gift of **\$1,000** honors Harriet Tubman, 1st-ever woman to lead a U.S. armed military operation, most widely renowned for freeing dozens of her enslaved people. "I freed 1,000 slaves. I could've freed 1,000 more—if only they knew they were slaves." FOCUS: supports cdc technology from upgrades to subscriptions for apps, enhancing digital communications + advances.



Thank you SO much for your generous support of **candi dugas collective** as we move forward into 2024 and beyond - building freed-dom!

Your gifts help support our work at the intersection of artistry, spirituality + social impact.

Every amount makes a significant difference in the lives of communities, audiences + artists whom we touch. Read more in the description to the left of the kind of legacy you're supporting when you generously give to cdc. **Thank you so much, always, for your support!**



# Thank YOU!!!

## candi dugas collective donors

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- Rev. Sydney Avent | Maria Carter
- Jordan Crawford | Kevin Crawford
- Marlan Crawford | Darryl Crowder | Jade Dell
- rev dr candi dugas
- Rev. Dr. Patricia Dugas | Theodore Florence
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- Angela Geitner | Laura Guy | Reggie Hammond
- Carla Hammond-Smith
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*the artistry of candi dugas collective is a sponsored project of FracturedAtlas.org. Donations via Fractured Atlas are tax-deductible to the extent allowed by law.*



**Have an a-mazing February**

**and we'll see you  
with March's edition!**

*xoxo*

*Happy Women's  
History Month!!!*



# the collective

the artistry x impact of candi dugas collective

LINK  
IN  
BIO



FOLLOW us  
on Insight  
Timer!!!



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