

It is our fears and self-doubts that feed the lie and perpetuate the illusion. We are afraid to break the silence about the nakedness of the emperor because he has power, but his power is not autonomous in that it always relies on external forces and resources which can't be fully controlled. This power requires the support, assistance and compliance of the people, and the fact that power is not autonomous gives power to the 'powerless'. Our creativity can help us to generate creative practices that become the process of speaking out and speaking our truth. However, living a creative life of resistance to what hurts us and others or what does not respect diversity and life may bring us into a difficult relationship, to say the least, with our social environment. The relationship established between our life and creative practices and the context in which it is lived defines the life lived and can be said to function as a practice of '*bearing witness*'. There are diverse ways to live a life of creative resistance that can bear witness to the suffering and injustice. One being offering ourselves as canvases on which the violence and oppression suffered can become visible. However, 'work of self upon self' is needed to make our lives a reflection of what we are witnessing (Martin Luther King Junior called this work 'self-purification'), and caring for the self, for 'caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare' (Audre Lorde). So, we resist and speak out through self care and working on ourself and through creative practices making both the process and the suffering visible, without inflicting suffering on others and those that harm us. Basically, one needs to remain firm in one's commitment to one's values and truth and then absorb the backlash and the consequences as best they can for having broken the silence and having stepped out of the circle; so some level of willingness to absorb the violence that may come one's way as a consequence is required. Like I mentioned in the previous posts one essentially offers their self as a blank canvas on which others may paint their violence. Bearing witness makes the harassment and suffering visible. Hopefully, through this process the hearts of those partaking in the backlash may change, for to some extent they are also victims in that their humanity is limited by the roles in which they find themselves invested in. In the end it is love and a sense of deeper connection with all and our commitment to our true values. that give us the strength to persevere and endure the hardships, the suffering and the losses. Saying NO or ENOUGH or speaking one's truth can to some level or other be practised by all, even children at school. Some level of awareness and knowing, courage and creativity and the resolution to act are the basic prerequisites.

My website became one site and one means through which I became visible. It became an online space for my truth to be spoken and the

messy journey and the creative process to be witnessed, a space of bearing witness to what was unfolding and what I was resisting and the new I was embracing. As uncomfortable as posting proved for me at certain times it was an offering of myself as a canvas on which the violations became visible, an act of 'bearing witness' to acts, practices, dynamics, narratives and the journey. Like a bare white gallery this online space has housed my drawings and articles, texts and visual journal pages and links and relevant material from others. Like a body it has sheltered me, my heart, mind, suffering, the changes, my values and my small acts of resistance and it has been both the vehicle and the space. Prior to the creation of this website my resistance was expressed through mounting posters of artwork on walls and prior to that publishing *Let me be*. In the more distant past my resistance might have been expressed through protesting, peace marches, taking part in a strike or aiding and fostering others. These are moments or acts that stand out more, but it is also through our day to day living that we get the chance to express our humanity, values and resistance to things that wound us and others and our planet at large. We change and so do our means and resources, our circumstances and our knowledge, but ultimately it is all about trying to remain true to our heart and soul knowing at any given moment.