



## IIBA AWARDS 2019

### SOCIAL CATEGORY



### "May Love awaken in all beings" Sri Prem Baba

The reason for having done this work with women garbage collectors came from the need to have a work focused on welcoming, strengthening ties and affective ties, attention and care with women who perform garbage collectors in the city of Recife.

#### Data of the institution:

- Name: Women Garbage Collecting Cooperative
- Type of Institution: Cooperativa
- Location: CEPA - Tower Community Support Center
- Characterization of the group: Women between the ages of 19 and 65
- Workload: 30 hours

#### Group characterization:

- Women who work in the cooperatives of the Tower and Rice Straw with age group between 19 and 65 years.

The practical work was divided into 3 stages: the first a research with the women so that we could know a little more about each one through a question and answer questionnaire. At that moment we introduced ourselves and talked a little about our work proposal. We also hear your demands and a bit of the life story of each one. The second part was the meetings with the interventions and the last part was a feedback and hear from them how each meeting and what they were leading to life were for each.



Scheila Patricia Nascimento Gomes



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## SOCIAL WORK

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## Background

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## Group characterization

Women who work in the cooperatives of the Tower and Rice Straw with age group between 19 and 65 years.

## Work report

The practical work was divided into 3 stages: the first a research with the women so that we could know a little more about each one through a question and answer questionnaire. At that moment we introduced ourselves and talked a little about our work proposal. We also hear your demands and a bit of the life story of each one. The second part was the meetings with the interventions and the last part was a feedback and hear from them how each meeting and what they were leading to life were for each.

Each meeting was also divided into three moments: initial listening, bodily interventions based on listening and data collection, closing with meditation and final listening.

Throughout the meetings we can see that in the first encounters (first two) one had an agitation, need to talk about his life and lack of focus on the activities. It was a lot of talk and dispersion of the participants. But in the third meeting they got more restful and we can work more on breathing, grounding and exercises according to the demand that the group brought. In each initial sharing they always brought out the movements that played them the most and how they did at home with their children and companions. The last 3 meetings were the most integrated. Without parallel conversations, much connection and integration of the body with your deepest desires. The meditation and the work of breathing and a few minutes of silence were more respected and they surrendered with their totality.

Throughout the meetings we can see that they lived a lot in the automatic and did not stop to feel the body and to connect with themselves. A lot of struggle, a lot of suffering and really a desire to be loved, cared for and looked at. In the Third Encounter we did a holding activity "lap" and this exercise was so impacting that they in addition to talking about him in every encounter and he was part of almost everyone. She had one that she did not have and they missed her a lot.

Another important point was that they know that the force is within each of them and not in the actions and actions of violence. Saying yes and saying no was also another exercise that brought enough reflections and this one will take home to do alone, as the companions-companions and children.

Stopping to breathe and be silent was another activity that was quite shocking to them. On the fourth meeting, they said that when they left the previous meeting, many people breathed their silence before going to sleep and slept better. Others said that this exercise helped to have better sex with the partner without having to have fights before (either it was very common in the first 3 meetings to report the bedtime fights with rights to strong physical aggression with chains, brooms, pots and whatever else front). From the fourth encounter these reports diminished and in the last two encounters they said that they did not fight the night anymore.

Another point that was worked was to give and respect the limits of each one. Within the cooperatives sometimes lacked a bit of respect and limit and eventually extended to the homes. Conflict and rage relationships stored in the body. A work focused on the anger and limits that generated a good conversation and reflection of the same at the end of this meeting was performed and this same exercise was requested in another meeting.

The difficult point to carry out the work was the difficulty that the women of the Torre cooperative had to be present. Missed 3 meetings.

*The exercises used were:*

- Exercise with the rings
- Standing, inverted grounding and bow,
- Yes and not with the movements of the pelvis;
- Impact phrases to work the rage with the towel in 3 movements (each with his towel spoke what had not said the person who was annoyed by twisting the towel, hitting the towel on the pillows, and with a double)
- Limits with hands and grounding
- Chair on the wall
- Breathing and meditation sitting comfortably and spine upright with feet flat on the floor
- Support work based on Eulina holding exercises (support and support)
- Expression of how they were coming out through the drawings and images

*Many phrases they said were collected over the course of encounters such as:*

- I'm feeling light and easy
- I want to take care of myself
- How good to say no
- I had never thought it was so good to meditate
- How wonderful it is to receive love and care. It's the best moment of all.
- I feel important here

*As a final result we could see that:*

- They were more focused and connected
- Lightweight and non-aggressive
- Glowing eyes and longing for the future
- More emphatic of your strength
- Speech more coherent and more present at times of activities
- More deliveries and effective participation of all.

At the last meeting we received feedback from each participant in a very loving way. The tone of voice completely different from the first two encounters and the body also firmer and more alive.

We can assess how much the most excluded people in society need this care and look too much. This movement reverberates in everything, in family life, in professional relationships, in social relationships, and in the power to do something good for oneself.

*Some testimonies given at the last meeting on July 4*

1. Lucicleide - Cooperativa da Torre: Good Experience
2. Gabriela - Rice Straw Cooperative: I'm feeling much stronger
3. Neide - Rice Straw Cooperative: In the beginning I did not feel very comfortable, but after the meditations everything improved
4. Ana Cristina - Cooperativa da Torre: I'm feeling much lighter and more relaxed
5. Iris - Rice Straw Cooperative: I always do at home with my husband the meditation and the exercises I learn here and everything at home is quieter and I am much more excited to do things.
6. Audilene - Rice Straw Cooperative: I learned to say yes to and for others. I'm calmer and I do everything I learned here every day at home.
7. Black - Cooperativa da Torre: I'm bringing joy in my heart
8. Eliane - Cooperativa da Torre: It's part of my life now
9. Lucilene - Rice Straw: I bring experience and power. I loved the affection and the lap for me was the best of everything. I felt loved and cared for
10. Maria Betânia - Cooperativa da Torre: I feel so relaxed that I sleep peacefully
11. Sandra - Cooperativa da Torre: Those who did not come do not know what they are missing out on. Those moments were very valuable.
12. Joseane - Coordinator of Emlurb: How rich these meetings were.

Based on each testimony, we complete these activities satisfactorily and with due diligence. There was even the desire to continue this work with the Rice Straw Cooperative.