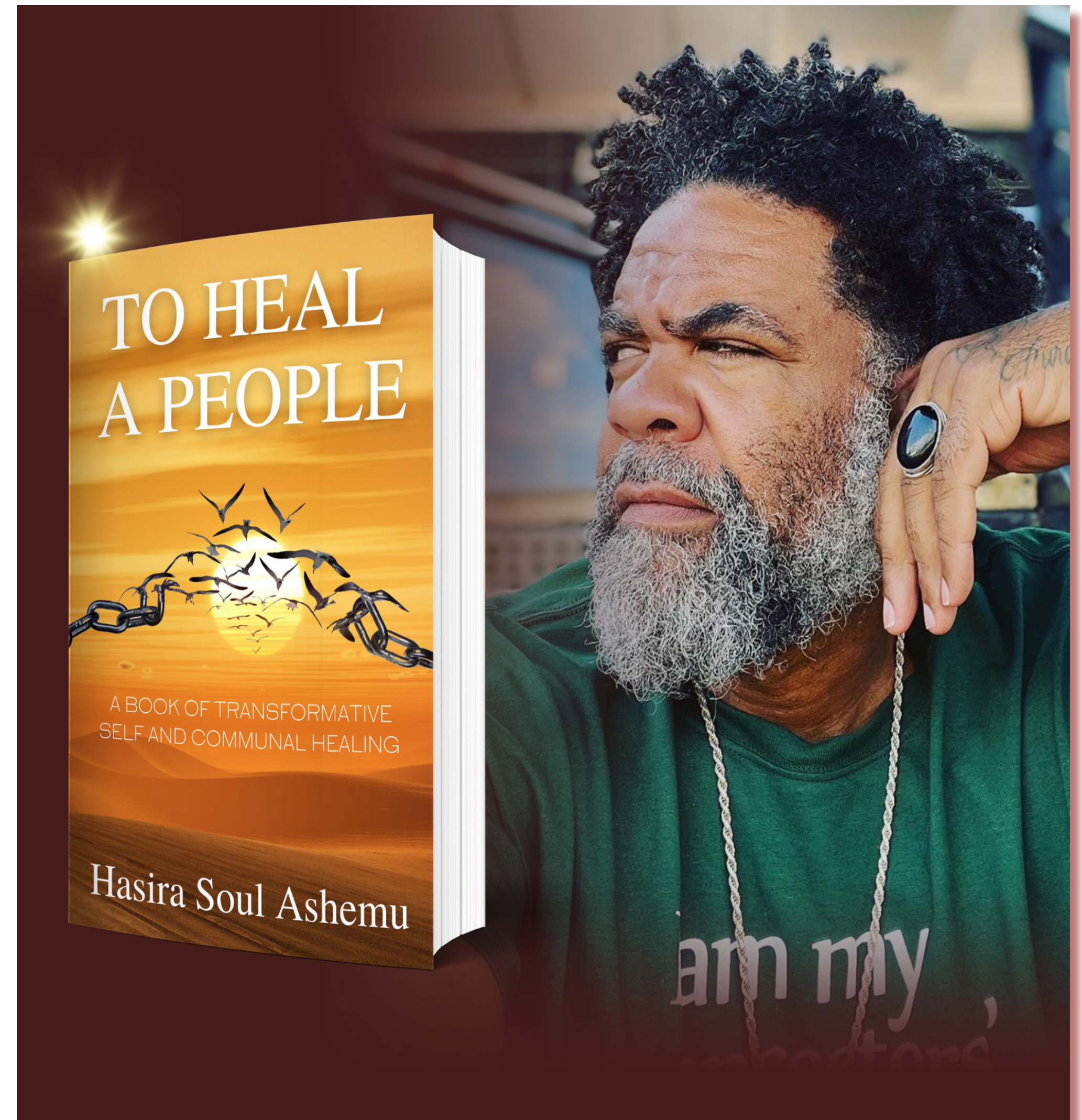


# TO HEAL A PEOPLE

A BOOK OF TRANSFORMATIVE SELF  
AND COMMUNAL HEALING

Hasira Soul Ashemu

## MEDIA KIT





# The Author



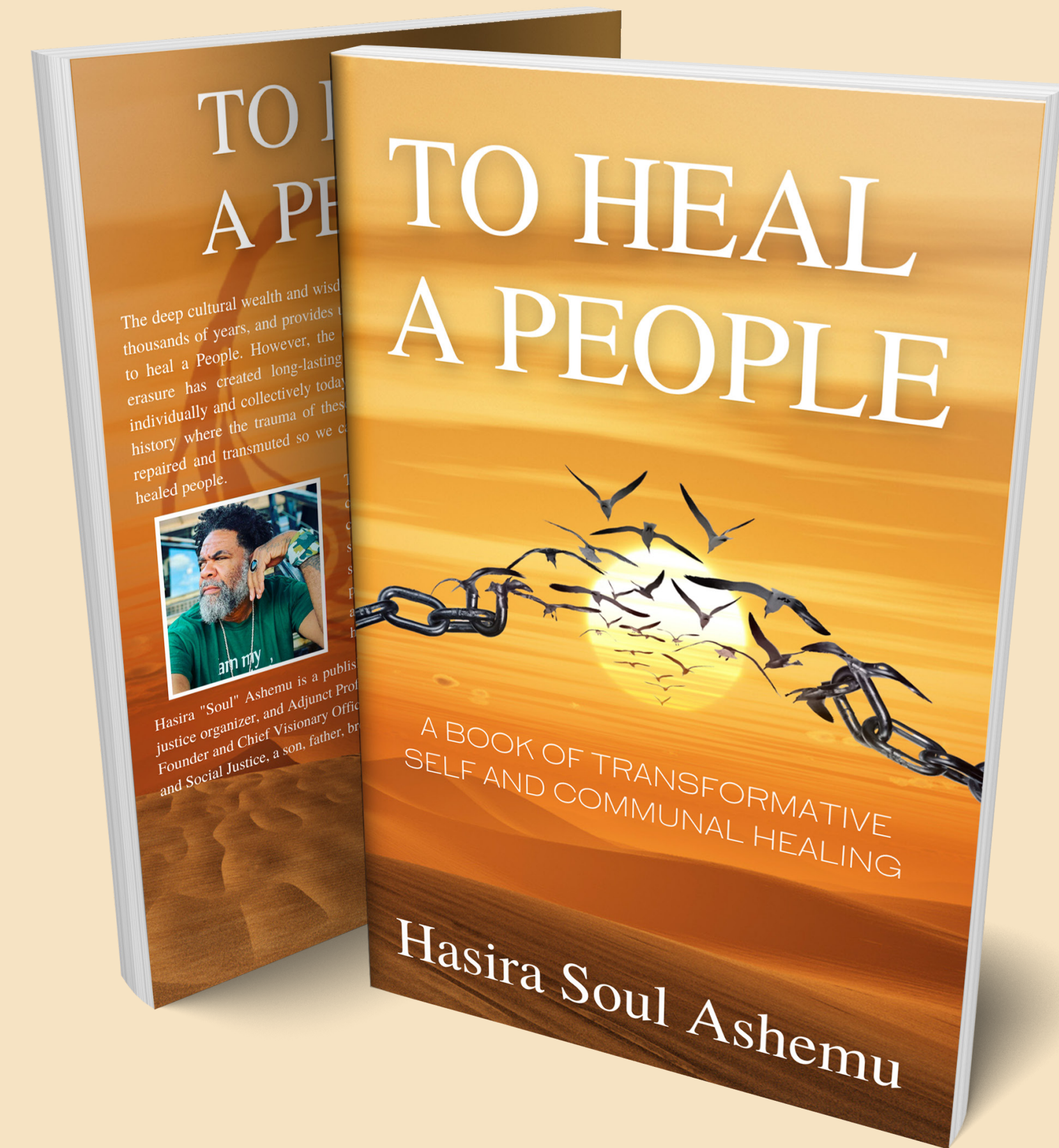
Hasira Soul Ashemu is the Founder and Chief Visionary Officer for Righteous Rage Institute for Healing and Social Justice and creator of the 'I Create My Life' Wellness and Healing Network. Hasira has traveled the world spending a decade in Africa raising his family in Ghana and connecting deeply with Afro-Indigenous wisdom, practices, and spirituality. He is on a mission To Heal a People, and is a prolific writer, speaker, coach, facilitator, media and communications professional and now, author, with the release of his two long and widely anticipated books.

Hasira organizes healing and learning journeys, and offers consulting and coaching sessions at the individual, community, national and international levels for both nonprofit, corporate, governmental sectors, public school districts, public health agencies, and higher learning institutions across the US and five African nations. Hasira works beyond borders, as a frequent international traveler, teaching the success sciences behind manifesting and living life through a Mind, Body Soul experience. Fueled by a plant-based diet, he enjoys running, biking, boxing, yoga, deep meditation and grounding in nature, preferably near any river.



# The Book

To Heal A People is most importantly about creating a framework for personal, communal and universal freedom. It is an affirmation and a declaration. It is a paradigm and an instruction guide. It is both call and response. It is both thought and action. It is both the declaration of war on the darkest parts of our nature and a call for restoring peace within.





# Key Ideas

**To Heal A People**

**Righteous Rage**

**Healing from History (personal and collective)**

**I Create My Life**

**Living on Purpose**

**Relationships and Relationship alignment**

“Therefore, when we talk about the need to center our collective healing and mental, physical and spiritual restoration, this is not simply about some arcane exercise aimed at assuaging our bruised and battered egos. No. Nor are we talking about merely getting some sessions on some therapist couch, hugging trees or purchasing a set of yoga sessions with some incense and Badu head wrap. No. We are suggesting that what is needed is a total social and mental reformulation of our movement towards justice to not only include our healing but to actually CENTER the need for us to create a new operational cultural paradigm that acknowledges, promotes and infuses all of our personal and collective choices with a healing and health directive. Any and all definitions or ideas of justice, reparations, equity and freedom must be centered in the primacy of our individual and collective mental healing. And make no mistake about it, our healing must come and be done ultimately and most importantly as a collective.”



# Book Information



## Full Title

To Heal A People

## Publication Date

February 1, 2023

## Page Count

444

## Publisher

Self

## Genre

Manifesto/Memoir/Manual

## ISBN

979-218-10546-4

## Available Formats

Paperback, Audio

## Price

\$30.00



# Influential Endorsements



## Close Supporters

Malina Abdulah, Black Lives Matter  
Jitu Brown, Journey for Justice

## Wish List

Melissa Harris Perry  
Oprah  
Brother Ali  
Kendrick Lamar



# Media Discussion Questions

What is your transformative theory of change?

What do you mean by Righteous Rage?

What is Sankofa Shadow Werk?

How was it living in Ghana with your family for 10 years? Challenges? Success?

How did you survive cancer twice and how did it impact you?

How did having two prominent parents impact and inform your life and life's work?

What is a Souljourner and how/why did you become one?

What are your thoughts on the current trajectory of Afro-Indigenous people here in America both socially and politically?

Who would say were the 3 most primary influences on you growing up? And Now?

Can you tell us why Relationships figure so heavily in your theory of change, writings and life work?

What is Ubuntu and why did you include it in your TOC?

Why did you create a workbook to accompany your book?



# Contact Information

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