MAKING CHANGE, MAKING SOUL
A Reflective Guidebook



This guidebook is an *intentional sanctuary* designed for your *inner landscape.*

Inspired by Brenda Sendejo's book, *Chicana Spiritual Activism: Making Change, Making Soul* (University of Arizona Press 2026) and the foundational concepts of Gloria Anzaldúa, the *Making Change, Making Soul Guidebook* serves as a tool for tending to our souls as we tend to our outer worlds.

These pages are intended to guide you in your practice of deep listening, in remembering your lineages, releasing alignment blocks, and consciously offering your unique medicina to the world.

Feel free to use a journal and/or record your responses via audio. Whatever you feel called to do, this is *your journey.*

Developed by Brenda Sendejo, PhD | Brenda Sendejo Consulting/Making Change/Making Soul

MAKING CHANGE MAKING SOUL

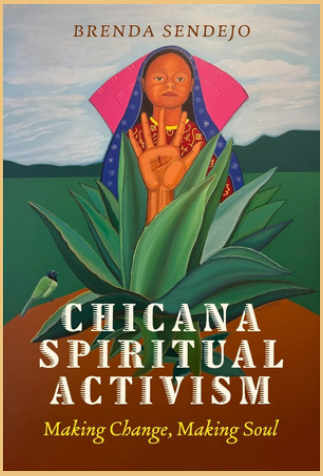


"While these Texas Chicanas worked to alleviate forms of oppression in the tangible realm of the "outer world" encompassing electoral, educational, employment, and other spheres—forms of oppression that plagued Mexican and Chicano communities for generations—they simultaneously turned their attention to their own and their communities' "inner worlds." This book illustrates how, postmovement, women's teaching, writing, art, research, organizing, healing, and other justice-inspired efforts became infused with a profound spiritual dimension."

Source: Brenda Sendejo, Chicana Spiritual Activism: Making Change, Making Soul Introduction, 2026)

MAKING CHANGE MAKING SOUL

Excerpts from Chicana Spiritual Activism: Making Change, Making Soul





"The movement taught me I could change the world."

— María Elena Martínez, Texas Raza Unida Party State Chair (1976 -1978), educator, and chamana (shaman)

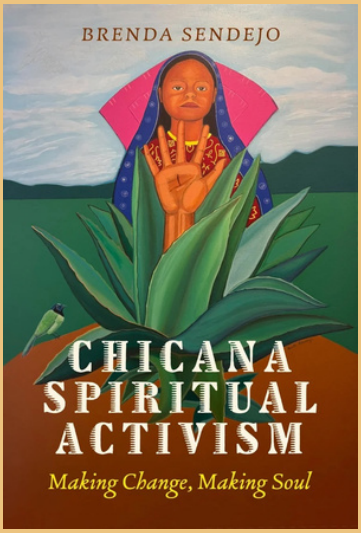
"Little did I know in that first encuentro that I was feeling the effects of María Elena speaking her truth, which I would come to understand as connected to her medicina. Living that truth, through her purpose, involved listening to her soul, which I will explore further through the concept of making face/making soul, which comes from Gloria Anzaldúa:

> We women of color strip off the máscaras others have imposed on us, see through the disguises we hide behind and drop our personas so that we may become subjects in our own discourses. We rip out the stitches, expose the multi-layered "inner faces," attempting to confront and oust the internalized oppression embedded in them, and remake anew both inner and outer faces. We begin to acquire the agency of making our own caras. "Making faces" is my metaphor for constructing one's identity. "[U]sted es el moldeador de su carne tanto como el de su alma." You are the shaper of your flesh as well as of your soul. According to the ancient nahuas, one was put on earth to create one's "face" (body) and "heart" (soul). To them, the soul was a speaker of words and the body a doer of deeds.

Source: Brenda Sendejo, Chicana Spiritual Activism, Making Change, Making Soul, 2026: x.

MAKING CHANGE MAKING SOUL

Excerpts from Chicana Spiritual Activism: Making Change, Making Soul





María Elena's (re)construction of her religious identity, "making face," coincided with the outer expression of her soul, which was the embracing of her truth; this in turn led her to her purpose, or medicina, and toward a spiritualized activism.

While she had left the political realm after her involvement in RUP (Raza Unida Party) the work she would later take on was not completely separate from her political activism of the late 1960s through the '70s, during the movement era. She was still living her purpose and engaging with politics, but in a completely different way. She would engage in a "politics of spirit" and bridge seemingly opposing ideas of spirituality and activism, offering a glimpse into spiritual activism—'spirituality for social change, spirituality that posits a relational worldview and uses this holistic worldview to transform oneself and one's worlds.'"

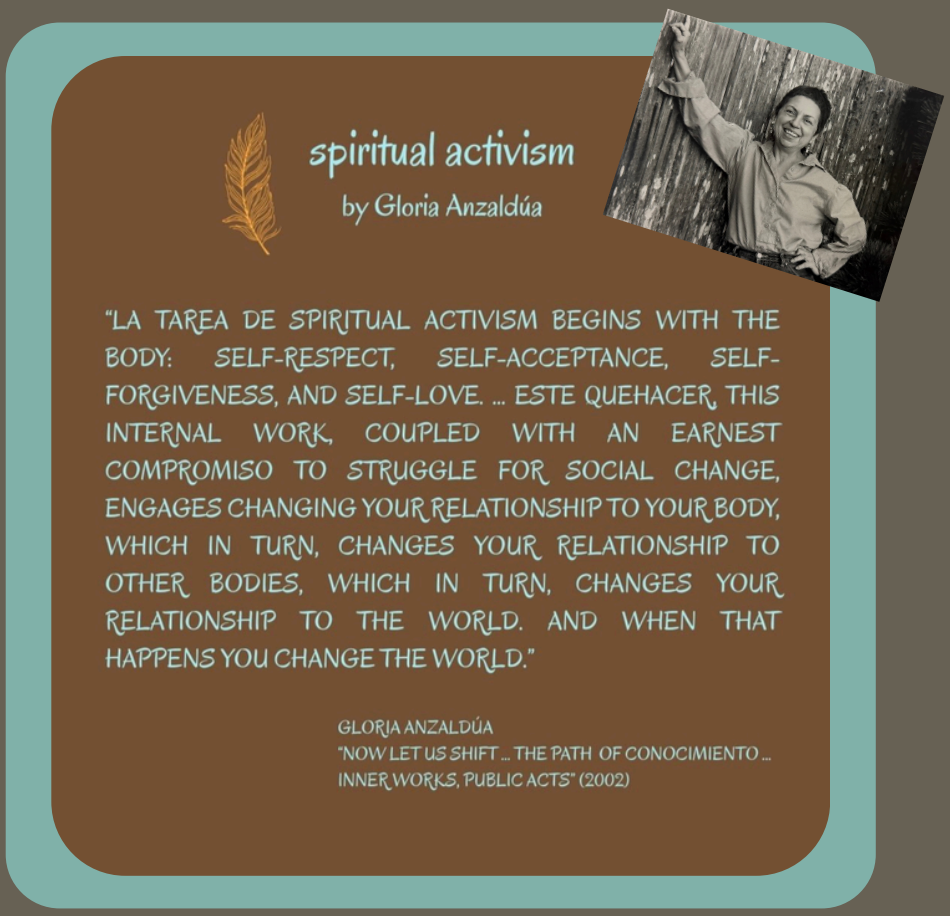
Brenda Sendejo, Chicana Spiritual Activism: Making Change, Making Soul, 2026: 3-4.
Quote source: AnaLouise. Keating, "'I'm a Citizen of the Universe': Gloria Anzaldúa's Spiritual Activism as Catalyst for Social Change." Feminist Studies 34, nos. 1–2 (Spring/ Summer 2008): 53–69.

MAKING CHANGE, MAKIN G SOUL

Making Soul Compass + Prompts

The **Making Soul Compass** is intended to inspire reflection on your own experience of "making face," and "making soul." That is, embracing your truth and expressing it out into the world via your medicina and purpose.

May the directions guide you toward a deeper connection to your own, unique version of spiritualized activism.



MAKING CHANGE, MAKING SOUL

Making Soul Compass + Prompts

Direction 1: Listen (Tuning Inward)

The Somatic Whisper:

Following your grounding practice, where in your physical body does your soul's truth feel the loudest right now? Write a letter directly from that physical sensation, allowing it to speak without censoring or rationalizing its words.

La Bruja's Intuition:

We are taught to rely heavily on our logical minds, but spiritual activism requires listening to our 'bodymindspirits' as Irene Lara notes. What is a quiet, intuitive knowing that you have been ignoring or pushing aside?
What happens when you grant that inner wisdom full authority?



Direction 2: Remember (Reclaiming the Sacred)

Ancestral Frequency:

Look back at your ancestral lineage, spiritual lineage, or the recovered stories that ground you. What piece of wisdom, ritual, or core value feels like a forgotten medicine you are ready to (re)claim for your path today?

Reverence for Your Story:

Soul-tending requires us to see ourselves as whole, not fragmented. Pick a chapter of your past that you usually judge harshly. How can you look back at that version of yourself with absolute reverence?
What deep soul wisdom did that version of you survive to give you?

MAKING CHANGE, MAKING SOUL

Making Soul Compass + Prompts

Direction 3: Release + Realign (The Cleansing)

The Heart-Head Audit:

Think of a current obligation, relationship, or project in your life. Ask yourself: 'when I speak of this, do I feel it in my heart or in my head?' If it lives only in your head, what internalized expectation or fear is keeping you bound to it?

"I am bound to _____ by ...."

Ritual of the Flame:

Spirit seekers know that letting go is a pivital part of the journey.
What is one specific energy, doubt, or pattern of internalized oppression you are ready to offer to the fire? Describe what the moment of release looks like and how your spirit feels the moment after you let it go.



Direction 4: Offer (Activating Your Medicina)

Naming Your Medicina:

Your medicina is the unique intersection of your truth, your lived experience, and your purpose. It is what you are meant to contribute to changing the world. Write words that come to you when you think about your medicine--the song only you can sing. How does it taste, look, or feel when you pour your medicina into your relationships, your work, your community, ***yourself***?

The Capacity Check:

Before we offer our gifts to a world in need of change, we must ask:
'Where am I now?' Assess your current spiritual and emotional bandwidth. Write a gentle boundary statement that protects your energy while still allowing you to show up in solidarity with the world.



MAKING CHANGE MAKING SOUL GUIDEBOOK

~ RESOURCES ~

- Gloria Anzaldúa (ed.), **Making Face, Making Soul/Haciendo Caras: Creative and Critical Perspectives by Feminists of Color** (Aunt Lute Books, 1990).
- Irene Lara, **"Bruja Positionalities: Towards a Chicana/Latina Spiritual Activism,"** Mujeres Activistas en Letras y Cambio Social 4 (Spring 2005): 30.
- **On the term bodymindspirit by Irene Lara**. Irene Lara proposes the term bodymindspirit inorder to emphasizethe body as a central locus of oppression, a site of social struggle. She notes, "I slowly began to heal my fragmented self and move toward wholeness and balance. I think and feel at once. Unlearning the western mind/bodysplit and learning to listen to the wisdom of my whole self, my bodymindspirit, is a perpetual process." See **Irene Lara, "Healing Sueños for Academia," in This Bridge We Call Home:Radical Visions for Transformation, ed. Gloria E. Anzaldúa and AnaLouise Keating (Routledge, 2002), 433–38.**
- Brenda Sendejo**, Chicana Spiritual Activism: Making Change, Making Soul** (UAP 2026).
- Keating, AnaLouise. **"'I'm a Citizen of the Universe': Gloria Anzaldúa's Spiritual Activism as Catalyst for Social Change."** Feminist Studies 34, nos. 1–2 (Spring/Summer 2008): 53–69.
- **Making Soul Substack**. My writings and videos related to Chicana spiritual activism, making change and making soul, and Guadalupe-Tonantzin can be found here.
- **Offerings for Corn Mother Substack** My comadre & collaborator Dra. Alicia Enciso Litschi offers a variety of writings and videos on Corn Mother and Ancestral Tending, as well as virtual and in-person workshops, retreats, and guided sessions.
- **Insight Timer App** A meditation app with thousands of no-cost audios on various topics. Brenda is a teacher and her recordings as well as live events can be found here.



Making Change, Making Soul

I hope this guidebook serves you on your soul path.

Thank you for your support and remember,
in the words of María Sabina, *you* are the medicine.

You can find more of my current and upcoming offerings below.

Abrazos,
Brenda

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Instagram: @brendasendejo

We are forming a ***Making Change, Making Soul Instagram Community***!
Join us! @makingchangemakingsoul