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AUTHOR. ADVISOR. ADVOCATE. ACTIVIST.

Happy Juneteenth,

It's been a while since my last newsletter, and I wanted to reach out and share some exciting news. During my absence, I've been fully immersed in my healing journey, working to make a positive impact in the lives of others, and creating valuable thought leadership content.

But guess what? I'm back and ready to hit the ground running! Get ready for a wave of inspiring insights, fresh perspectives, and valuable resources coming your way!



Embracing Juneteenth: Celebrating Freedom and Unity for a More Inclusive World

Happy Juneteenth! This cherished holiday holds profound significance for me, extending far beyond simply enjoying a day off from work. Juneteenth represents a joyous celebration of freedom and liberation, virtues that resonate deeply within me. Moreover, this special day also marks the anniversary of the release of my

book, *[Perseverance Through Severe Dysfunction](#)*. Purposefully choosing Juneteenth as the book's release date, I aimed to align its themes of liberation with the essence of this empowering holiday. In my book, I explore not only physical liberation, mirroring the spirit of Juneteenth, but also mental and emotional liberation—a journey towards freeing ourselves from the pain and trauma of our pasts to attain inner peace.

But some people may still be asking, “What exactly is Juneteenth?” As a proud Black man, I am thrilled to share the significance and celebrations surrounding Juneteenth. This historical observance holds a deep meaning for me and countless others, as it symbolizes freedom, resilience, and the ongoing struggle for equality. In this blog post, I aim to answer frequently asked questions about Juneteenth, shedding light on its historical context, cultural importance, and the collective effort to foster a world free from hate and division. Let's embark on this journey together to understand and appreciate the essence of Juneteenth.

Juneteenth FAQs

Incorporate Wellness

Square breathing, also known as box breathing or four-square breathing, is a simple yet powerful technique that helps regulate and deepen your breath. It involves inhaling, holding the breath, exhaling, and holding the breath again, each for an equal count of time, creating a square pattern. This technique can be done in various positions, such as sitting or lying down, and can be practiced anywhere, anytime you need to find calm and focus.

To practice square breathing, follow these steps:

1. Find a comfortable position: Sit or lie down in a position that allows you to relax and maintain good posture. Close your eyes if it feels comfortable to do so.
2. Take a slow, deep breath in: Inhale deeply through your nose, expanding your abdomen as you fill your lungs with air. Count to four as you breathe in, feeling the breath entering your body.
3. Hold the breath: Once you've reached the full inhale, hold your breath for a count of four. During this pause, try to keep your body relaxed and your mind

- focused on the present moment.
4. Exhale slowly: Begin to release your breath through your mouth, counting to four as you exhale. Allow the breath to leave your body completely, feeling a sense of release and relaxation.
 5. Hold the breath again: After exhaling fully, hold your breath for another count of four. Embrace this moment of stillness and pause.
 6. Repeat the pattern: Repeat the cycle by inhaling again for a count of four, followed by holding the breath, exhaling, and holding once more. Continue this pattern for several rounds, allowing your breath to flow naturally and smoothly.

As you engage in square breathing, focus on the sensation of your breath, the rhythm of your counting, and the gentle rise and fall of your body with each inhale and exhale. Allow any tension or distractions to melt away as you find yourself in the present moment.

Square breathing can be an effective technique for reducing stress, calming the nervous system, and promoting a sense of relaxation and balance. Regular practice can help you cultivate a deeper connection with your breath and harness its power to support your well-being.

Events and Happenings

- [Small World Yoga presents International Day of Yoga](#) - On June 21st, I will be emceeding and celebrating International Day of Yoga with hundreds of people at Cumberland Park in Nashville, TN. Register for free or make a donation to Nashville's only non-profit yoga studio.



Featured Video

In recognition of Men's Health Month, here is a short video to encourage men and boys to prioritize their mental health by expressing emotions and embracing vulnerability. It takes so much courage to open up, especially when you've been conditioned to hide the pain, to bottle up the emotions. But the rewards from doing so can be life-changing!



Reggie's Reflections

I have come to a profound realization: two seemingly unrelated things can coexist simultaneously. Love and hate can inhabit the same rooms and relationships. Fear can dwell alongside courage. A person can possess immense goodness and yet be plagued by darkness. In this intricate tapestry of life, we face the question: does one truth outweigh the other, or should we embrace the complexity that defines our existence on this Earth? Life itself is a mosaic of shades, rarely confined to stark black and white. It is in the vast gray area that we find solace. This revelation has granted me peace amidst the complex web of emotions I experience toward people, philosophies, and attitudes. Acknowledging that multiple truths can harmoniously coexist opens the door to compassion and empathy. By embracing this perspective, we forge connections and foster growth, drawing closer to one another.

Happy Pride Month!

Happy Men's Health Month!

Happy Juneteenth!

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