

I AM Affirmation

Michelle C. Chatman
University of the District of Columbia

I created the meditation, *I AM Affirmation*, in 2020 during significant racial unrest and the onset of a global pandemic. During this tumultuous time, I clung to these essential truths to stay grounded and have shared them with many. The affirmation—"I am here/I am safe/I am worthy/I am enough"—is an invitation to be present, claim your protection, and acknowledge your inherent value. These reminders are vital for those on the margins of society. I invite you to sing these words to yourself, or with loved ones. Imagine your ancestors singing it to you. May this awakening to our collective humanity, sacredness, and power help us transform the world for justice and healing.

Michelle C. Chatman, Ph.D., (she/her/hers) is an associate professor and Founding Director of the Mindful and Courageous Action (MICA) Lab professor at the University of the District of Columbia (UDC). She possesses over 30 years of experience in urban education, the arts, and community development. As a current Fellow in the Culture of Health Leadership Institute for Racial Healing she is committed to advancing non-violence and Black family thriving through mindfulness, restorative justice, and community rituals. In 2022, she was recognized as one of the 10 Most Powerful Women in the Mindfulness Movement.
