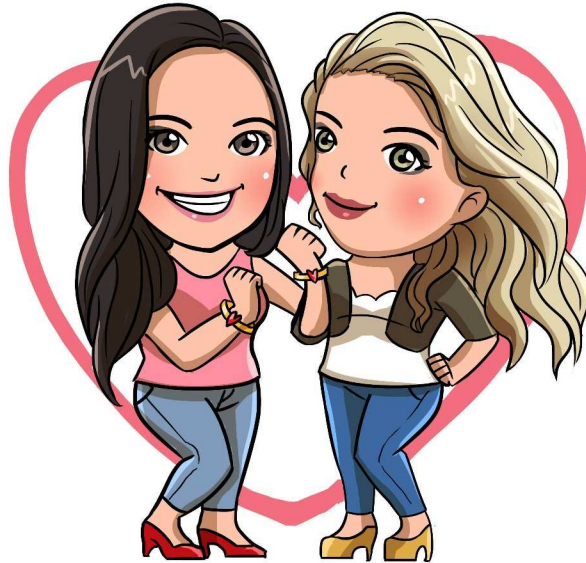


#SDSU
#LizzyandME



ENGAGE, INVITE, EMPOWER!!

Lizzy and ME Jeans for Justice

By Stephen T. Jones and Jeans4Justice.org

Lizzy and ME Jeans for Justice

By Stephen T. Jones and Jeans4Justice.org

If one percent of the population - or even just
one percent of one percent - posted their
ideas in one day, you'd have enough
information to fill a book with world
solutions.

www.OrganicXpression.com

Copyright 2013 Stephen T. Jones and
OrganicXpression.com Publishing



This book was written in honor of the growing population of the Jeans for Justice Love Ninjas, dedicated to creating healthy communities free from sexual violence through creative awareness campaigns, community outreach events and leadership immersion programs.

We would love to give a special thanks to Jess Johnson, Brynn Viale, Claudia Hung, Victoria Hung and Neil Kavanagh the chief editor.

#SDSU #LizzyandMe Movement!!!

During an on campus event to end sexual violence on campus...a group of SDSU fraternity members yelled obscenities and waved dildos at demonstrators rallying against sexual assault.

Frustrated by these series of lewd acts a group of SDSU students band together to create #SDSU #LizzyandMe Movement!!!

There is a powerful movement today in our world; it affects our families, our neighbors and our communities. That movement is known as #SDSU #LizzyandMe and its goal is to empower today's women and children and help them find their own voice through art and personal expression.

The fact that we live in a world where violence toward women and children is socially accepted and even welcomed in some circles. Every time you listen to the news or watch the television, you see it; it stares us right in the face and we sit by and do nothing. We say NO MORE! #SDSU #LizzyandMe is about taking our communities back and standing up for what is right in the world. No longer will the people remain quiet; we will shout it from the rooftops and our highest peaks until our voices, their voices, are heard.

Introduction

Good Morning, Good Day,
and/or Good Night,
Whatever applies to you
Is surely quite right.

Wherever you are
Whatever you see,
If you are challenged in life
By some mystery:

My name is Lizzy
And I LOVE to dream,
Big BIG imaginations
With a beautiful gleam.

Join this conversation
In a community test,
Try changing the world
To bring out our best.

During this journey
I have just one request,
That can only be met
With a resounding YES!!!

So if this feels right
Hop on and follow me,
One if by land
And two if by sea!

A Trail to Two Tias

With A resounding YES!!! let's join Lizzy on her way to visit her Two Tias!!

Lizzy always loves to visit her Two Tias Claudia and Victoria, and she has been there so many times before that she never gets lost-

But this time was different
In the darkness of night,
Lizzy lost her way
It just didn't feel right.

The path was so muddy
And really really wet,
There wasn't any reason
Not a drop of rain yet.

While Lizzy was walking
She slipped in a black hole,
Where ugly herds of Darkness
Were capturing her soul.

As Lizzy was falling
In this deep deep black hole,
With no end in sight
Her life was out of control...

What happened to Lizzy?
I am sure you'll agree,
It wasn't her fault
Like rough waves on the sea.

**In your own way on a separate sheet of paper
express yourself in words or art sharing a tragedy
that happened to you or someone you know...**

At the bottom of the hole
Lizzy felt so all alone,
Blinded by the Tragedy
In this scary scary zone.

Will she ever find peace
From the harm in her heart?
Her Body, Mind and Spirit
Were pulled part from part.

Lots of pain and suffering
Shook through her soul,
Blame, Shame and Hopelessness
Appeared beyond control.

Then Lizzy whispered to herself...

'How will I survive
This nightmare of reality??
I'll find the courage to move on
Finding Strength and Vitality!'

Then, right at that instant
Hope once again returned,
Sounds of celestial voices
Befriended her concerns.

**In your own way on a separate sheet of paper draw a
picture of Lizzy in this black hole**

Jeans for Justice Love Ninjas

It turns out that not far off in the distance the Jeans for Justice Love Ninjas were gathered and singing their daily sisterhood rituals:

'We are Jeans for Justice
Compassion to the core,
Courage to rise in Sisterhood
Is what we all stand for.'

'Community Bonding
With Justice in Motion,
A Natural Renaissance
Deeper than any ocean.'

Then they went on to sing a
part that appeared to be
written just for Lizzy:

'In the arms of an Angel
With one broken wing,
With just a little hope
She too will soon sing.'

'Love is her best weapon
She just needs to reload,
To strengthen her path
And illuminate her road.'

Shifting out of darkness
To the brightness of Days,
Healing the scars
And restoring to amaze.

At that moment Jess, the leader of the Love Ninjas, gets a feeling that someone needs her help. As the Jeans for Justice Love Ninjas continue singing, Jess goes on a journey to find Lizzy with the Love Ninjas.

Sometime later Jess and Love Ninjas find Lizzy all alone in the black hole.

In your own way on a separate sheet of paper draw a picture of the Love Ninjas rescuing Lizzy from the black hole.

Two Tias house

As the Jeans for Justice Love Ninjas help Lizzy out of her black hole they hold her hand on the way to her two Tias house, Claudia and Victoria.

Jess and the Love Ninjas walk Lizzy to her two Tias house with a gift of a brand new blue pair of Jeans.

As she walked to their house
She felt so all alone,
Slowly slowly walking
Step by step on cobblestone.

Overwhelmed by dark feelings
Did she do something wrong?
Blame, Shame and Hopelessness
Carried her thoughts along.

How will she hide this secret
From those that she loves?
Maybe she'll fake a smile
For this Tragedy she's tired of.

Before Lizzy knew it
She was at her Tia's front door,
And had no idea exactly
What she was headed for.

Knocking on the door very softly
Crying hard deep inside,
Lizzy wanted to leave
Wanted to run away and hide.

Both Claudia and Victoria
Came and answered the
door,
Love, Strength and Beauty
Is what they stood for.

They had always met Lizzy
With a hug and a kiss,
But this time they had a
feeling
Something was amiss.

They knew by her expression
The look on her face-
Something was quite wrong
She was in a very very bad
place.

They gave Lizzy her space
Respected her bounds-
But surrounded her with love
And love always compounds.

Her Tias shared some stories
With their Angel-like glow,
True lessons of hope
From then and long ago.

They got Lizzy thinking:
'Should I ask for help?
How can I hide my feelings?
Inside they Yelp and Yelp!!!'

'I will just be a burden
This is not their concern-
I will find my own way
This is how we all learn.'

Wow how the time flies!
Already it's time for bed,
Then the rain started pouring
Like the thoughts in Lizzy's head.

In your own way on a separate sheet of paper draw a picture to express how Lizzy is feeling right now.

Silent Night

Lizzy stayed up that night
Thoughts dancing in her brain-
She couldn't find peace in sleep
Just more nightmares in the rain.

Wondering what to do
She just didn't know-
Holding on really tightly
Afraid of letting go.

Should I share my secrets
With my Tias I love so?
I'm all out of answers
Maybe they will know.

Just then at that moment
Lizzy heard a loud loud scream-
The kind that wakes up everyone
With future lessons of self esteem.

It was her Tia Victoria
Who is quite afraid of bugs,
Especially a hissing cockroach
Spiders, and even slugs.

In your own way on a separate sheet of paper draw a picture of someone or something you are scared of.

Lizzy went into her Tia Victoria's room and
there was a Madagascar Hissing Cockroach
on Victoria's bed!

The cockroach sneaked into her room
It had sneaked under her door,
She screamed and screamed and screamed
Louder than she ever had before.

A huge nasty cockroach
Climbed up onto the bed,
Hissing and very very scary
Creeping slowly to her head.

Lizzy jumped on the bed
With all of her might!
Showing lots of courage
And little little fright!!

Lizzy extended her arm
Grabbing the roach in her grasp,
And because of this bravery
Her fear could not last.

You can only imagine
Lizzy saves the day!
Finding courage within
Through an amazing way!!

In your own way on a separate sheet of paper draw a picture of Lizzy saving the day.

Suddenly Lizzy could see
That she surrendered her fears,
Which sparked a good cry
Of her locked up happy tears.

This was just a small step
A small step by all means,
But a large step forward
To follow her dreams.

We need fresh thinking
To discover something new,
Small steps turn to large ones
Before this journey is through.

Remember the Jeans Lizzy got as a gift? Guess what happened to the Jeans while they were in the other room alone?

Because of her courage
Because of her might
Out of nowhere
Blue jeans glowed in the night.

Right through the pockets
Right through the seams
An outward expression
Of Lizzy's new self Esteem.

Because of her courage
Because of her fight
Lizzy found freedom
To sleep through the night.

In a moment Lizzy sets the Madagascar Hissing Cockroach on the window sill and it turns into The Freedom Butterfly...And Flies away.

In your own way on a separate sheet of paper draw a picture of the freedom butterfly and/or Lizzy sleeping in peace.

Deeper in the Darkness

When Lizzy wakes up in the morning she puts on the Jeans she got from Jess and goes outside. While she is outside Lizzy sees The Freedom Butterfly and decides to following it on a journey. After awhile she follows The Freedom Butterfly into a crack in a cliff just big enough to fit Lizzy's body.

What started as a crack
Transformed into a narrow cave,
Deeper in the Darkness
How is she so brave?

As Lizzy goes Deeper
There is little little air,
Deeper in the Darkness
Grows a lot more despair.

Where did the butterfly wander?
Did it flutter by and go?
Will this path lead to freedom?
Will Lizzy find her glow?

Questions upon questions
Illuminated her Sixth-Sense,
A Stronger Deeper Power
And an end to this suspense.

Right then at that moment
She connected with her core,
Deeper in the Darkness
Deeper than ever before.

Kind lessons from the Love Ninjas
A sisterhood love bunch,
A return to conscious breathing
To fuel Lizzy's natural hunch.

**Right Now, in your own
way join Lizzy in a big
conscious breath of
compassion to help her
find her way....**

BE IT, LEAD IT and LIVE IT!!!

Right after Lizzy takes a conscious breath of compassion she remembers the lessons of the Jeans for Justice Love Ninjas and her Two Tias as she whispers to herself:

'A Brick by Brick foundation
To mobilize our peers,
A solution for any challenge
Building Strength out of Tears.'

Lizzy's whispers get louder and louder as she repeats the lessons from her Love Ninja mentors at Jeans for Justice:

'JUSTICE IN MOTION

LOVE YOURSELF

BE IT, LEAD IT and LIVE IT!!!'

'BODY, MIND AND SOUL

EXPRESS YOURSELF

BE IT, LEAD IT and LIVE IT!!!'

All of a sudden Lizzy noticed the more and more she believed in and loved herself the more the Gems on her Jeans started to glow one at a time...the Gems hummed a tune and it went a little something like this:

In the darkness of the cave
Darkness from head to toe,
Lizzy found her freedom
Lizzy found her glow.

BE IT, LEAD IT and LIVE IT!!!

A journey through the darkness
Like the blackness of a crow,
Lizzy found her strength
Her strength to grow and grow.

BE IT, LEAD IT and LIVE IT!!!

Led out of the darkness
Guided from the cave,
Lizzy found her way home
Lizzy saved the day!!

BE IT, LEAD IT and LIVE IT!!!

Remember at the beginning of this journey
Lizzy had just one request?

That we all had met with a big resounding YES!!!

Listen to Lizzy as she shares her request delivered to us in
one conscious breath:

'LOVE ALL THE WORLDS CHILDREN AND KEEP US ALL SAFE

BE IT,

LEAD IT

and LIVE IT!!!!'

**Right Now in your community " LOVE ALL THE
WORLDS CHILDREN AND KEEP US ALL SAFE**

LOVE LOVE LOVE,

**Lizzy and ME
Jeans for Justice**



