



# Aaron Johnson

Speaker, Facilitator,  
Artist, Activist, Filmmaker

**"Listen as if your life depends it."**

## SPEAKING TOPICS

Listening as the First Hug,  
Inspiring Young Folks Targeted  
by Oppression

Mental Health & Music

Natural Building as a Practice  
of Black Liberation

Black Folks Back to Nature &  
Healing Tree Material

Grief to Action Sanctuary

The Life-Saving Practice of  
Mentorship

DEI - Diversity, Equity, and  
Inclusion

Reaching for Blackness,  
Dismantling Oppression through  
Human Connection & Closeness

Song Circles and Singing as  
an Act of Resistance

Aaron Johnson is a public speaker, facilitator, and touch activist who practices closeness as a way to break down barriers between people. As co-founder of both Holistic Resistance and Grief to Action, Aaron takes the time to hold the stories of black people around homophobia, transphobia, internalized racism, and those that are Chronically UnderTouched. Aaron has created the Chronically UnderTouched (CUT) Project — basic strategies to bring a black body from being Chronically UnderTouched to a state of touch balance, as part of the lifelong journey of interrupting oppressive systems that make touch balance a radical action.

## SELECT APPEARANCES

[TEDxUCIrvine](#)

Three Black Men - Song Leader

[RISE Urban Nation](#)

[Corporate for the Culture](#)

Firefly Gathering - Keynote

IYANUS Yoga Equity Training - Keynote



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