

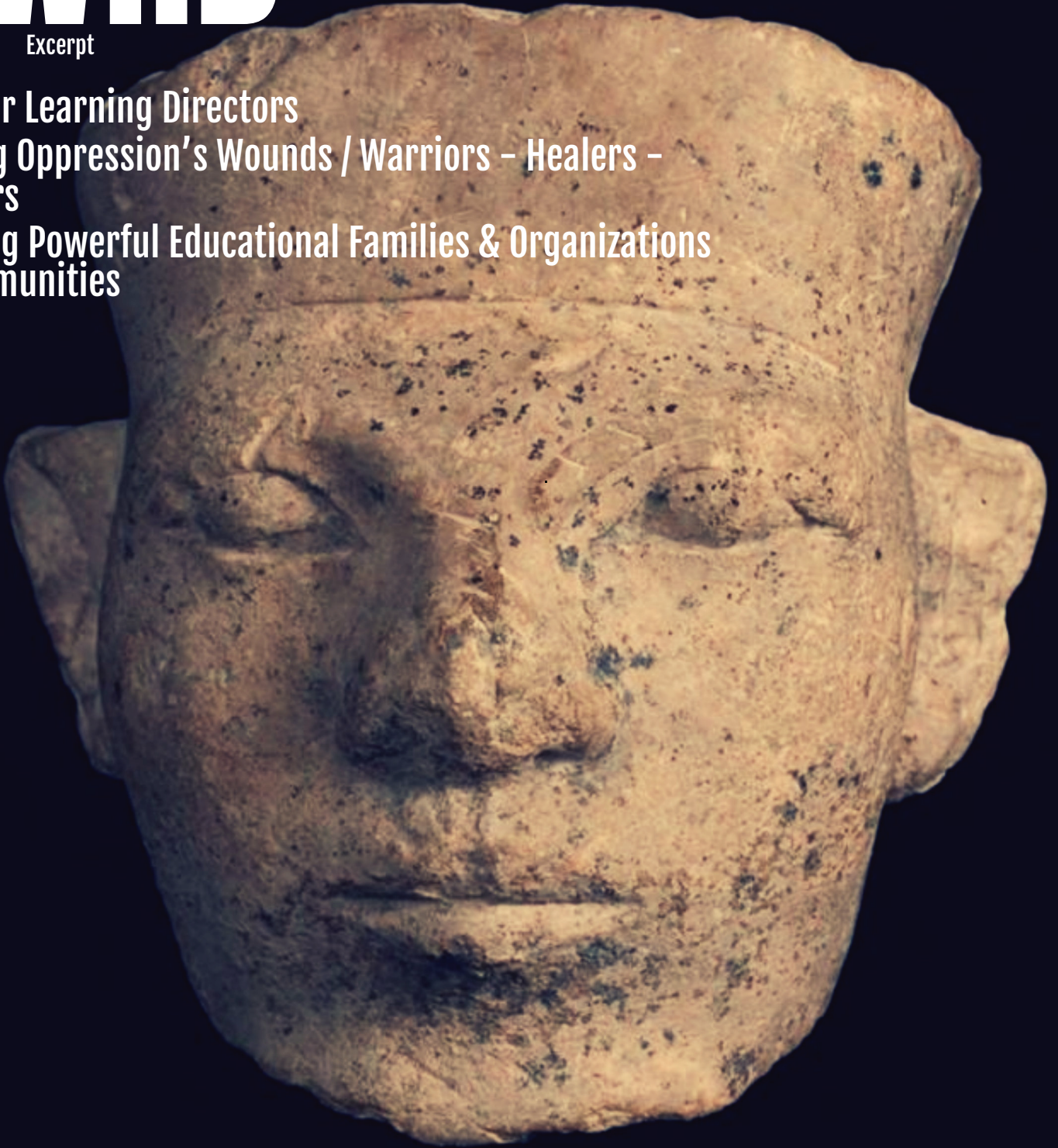


# WHB

Excerpt

Warriors | Healers | Builders

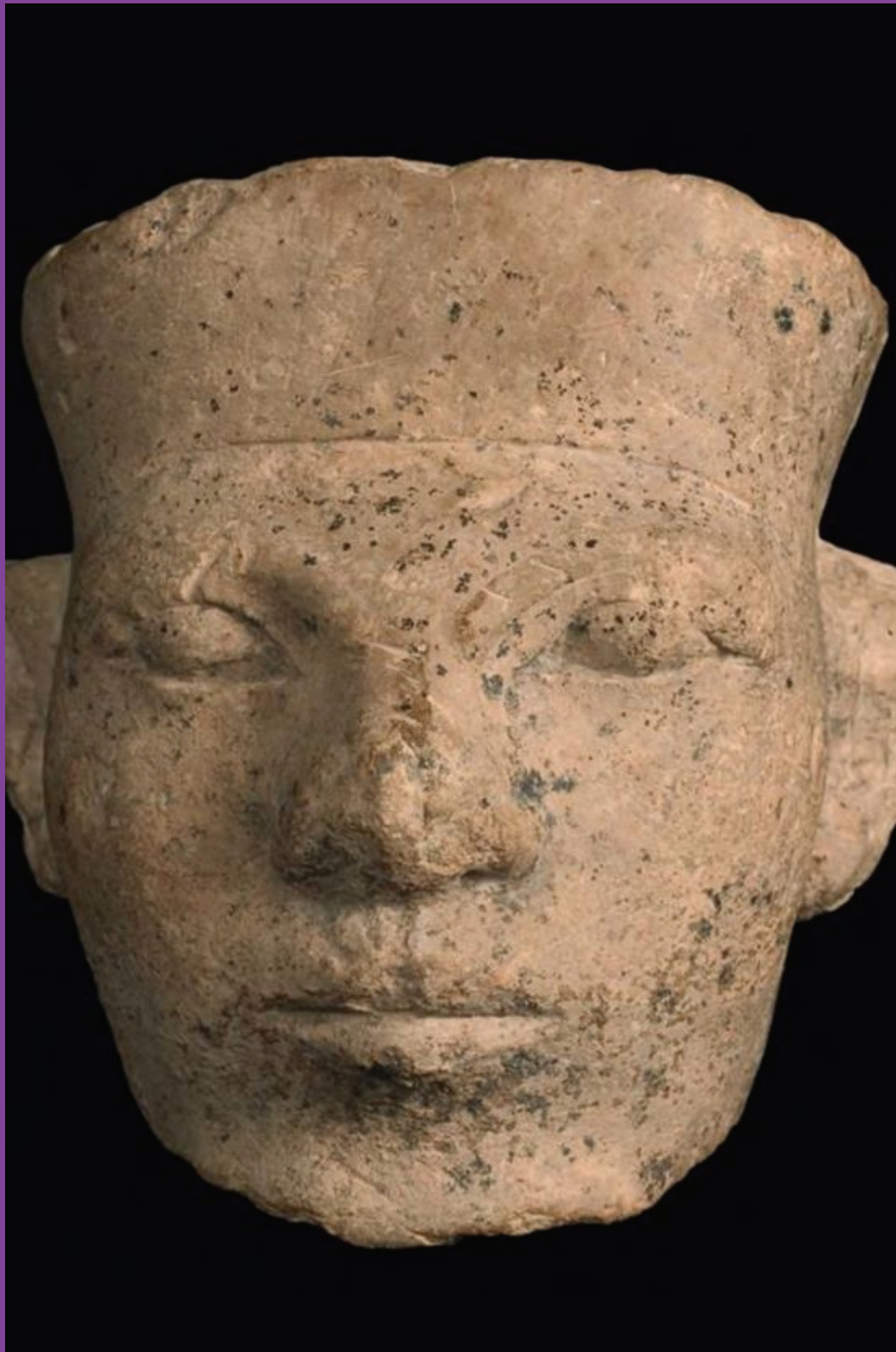
- WHB for Learning Directors
- Healing Oppression's Wounds / Warriors – Healers – Builders
- Building Powerful Educational Families & Organizations & Communities



Facilitators:  
Wekesa Madzimoyo  
Afiya Madzimoyo  
Baoku Duduyemi  
Evelyn Duduyemi

Educating Our Own  
September 30, 2023

**AYA** Educational  
Institute



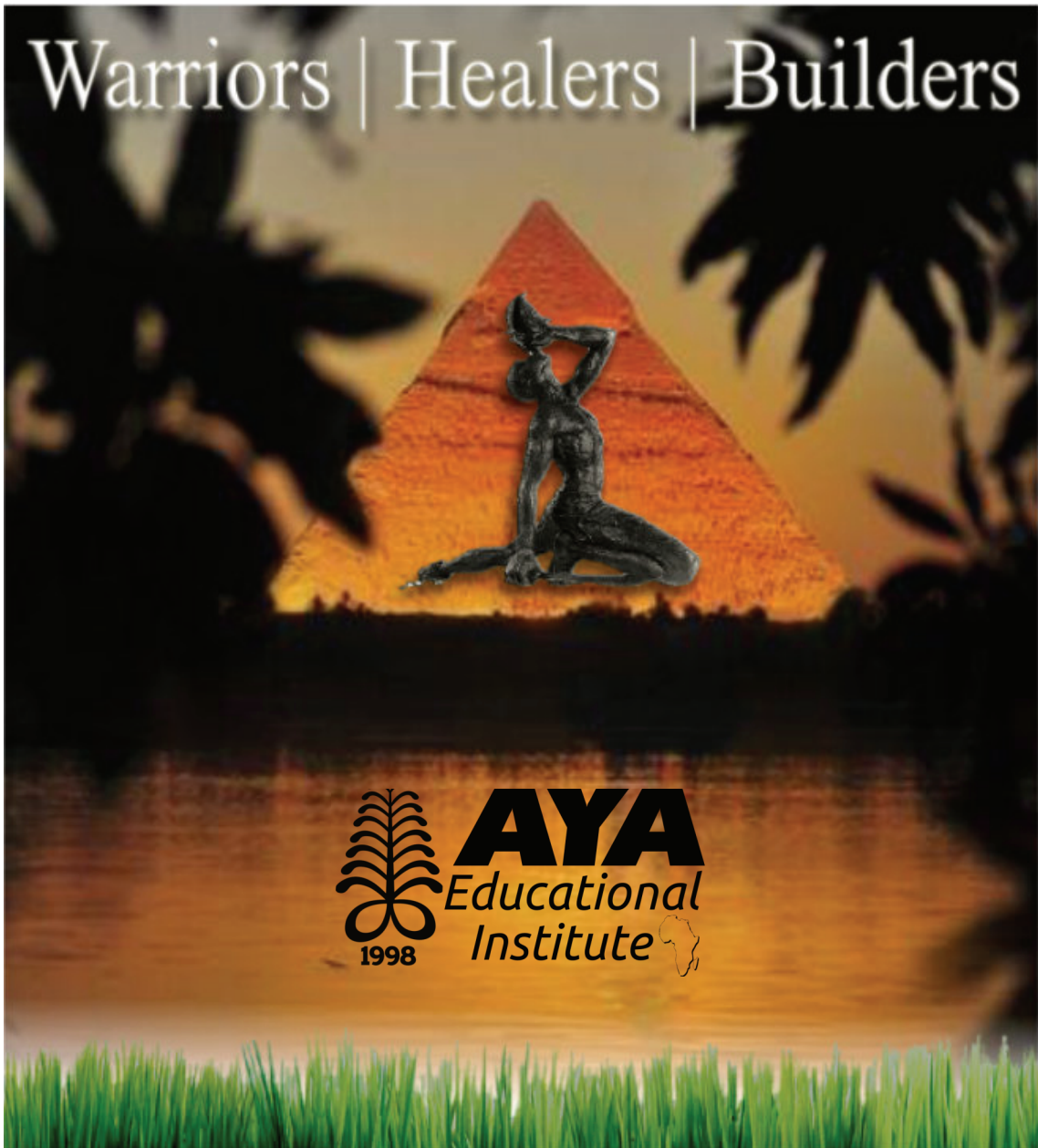
**Mena / Narmer / Aha (c. 2925 BCE)**

Legendary first king of unified Egypt, who, according to tradition, joined Upper and Lower Egypt in a single centralized country establishing Egypt's 1st dynasty.



**Queen Tiye of the Land of KMT c. 1355**



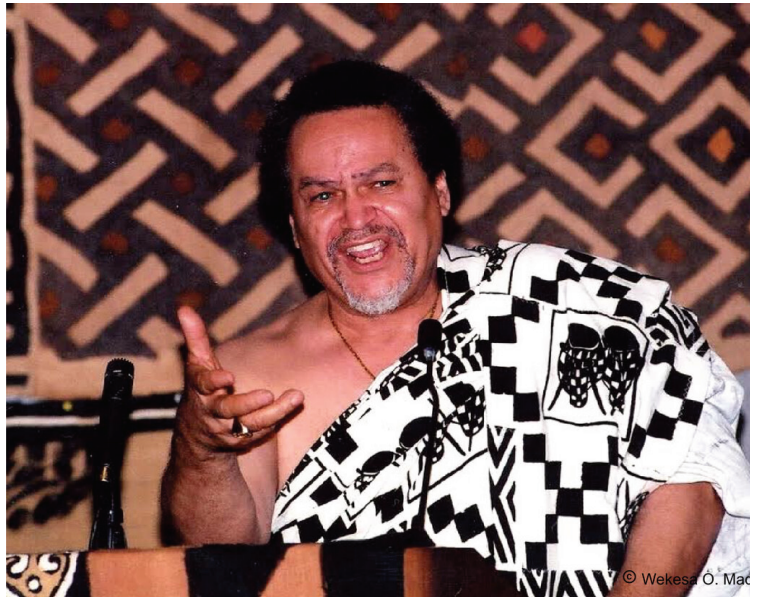
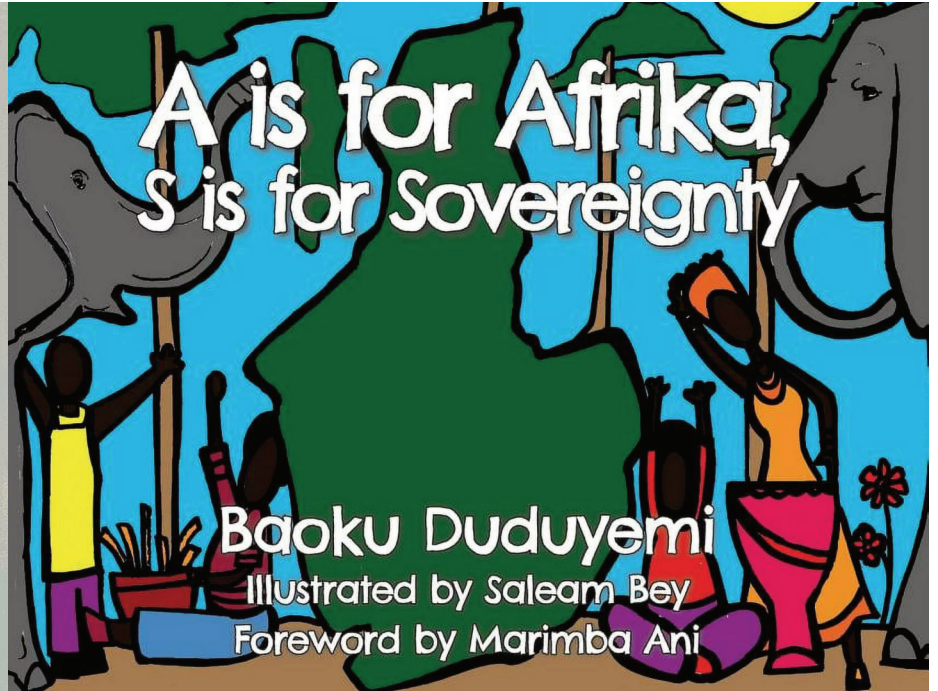


***Welcome to this Warrior, Healer, Builder retreat and to the WHB journey.***

This is a journey for Afrikan people. This is a safe place to be Afrikan. This retreat is for those who are currently or plan to work with and for our people. The concepts and tools presented here are to help you succeed in that work by increasing your awareness and skill in all three areas.

Bring your questions, your power, your tears, your fears, your confidence and your confusion. Bring your relationships, your organizational victories and your blockages.

**You are home.**





**Wounded** by years of oppression and **injected oppression**, my daily efforts are compromised.

**Wounded**, when I try to make friends, they to often become enemies. When I try to build with my people, they fail me, or I fail them. My efforts at love often bring pain or failure, or both. Putting my best foot forward is rarely enough.

Becoming a warrior alone doesn't heal my wounds; instead I become a wounded warrior.

The wounds reveal themselves as alien implants directing me (often against my better judgment) to inflict pain on those that love and trust me.

Betrayed, they often feel the pain equal to or greater than that inflicted by the oppressor directly.

Becoming a builder alone doesn't heal me. Instead, I become a wounded builder. The organizations or structures I build often end in the hands of the oppressor, or the process of building re-opens old oppressor-inflicted wounds causing pain, distrust, and dissolution among the very people with whom I'm trying to build.

**Wounded**, as either a warrior or builder, my responses to those who hurt me - even when unintentional- are wildly amplified. I either retreat or explode. My retreat and self deprecation deepens, and secretly I beg for a rescue of any kind - even delusional ones offered by the oppressor.

At other times, my response to the ones close enough to touch my wound is swift and painful. My explosive light-saber-like response may serve as a cathartic release - saving me from the deep valley of self blame and self deprecation - while at the same time it fools me into thinking that I'm powerfully responding to the enemy - when I am not.

Untouched, the real enemy - the one who inflicted the original wounds and those who continue to do so - laughs and grows stronger while the family bleeds and struggles holding to a hope thinner and more illusive than a spider's web. Becoming a **Warrior-Healer-Builder** starts with our healing ourselves from the old and new wounds of oppression.





# Questions / Comments / Logistics



Please place in the text chat and in summary form on the “Intro [Jam-Board](#)”

1. Name
2. Why did you choose to attend?
3. What do you hope to get?
4. What do you hope to give?

## Priming The Pump

- **Given your own experience** The same school system that I pulled my children out of, in many ways, **failed my children and failed me.**
  - **How did it fail you?**
  - **How did it fail your children?**
- **Am I equipped to educate my children?**
  -
- **What about the curriculum and lesson plans?**
  - **Education For What?**
- I have **not been trained as a teacher**, and I'm **afraid** I may **miss something** important.
  -
- I **wasn't good in** \_\_\_\_\_, so how do I teach or lead them in that way?
  - **How did the school fail you.**
- How can I be **both teacher/learning director and parent?**
  - **Jpp as parents; Jpp as teacher- learning directors**
  - **Mss as parents; Mss as parents**
- What about their **social development?**
- What do I say to my family who think I am **harming** them with this **homeschooling choice?**
  - **What does it say about you?**
  - **What do they say about you?**
- **What if I get all up in my feelings?** Scared? **Sad/depressed?** Angry?
  - **Use them!**
- How do I **partner with others** and not re-create the same patterns that failed?
  - **What were the patterns?**



# Major Tools

These are the big ones. You'll begin to learn them and start to use them. It will take commitment to become skilled. You will resist some and run to others. As you use them, you'll meet resistance from friends and foes.

## S/I Line

Changing the Dynamics of Oppression and Injected Oppression



## Feelings As Messengers (FAM)

Emotional and Cognitive Clarity / Authenticity / Trust



## River of Touches (FOR)

Power, Creative Doing-Action, Course Correction, Community



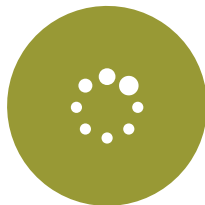
## Guidelines

Authentic Communication



## Storytelli' From The Inside-Out (SIO)

Change the past - change the future



## Extracted Sub-Tools

Special short cuts extracted from years of use with the Major Tool-Set above. They are no less powerful.

## Closure



## Ask for What You Want



## Doing vs. Naming



## Intent vs. Impact



## Caring vs. Carrying

# Guidelines



1. Try-On
2. Ok-2-Disagree (not ok to attack shame or blame)
3. Use "and," instead of but (Diunital vs. Dichotomous)
4. Participate fully
5. Use Self-Focus
6. Ask questions of self and others
7. Maintain Confidentiality

Guidelines: Self-  
Assessment;  
Support

## Small Discussion

**Given your own experience** which of the WHB guidelines is hardest and easiest? Which would you like us and your peers to support you to use more in this training and in the world?



*Africans in bondage or  
Africans in captivity instead  
of “slave” or “enslaved.”*

*“Captor, Dog, Barbarian,  
instead of “slave master.”*

*“Injected Oppression instead  
of Internalized oppression or  
self-hate.*

# Blocks, Different, Better



- Relative to your goals name one thing external to you that hinders your success?
- Relative to your goals name one thing internal - your feelings, thoughts, and behavior - that hinders your success?
- If this training is a success name one thing that you will you be feeling, thinking, or doing differently or better.

## Blocks, Different, Better Jam-Board

## Additional Actions



- What additional actions would you like to take to challenge oppression that black people face in your organization and in the larger community?
- What additional actions would you like to take to help you, your children and your people heal from the wounds caused by exaggerated significance at the expense of others; or minimized significance due to deference to others.
- What additional actions would you like to take to create powerful environments within your sphere of influence – family, intimate relationships, extended relationships, organizations, businesses, etc.?

### Additional Actions - Jam-Board





**Menkaure** was a pharaoh of the Fourth Dynasty of Egypt during the Old Kingdom (c. 2,530 BCE)

***A sight for sore eyes!***

See the community through new eyes by appreciating their parents and progenitors

# CTR: Crossing The River

another way to address our injuries.



## Crossing The River:

Promoting Healing while  
Countering Medical,  
Psychological, and Social  
“Trauma-Porn”



*I've About Had it with “Trauma-porn!”*

It's as if the goal is to extend and amplify the trauma instead of healing it. Who says that having had a traumatic experience changes the goalposts and our expectations of ourselves to find a way to heal and succeed? Even in social discourse, notice how nearly every wound, hurt or unfortunate circumstance becomes “traumatic.” In theatres, Black trauma (captivity, discrimination, poverty, police brutality, etc) often goes unresolved or is the platform for yet another appearance of “the great white hope.” African Americans and others who are oppressed too often use the trauma which has resulted from oppression to evoke relief from the oppressor. Many will contrast older more violently inflicted trauma with milder forms of today and use them as markers of progress.

Social programs - from self-care groups to those administering psychotropics - engaging in trauma porn - are **curing us into a permanent sickness**. This trauma-porn obscures our highest aspirations and undermines our determination to create the life we want for ourselves, our family, and people. Educational programs morph a student's unfortunate circumstance into an “at-risk” identity which too often guides their lifelong movement in the world - alternating between living up to their imposed identity or “proving them wrong.”

Not to be outdone by social-emotional trauma, the medical and pharmaceutical industries are awash in trauma-porn. They make “*watching your diabetes*” (trauma) and “*controlling your high blood pressure*” (trauma) the norm - the goal. Healing is impossible or too much to ask, and none of the typically prescribed medicines direct the body to heal the emotional, chemical, or social imbalances causing the trauma.

Whether social, psychic, or physical trauma, the secret message is the same: ***healing is no longer the goal; it is beyond your reach.*** The helpers watch over us watching our trauma like some scripted porn movie for enjoyment and profit.



***This is not our traditional helping way.*** Not the African way. Not the African-American way. We acknowledged the deep hurts. The Blues amplified them to make them clearer targets for healing! Wednesday night prayer meetings, the ring shouts, and our ubiquitous call and response were but a few cultural tools for using the community and spiritual energy for healing and power.

We didn't even worship Jesus for Jesus. The biblical stories we authentically entered were elevators from despair to

deliverance, from “***I can't to I did!***”

The elders, like my mother Reverend Maggie Tucker-Wright, would say, “***Everybody has their cross to bear,***” or “***their river to cross.***” We knew that our families and communities were made more potent by those who healed their wounds, carried their crosses, and crossed their rivers. During her counseling, she'd say, “Baby, now, if you don't heal this, then what happened to you at 12 will become a prison for you for life.” She'd then add, “it's only a test so that you will have a testimony.” If they refused to get on what she thought was a healing path, she would stop seeing them and always left a door open for when they changed their minds.



There's a ***HUGE*** difference between acknowledging, discovering, and examining our psychic and physical wounds for healing them vs. using the injuries or our unfortunate circumstances to become satisfied with shattered dreams, compromised desires, anemic efforts, or worse - induced delusory progress.

The oppressor has and will continue to feed the latter - using the powers of suggestion ([nocebos](#)), prescription, fear, or reward to transform the process into the goal. We are not to ever get to the other side of the river. They - and increasingly we - make revealing the depths of our trauma, our discovering new triggers, or our managing our injuries the desired destination or the best for which can



hope. Swimming in circles or treading water has replaced the natural and African cultural injunction to heal - no matter what. That's what our ancestors did during the horrors of our legal captive experience in the Americas.

When we need help or need our hurts attended to, it makes sense that we gravitate to ideologies, stories, people, therapies, medicine, spiritual communities, groups, and even movements that will listen, "see us," and accept us - warts and all. The perceived or actual goodness of their attention makes it more difficult to discern when "being seen" becomes a prison or, worse - a portal for manipulation. When we choose a different path with the actual goal of healing our blood pressure, depression, or other trauma, they warn us that we may die. They give us the statistics to prove that our way won't work, and they tell us that we're on our own.

That makes it even more challenging to walk away from the affirming attention to face the certainty of sadness, scare, and the negative talk we'll encounter while we stumble - learning to transform our wounded bodies and souls into praising affirmations of ourselves, into lessons, and into decisive actions and success - for ourselves, our families and our people.

Opressors will pay handsomely for our trauma stories, poems, novels, testimonies, and programs. They'll pay us with attention, status, leadership roles, and money like they pay us to display other precious private parts - not for our positive transformation, but for their enjoyment, anemic catharsis, or who knows what. We take the handsome reward determined to make good of it, knowing that we deserve it without the desperate display. All the while, we become oblivious to our new home - **the sunken place**.

They will even let some of us get in on the trauma-porn business providing or certifying stages, pulpits, prizes, temples, bookshelves, tenure, screen-plays, group parties, and private counseling - all promoting the healing-imposter.



If trauma can be passed down from generation to generation, so can your healing.



Our ancestors are crying that we have abandoned them - preferring to follow the captor's lead - attending to our trauma while ignoring or minimizing our healing.

Let's change that. Let's learn to use the [Warrior-Healer-Builder tools](#) to do just that.

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[www.ayaed.com/whb](http://www.ayaed.com/whb)

## Reflection & Discussion

## Small Discussion

***Crossing The River*** - Reflect on your own experience and the tasks at hand with the community. Please provide examples of applications and options.

***Crossing The River*** - Healing in Rwanda

# Oppression: The S/I Line Script

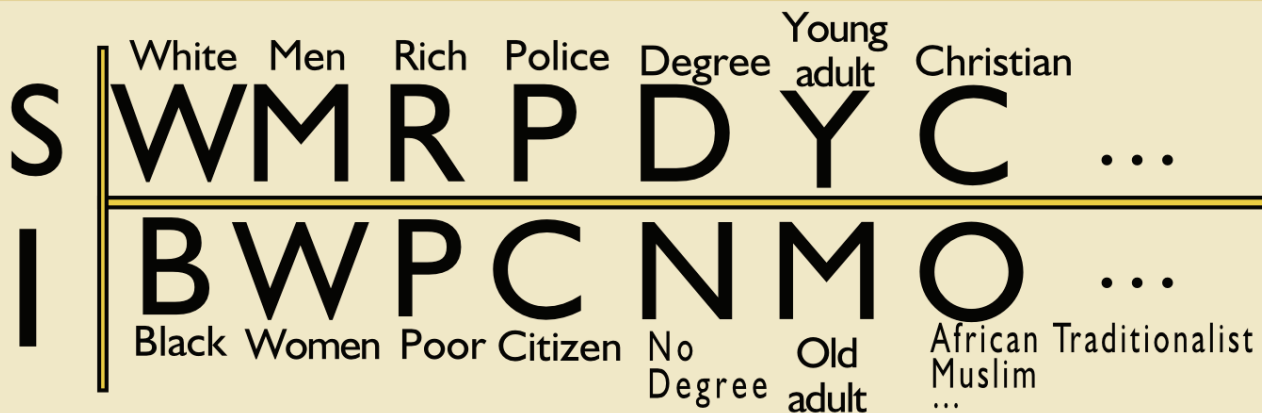


- HAS THE CIRCLE BEEN BROKEN BY THE S/I LINE?



## Superior Script

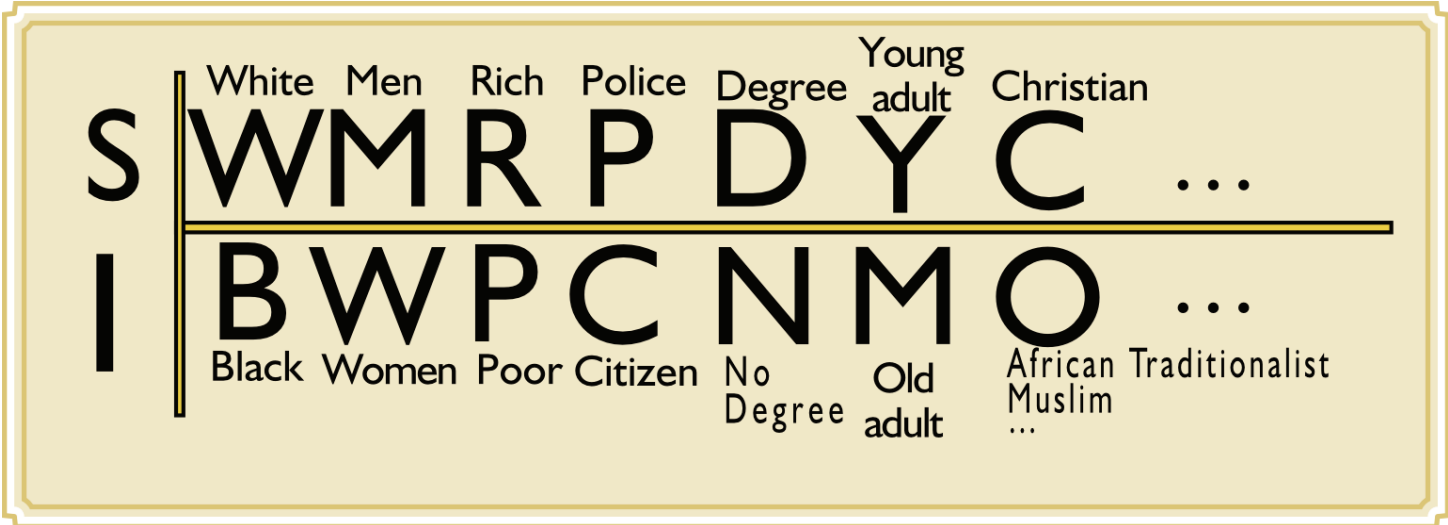
1. Discount "Others"
2. Dominate Them (nice or nasty)!



## Inferior Script

1. Discount self, culture (doubt)
2. Defer to the "superior" ones!

# Oppression: The S/I Line Script



## Superior Script

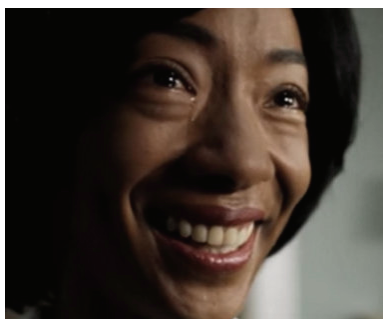
1. Discount the "Other"
2. Dominate Them (*nasty or nice!*)

## Dominating Scripts:

1. Force
2. Divide/conquer
3. Induce self doubt (standards, authority, fear...)
4. If you can't beat them, join them, then use 3,2,1

## Injected Oppression Scripts:

1. MSO / STD
2. Compensate to "prove" self worth
3. Displace anger for oppressor on self and group



## Inferior Script

1. Discount (*doubt, ignore, minimize, abandon, attack, etc*) self, group, and culture
2. Defer to the "superior" ones!

Avoiding the 4 D's

## S/I Small Discussion

***#1: When cast as "superior" how to avoid the Superior 2D script and how to redirect when the "Inferior"-2D script is operative.***

***What healing is needed?***


***#2: When cast as "inferior" how to avoid the inferior 2-D script, and how to confront the Superior 2-D script?***

***What healing is needed?***





**Huni Egypt (KMT)**  
3rd dynasty king  
c. 2613



## Closure as a tool and for the day.

***Please name some things you appreciate about our time together today, something you will take away and use to change yourself, your relationships, your world and the world?***

***Note; The key for closure is to be able to appreciate another brother/sister even when you're disagreeing with their opinions, beliefs, or behavior.***

### ***Homework:***

***Now, think of an argument or disagreement you have had or are currently having with some brother or sister you care about. What's something you appreciate about this brother or sister. Reach out and tell them without minimizing your disagreement or them.***

Questions to Prime the Pump  
Consider all 4. Choose one to  
discuss in small groups

## Home Work – For Small Group Discussion Day 2

1. What's the impact of the resurgent overt racism (Jordan Neely, Buffalo grocery store shootings, Breonna Taylor, George Floyd, etc.) police brutality, etc. on you? What are you doing with it? What's the impact on those you love, and others in your community and extended community?
2. How are you using the WHB/CHC energies now? How does that line up with the personal, family, community and nation-building needs of "our people," your people, the nation?
3. How are our WHB/CHC energies and efforts negatively defined or portrayed? How do we anticipate, counter, neutralize, re-center?
4. What are the male and female WHB/CHC stories in our family line? How can we build on these? How do we extend them?



**Djoser (Zoser)** was an ancient Egyptian pharaoh of the 3rd Dynasty during the Old Kingdom. Builder of the first pyramid c. 2686–2648 BC

Questions to Prime  
the Pump

For Small Group  
Discussion



# Emotional Authenticity

## Feelings As Messengers



Europeans and European domination (reward and punishment) have embedded into our subconscious a code that largely dictates what emotions we are allowed to feel and how we are allowed to show them. This code, in turn, directs how we behave and relate to them, ourselves and each other. Oppression is encoded into our learned emotional responses. We must crack the code. To this end, we offer an AYA tool called **Feelings As Messengers**.

Feelings as Messengers is a small doorway to finding our way back to higher intuition, spirituality, and “intelligence of the heart.”

Our “falsified emotional responses” lead to internal conflict and domination over others - usually our own. Cracking the Code allows us to become authorities in our own lives, authors of our life stories, and emotionally authentic which centers us in our power and engenders trust between us.



## Review

**#1: "Don't be emotional."**

**Often we translate that into a directive to  
"suppress or control" our emotions**

**vs.**

**Becoming an emotional expert**

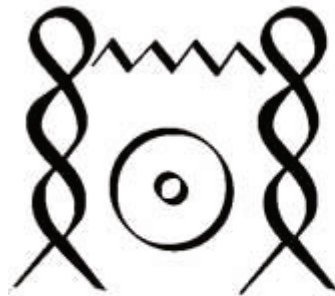
**#2: Balance and Authenticity is better than  
"control."**

**#3: The S/I line programming often directs our  
emotional expression. It often supports our  
oppression. When we substitute one emotion  
for the other, the *oppressor script* directs the  
emotional expression.**

**Counter it!**

**#4: Behind every logical argument is emotion.  
Often when we think we've been logical, we've  
been induced into the other's value system and  
emotions without knowing it.**

# No -D / Circle The Line



neheh (nhh)  
"time"

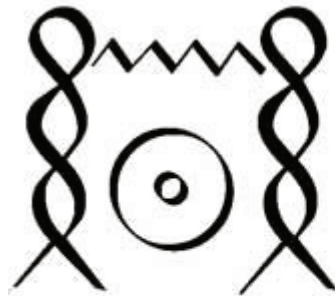


djet (dt)  
"eternity"

1. Typically, the most frequent goal is to climb on top or stay on top of the line to "be somebody" or "prove to them that I'm somebody" they should respect or care about.
2. This line is inherently competitive, conflicting, and combative internally and externally. On it, to be somebody, you have to discount & dominate somebody. Domination breeds resistance and alternating domination.
3. The next most frequent goal is to avoid conflict and to "be the better person" by not attempting to call out or stop the discounting and dominating abuse from those scripted as "S." This "better person" identity is often a cover for fear of challenging. Unfortunately, it is psychically damaging and doesn't stop the external abuse. It erodes trust, and it is the enemy of unity. Note: MSO Script!
4. Another typical strategy is to give charity to the less fortunate while leaving the (last hired system intact or to engage in "self-care" to the exclusion of group care and challenging, healing, and building our families and group. Trying to "prove" to those in the projected "S" position in society that you are "smart enough," "good enough," "pretty enough," and "worthy enough" doesn't shift you outside of the S/I prison.



# No - D / Circle The Line



neheh (nhh)  
"time"



djet (dt)  
"eternity"

4. It is not our way - the African way. That we have come to see S/I as natural and to obey it at all is a wound of white oppression.

It is not always a visible wound. We've carried it inside for so long; it feels natural. Sometimes, we even embrace it. The problem is that it often leads to apparent wounds, from suicide to abuse to homicide to genocide.

5. The power is with you. When you shift positions - outside of the S/I paradigm - outside of the 4 D's - the other party's behavior will shift - even if they don't want to.

Use FAM and FLOW for authentic relationships and communication.

# Emotional Authenticity

## Feelings As Messengers

Look at the feeling words you were assigned when you introduced yourself or when you entered.

Think of a time that you felt the emotion written on the card, and explain it to the person next to you. Take turns.

2. Look at the feeling words below to get used to some feeling words. While talking about the situation with your partner from part 1 of this exercise, you may have discovered other feeling words.

Once you have found any additional emotions, use the “Feelings as Messengers chart” (next page) to find what you consider the root “feeling family” - inner most circle on the chart.

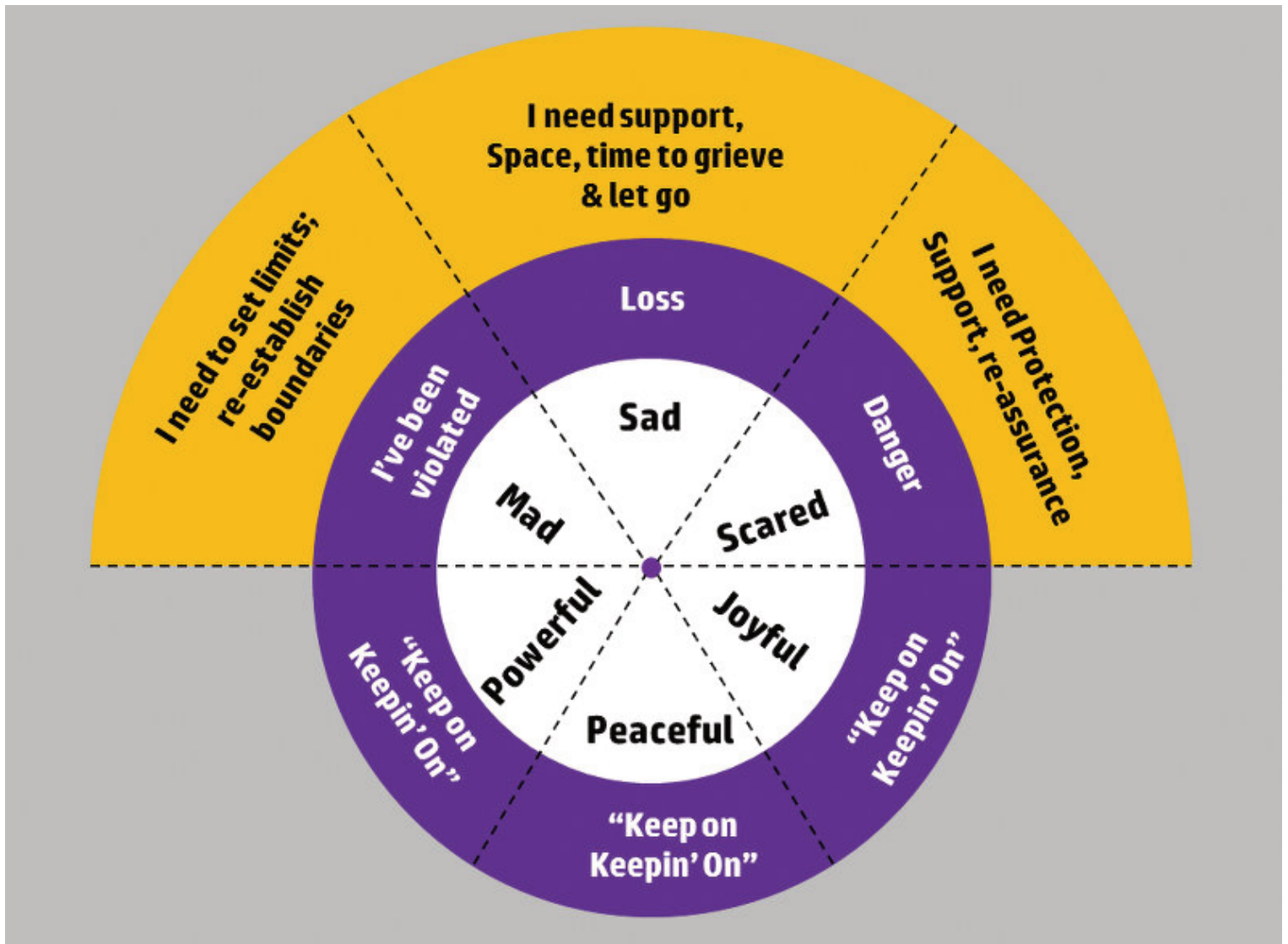
Write your discovered emotions, and the root feeling family down. i.e. feeling “valuable” could lead you to the roots of joyful, peaceful, and/or powerful. One or more of these are root feeling families.

Again, those root feeling families are on the next page.



# Feelings As Messengers

Discovery and Breaking Habits. Thinking + Feeling = Power



1. Tune in, feel, "read" your emotions - the inner circle.
2. For mad, sad, and scared, ask and answer the questions: What are the violations, losses, or dangers respectively. Be specific.
3. Proceed to outer level (gold) - read the second part of the message - and do what it says - get clear about the violation, the loss, the danger. Set limits, get support to grieve, or protection, etc.
4. For Joyful, Peaceful, Powerful, feel them, enjoy, and keep on doing what you're doing.

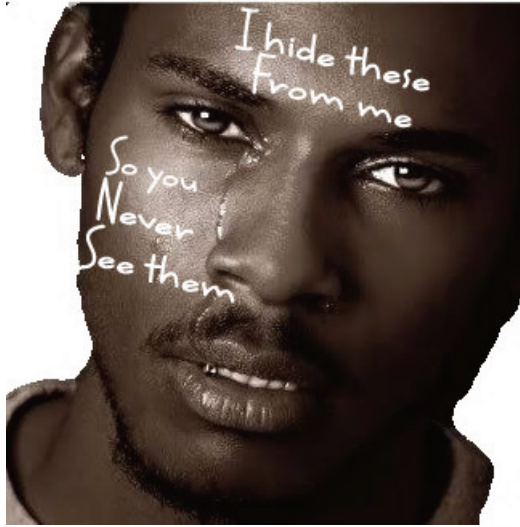
Questions to Prime  
the Pump

For Small Group  
Discussion



# Feelings As Messengers

Breaking Substitution - Script



Situation		Feeling-family that hardest for me to show	Feeling-family that I'm likely to show instead
In a leadership position			
In a subordinate position			
W/ someone who is white			
W/ a Black person			
W/ someone of a different gender			
W/ someone of the same gender			
Other			
Other			

This substitution leads to emotional illiteracy and a lack of authenticity. That leads to manipulation by the S/I line - oppression. If you want to be in an authentic relationship, start using your authentic emotions in those situations.

# Feelings As Messengers

## Breaking Substitution - Script



**Exercise:** Our socialization has falsified our emotional responses so we substitute some feelings for other feelings like mad, when we're feeling sad, or even sad, when we're feeling mad!

### Substitution Patterns

Situation	Feeling-family that hardest for me to show	Feeling-family that I'm likely to show instead
In a leadership position		
In a subordinate position		
W/ someone who is white		
W/ a Black person		
W/ someone of a different gender		
W/ someone of the same gender		
Other		
Other		

This chart will help you discover when you substitute and which feelings you're likely to substitute in different situations. It can lead you to discover your "substitution-survival pattern."

- Reflect on the situation when you're in a leadership position or you are with someone of the opposite gender. See Row 1 in substitution chart .
- Next move to the middle column and ask yourself, when I'm in a leadership position or with someone of a different gender, which of the six feeling families is hardest (socially uncomfortable) for me to show. Put one or more of those feeling families (mad, sad, scared, joy, peace, power) in the middle column.
- Next, go to column three and name which of those six feeling families are you likely to show instead of the ones in the middle column - the ones it's hardest for you to show in a particular situation. Repeat for other situations.
- The young girl below is responding to a message that would likely lead her to substitute joy; to fake joy when she's feeling one or more of the other feelings.
- Complete it. If you **discover any substitution or a pattern**, please discuss what impact you think this has had on your relationships.

# WHB: The River of Touches

The Flow of Recognition

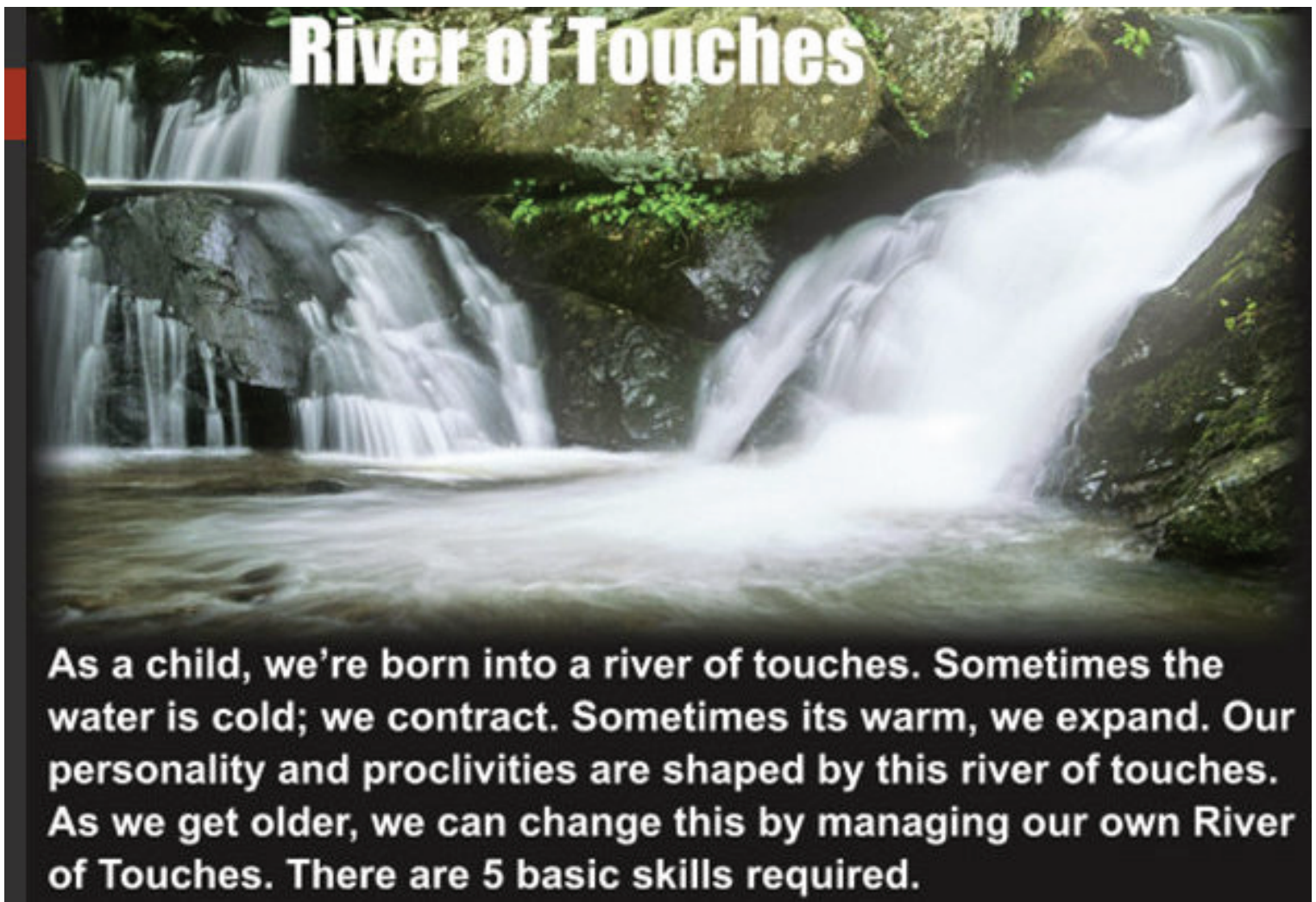


*Babies cry for it; grown men and women die for it. What is it? Of course - it's attention, love, touch. We call this the River of Touches. Come on in. The water's fine.*

**Notes:**

# WHB: The River of Touches

The Flow of Recognition



## Notes:

Dr. Edward Robinson teaches: *"The brain sees, your eyes just let in light to be registered on the brain."*

What do you really "see" in the mirror?  
What "you" did your mother/mother figure and father/father figure show you?





**Queen Nefertiti (KMT)**

18th dynasty Queen

c. 1370 BC

# The River of Touches



## River of Touches / Flow of Recognition

All verbal and non-verbal communications are touches

**Do  
Your  
Behavior**

### Praises

**PD**

Great job!  
Here's a raise.

### Negates

**ND**

Stop it!  
I disagree  
Don't run in the street

**Be  
Your Being  
or Essence**

**PB**

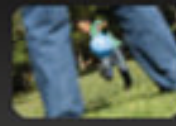
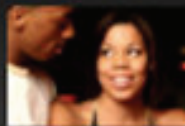
I love you!  
You're smart  
You're creative

**NB**

I hate you!  
You're dumb  
Stupid

# WHB: The River of Touches

4 © All right reserved  
The Flow of Recognition



## Manage The Flow of Recognition, The Touches That You:

1. Give to others
2. Give to self
3. Take in
4. Ask for
5. Reject

### Praises

**PD**

Great job!  
Here's a raise.

### Negates

**ND**

Stop it!  
I disagree  
Don't run in the street

**PB**

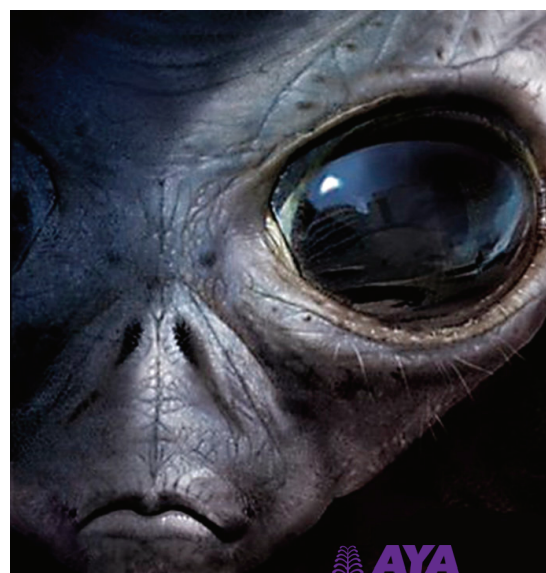
I love you!  
You're smart  
You're creative

**NB**

I hate you!  
You're dumb  
Stupid

## Notes:

That you are or we are "negative" beings is an alien idea! Implanted so that we will kill ourselves or serve aliens in pursuit of their approval



Questions to Prime  
the Pump

For Small Group  
Discussion

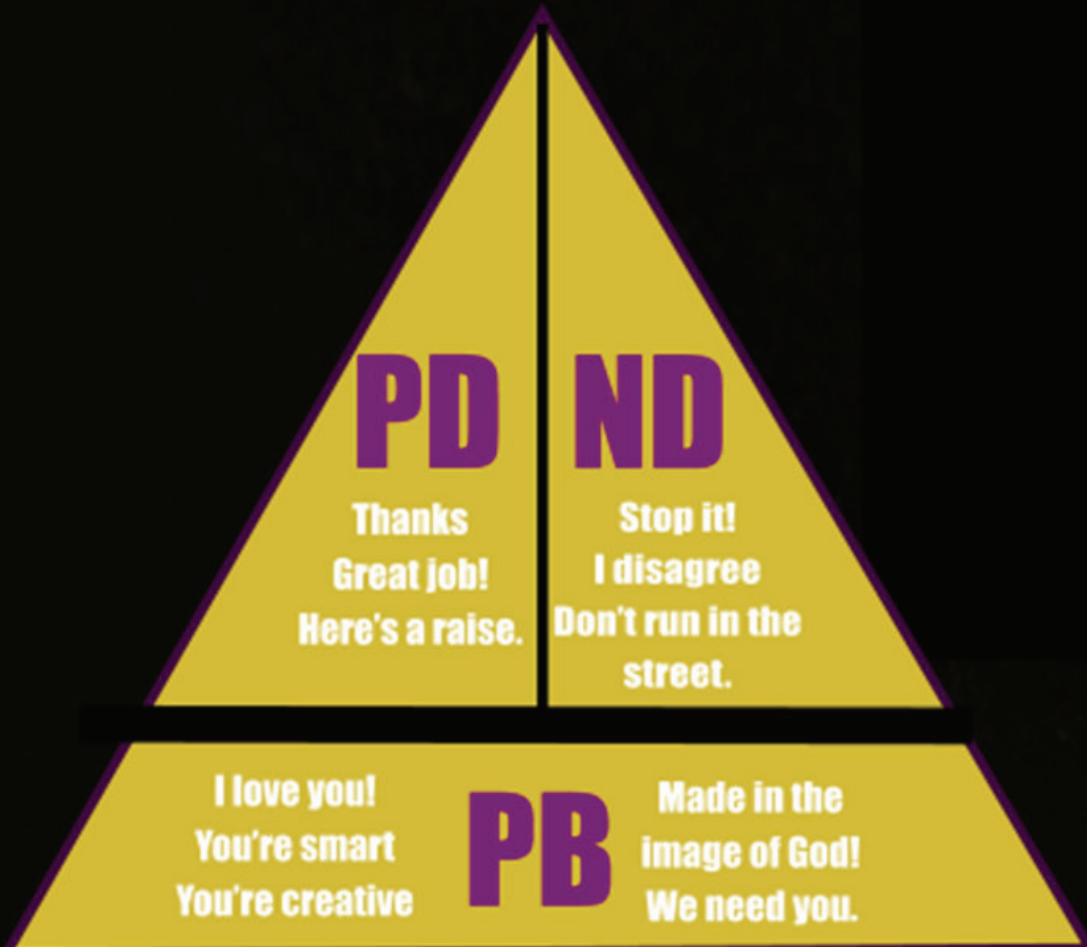


# The River of Touches

AKA: The Flow of Recognition

## Golden Triangle of Touches

All verbal and non-verbal communications are touches



### Question?

...reminded you of how great you are; what a good person you are, what a good head and heart you have; how magnanimous you are?

# F-2-S: Storytelling From the Inside -Out

F-2-S

The power of story is legendary. Stories heal the past and determine the future. Stories are fun. Everyone tells stories, and everyone wants to hear or see a good story portrayed on the screen or the stage. It turns out that storytelling is a potent tool for healing oppression wounds. Missing or distorted stories about our past manipulates our consciousness and ultimately our possibilities.

Madison Ave. advertisers know the importance of stories. During the Super Bowl, stories are being told in 30 sec, and cost 5 million dollars or more. We can't get away from stories - others', or our own.

**Problem:** We've heard Ourstory from the oppressor's (Eurocentric) perspective for so long, we often tell Ourstory from THEIR perspective - as if we are alien to ourselves.

**Problem:** When we're working with people who have been oppressed, we have too often learned their story from the oppressor perspective. These steps can help:

4 simple steps to help us tell our stories from the inside-out or correct distorted stories:

## Step #1

Detail and dramatize goals, vision and highest aspirations, and motivation of ourselves or our people

Step #2 Detail and dramatize sincere efforts and accomplishments. What worked and what didn't.

Step #3 Show lessons learned from success and failures

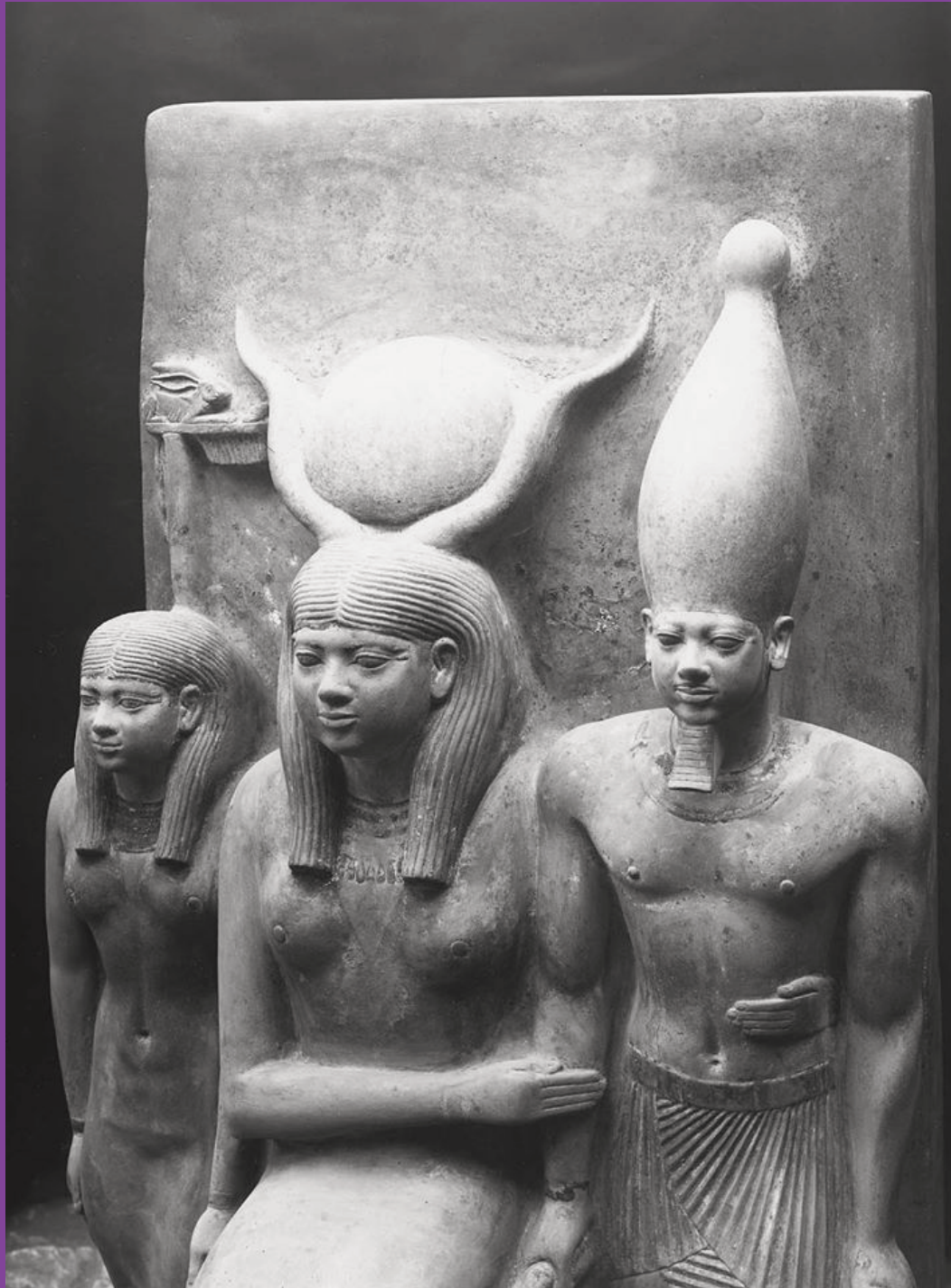
Step #4 Reveal how the lessons have been used to guide or inform subsequent efforts and success or will be used for future endeavours

# Next Steps: Continue your WHB Journey

- [Click here](#) to let us know your interest in continuing for a
  - WHB 1-Day
  - WHB 3- Day
- Personal Development WHB support
- WHB Executive Leadership Coaching

## WHB Interest Form





Pharoah Menkaura,  
goddess Hator and Hare nome goddess  
4th dynasty 2,548 BCE





# WHB

Excerpt

Warriors | Healers | Builders

- Challenging Oppression (Actively)
- Healing Oppression's Wounds
- Building Powerful Families, Brotherhoods, Organizations & Community



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Educating Our Own  
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**AYA** Educational  
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