

Black Lib Psych - Marimba Ani Section

Given the wonderful and powerful discussion last Friday, starting with countering ***Social Oxycontin*** and ending with ***Hypocrisy as a Way of Life***. On Friday, we'll continue exploring key ideas of Mama Marimba Ani. Last week, we talked about the following:

- [Marimba Ani Hypocrisy as a Way of Life](#) (The Rhetorical Ethic)
- The Asili (or cultural seed) Remember, Nomvula asked about this.

Now, we'll explore a more detailed description of the contents of the European Asili as described by Mama Marimba.

Part 1:

Please watch this 20-minute portion of a video interview of Mama Marimba Ani (aka Donna Richards) by Bro. Listervelt Middleton:

<https://youtu.be/FkkNa7eMyF0?si=koqMIIUVgJ7aUGPv&t=1160>

The video should start at the 19:20 mark, and you can stop at 39:39

1. Take notes of salient or new ideas, theories, and claims expressed. Include vocabulary and definitions for discussion. Submit them here.
2. Note your emotions, thoughts, and questions that come up for you as you listen.
3. So what?
 1. Explain in your own words (written) how the ideas expressed in the video segment by Mama Marimba can counter or help to heal injected oppression/menticide/brainwashing.
2. Part 2: Extensions:
 1. Who is this Plato dude she talks about?

2. What does she mean by "the object" in Greek/European thinking? How is it related to European objectification, connection, emotion, and behavior? Given Nana Amos N. Wilson's definition of psychology, does this represent a type of psychology?
3. I thought "being objective" was the best way to learn or discover the truth or the best answer. Isn't Mama Marimba arguing against truth? If she's arguing against objectivity and for emotion, connection, and spirit-filled research and thinking, how does that stop a person's bias from influencing the research, theory, and/or conclusions?
4. What is a theory? What's the difference between a theory and a point of view? What's the value of a theory generally, and Mama Marimba's theory specifically?
5. What is a claim? Give examples that you create.
6. What kind of evidence does she offer to support her claim, or what type do you conjure to confirm, question, or dispute her theories?
See: (1. /files/3773086/types_of_evidence.jpg or 2. /files/3773086/wheaton.edu-The_Argument_Types_of_Evidence.pdf or 3. /files/3773086/Logica_Fallacies_False_Evidence.pdf)
 1. If her theories, claims, or evidence appeal to you, what do you like and why? If they don't appeal to you, explain.
 2. What do her ideas and theories explain or support?
 3. How would you or could you (or our people) use the theories and ideas to do something think, feel, and do differently than what we are doing today?
 4. Explain why that would constitute a different psychology.
 5. Assume that someone wanted to stop or slow your (or our) use of these theories or ideas; what strategies or tactics might they use to slow or reverse your course of action?
 6. Application: Assuming that Mama Marimba Ani's theories are true and that we have been socialized and indoctrinated into

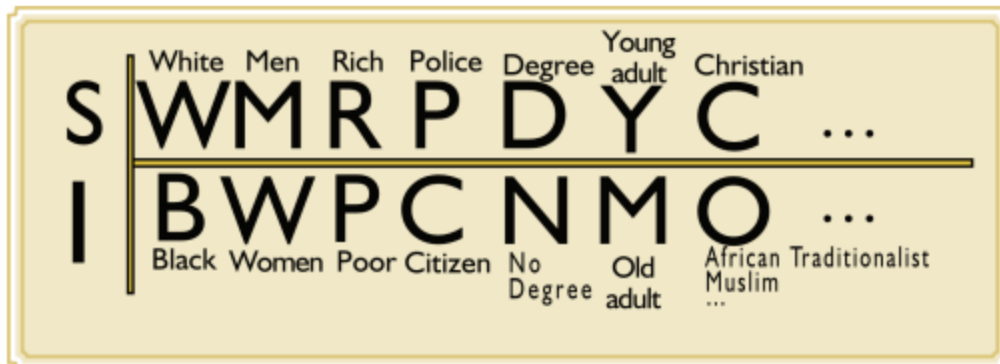
this European system of thinking, feeling, and behavior for centuries, how do we go from her theory to new action that serves us?

Part 3 - Application

We'll compare her discoveries with the S/I line (oppression) and the FAM (emotion) chart from AYA's WHB tool set.

See below images from the S/I Line (superior/inferior) tool and the Feelings as Messengers (FAM) tool.

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

Venus?

Injected Oppression Scripts:

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



Inferior Script Instructions:

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

No-D Scripts or Circle The Line



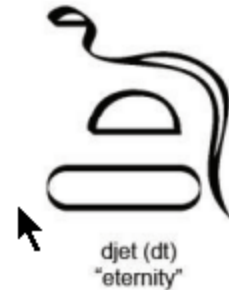
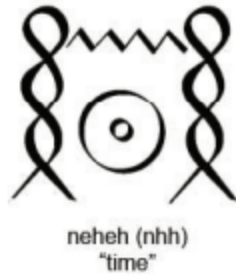
neheh (nhh)
"time"



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 the fear of challenging. Unfortunately, it is psychologically damaging and doesn't stop the external abuse or the abuser. It erodes trust, and is the enemy of unity, and causes health problems associated with chronic stress. 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, 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," "worthy enough" doesn't shift you outside of the S/I prison.

No - D's / Circle The Line



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 so long; it feels natural. Sometimes, we even embrace it. Problem is that it often leads to very visible 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



Europeans and European domination has 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, in turn, directs how we behave and relate to ourselves and to each other. Oppression is encoded into our learned emotional responses. We must break the code. To this end we offer an **AYA** tool called **Feelings As Messengers**.

Feelings as Messengers is a small doorway to find our way back to higher intuition, spirituality and to **"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.



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, 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.

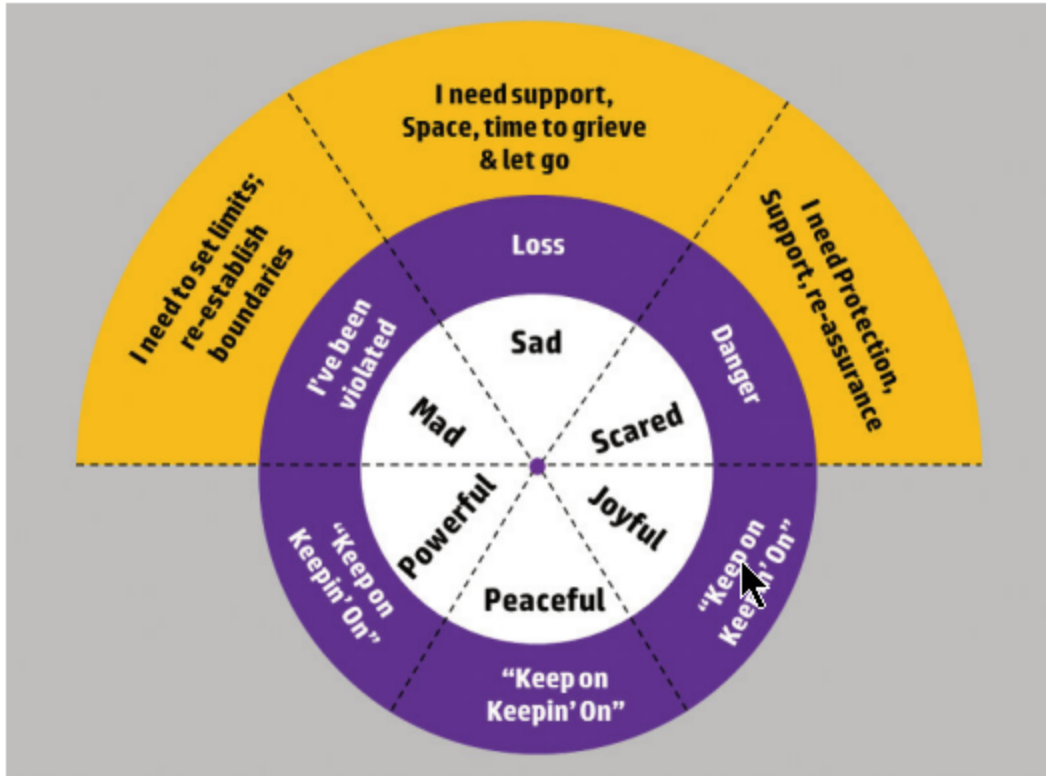
Write your discovered emotions, and the root feeling family down; i.e., feeling "valuable" would lead me to the roots of joyful, peaceful, and powerful. It may lead you somewhere else. ***The power of our model is that you have to decide which root feeling family/ies "valuable" will lead you to.***

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



Feelings As Messengers

For Emotional Authenticity
Discovery and Breaking Habits. Thinking + Feeling = Power



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



Emotions





