

WHB – Warriors – Healers – Builders

Personal & Leadership Development For Relationships

Presented by AYA Educational
Institute –
For those who identify as people of
African descent and
who are working with and for our
people!

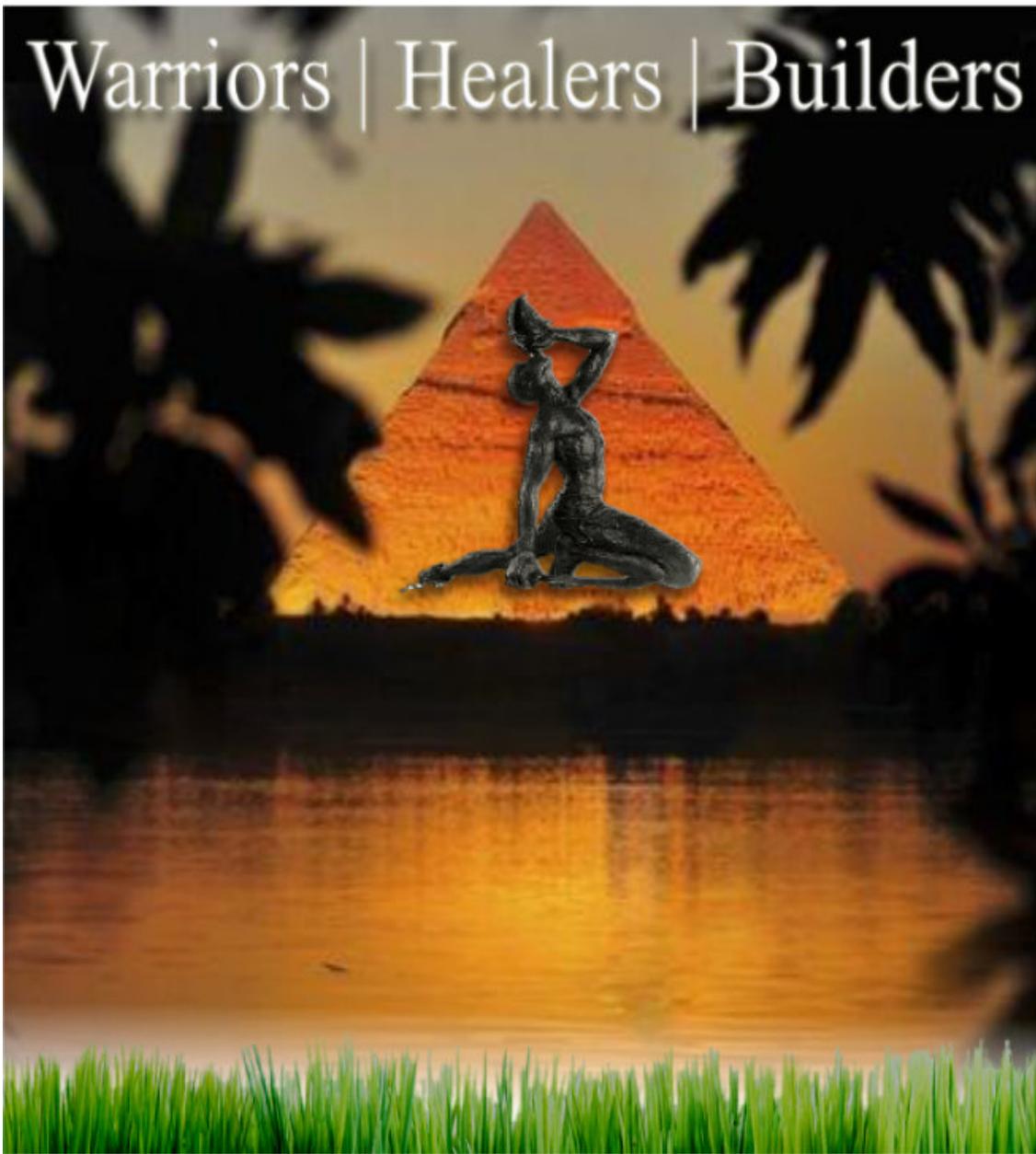
**Personal / Interpersonal
Empowerment & Healing**

Facilitators:
Mama Afiya and Baba Wekesa

Tools



Warriors | Healers | Builders

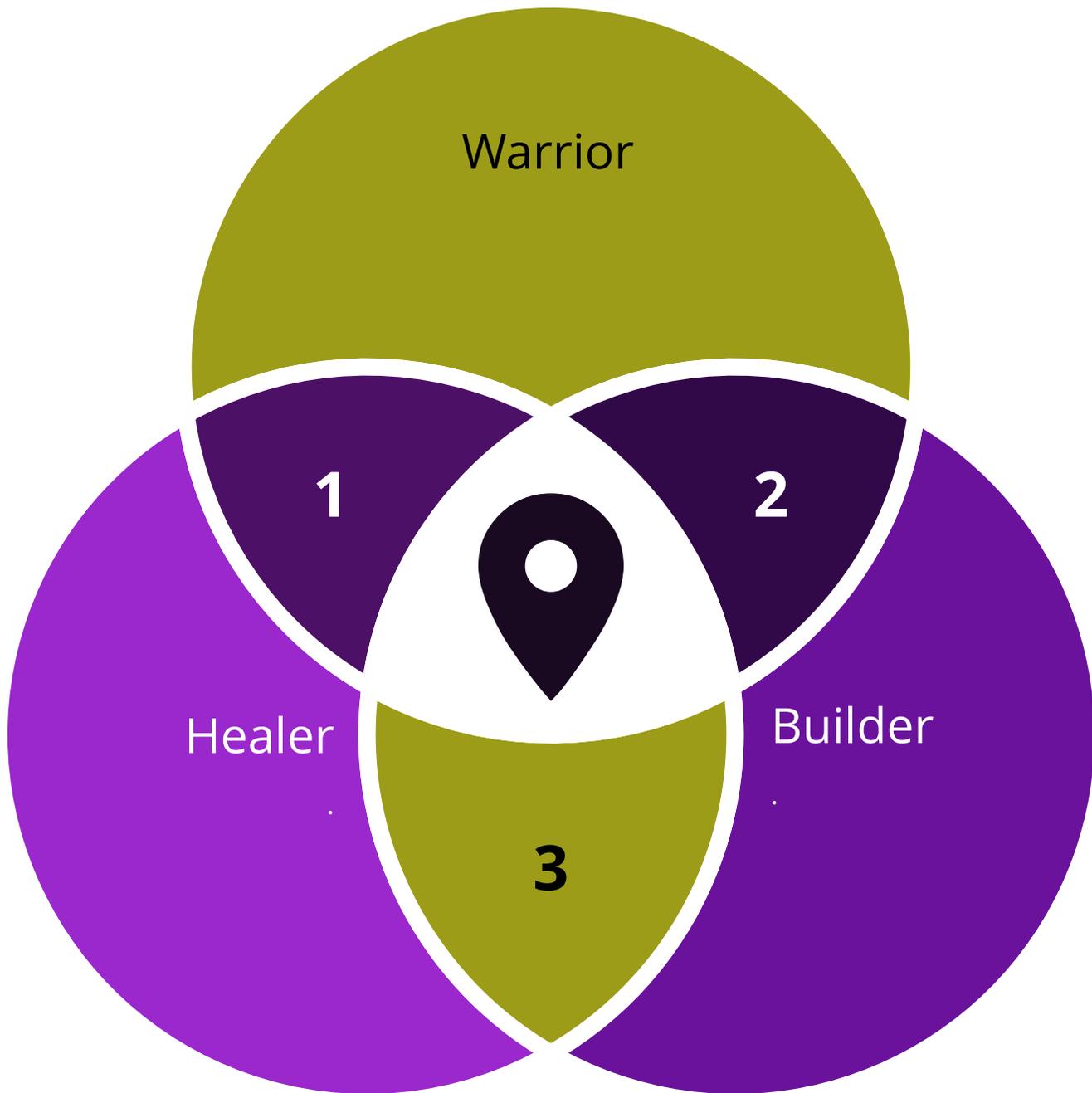


Welcome to this Warrior, Healer, Builder Training For Relationships Journey

This is a journey for African people. This is a safe place to be African. This healing journey is for those who are currently working with or plan to work with and for our people. It will also help you navigate the currents of oppression and injected oppression flowing through your interactions as you work in sometimes alien and unsafe spaces. The concepts and tools presented here will support your success by increasing your awareness and skill in all three areas - Warrior, Healer, Builder.

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.





WHB: 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, resistance from yourself, friends and foes will morph into clarity and respect.

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



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

Wounded, when I try to make friends, they too 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.

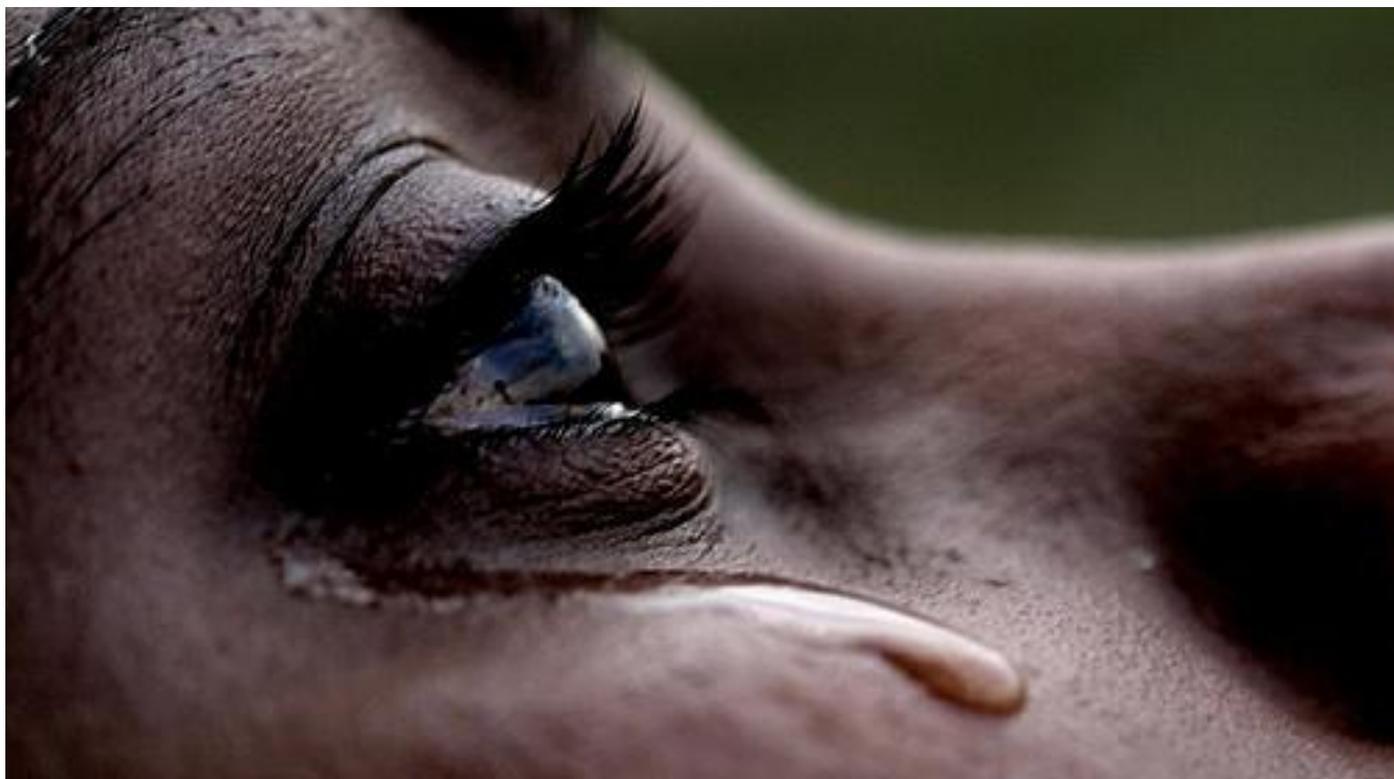
Becoming a builder alone doesn't heal me. Instead, I become a wounded builder. The organizations or structures I build often end in the hands of the oppressor, or the process of building re-opens old oppressor-inflicted wounds causing pain, distrust, and dissolution among the very people with whom I'm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

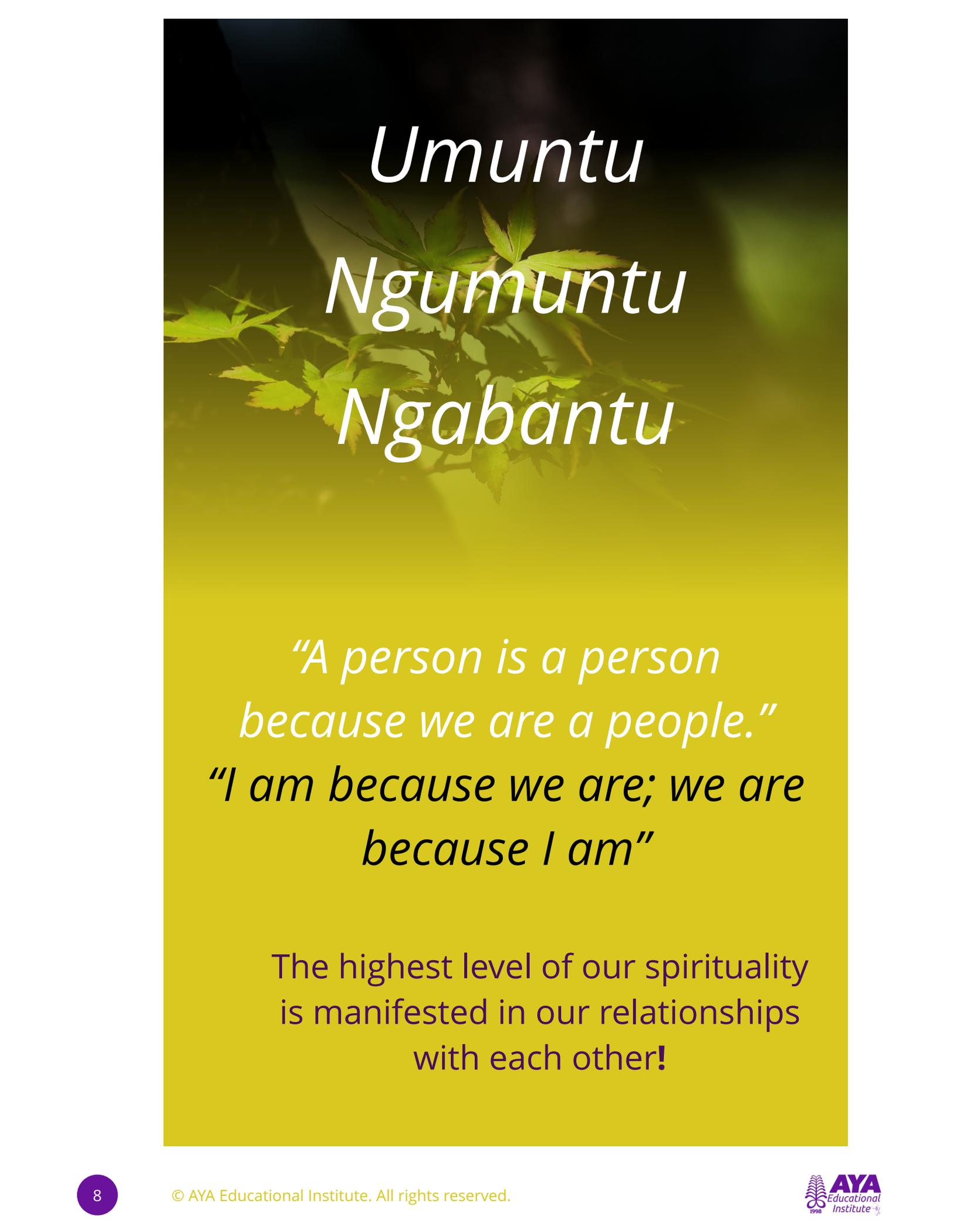
To heal oppression's wounds we need a combined **Warrior-Healer, Builder (WHB)** response.



Agenda



- Libation
- Overview of Journey From *OurStory for Our Success* to *Warriors, Healers, Builders* to On-going Membership Courses
- Introductions
- Personal Assessment & Contracting
- Guidelines / MAAT (Tool)
- FAM / RIVER / S-I Line / SIO
 - Closure (Tool)

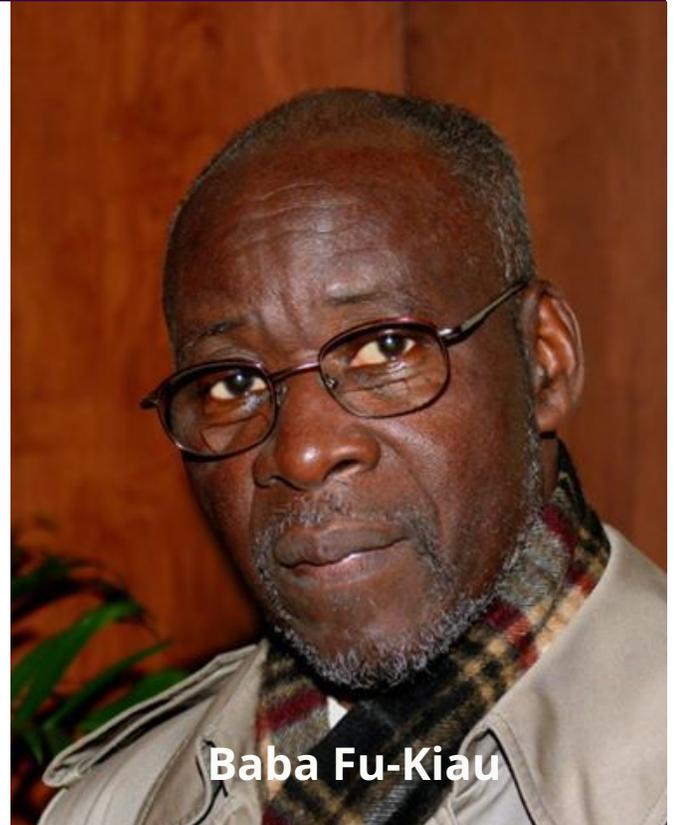
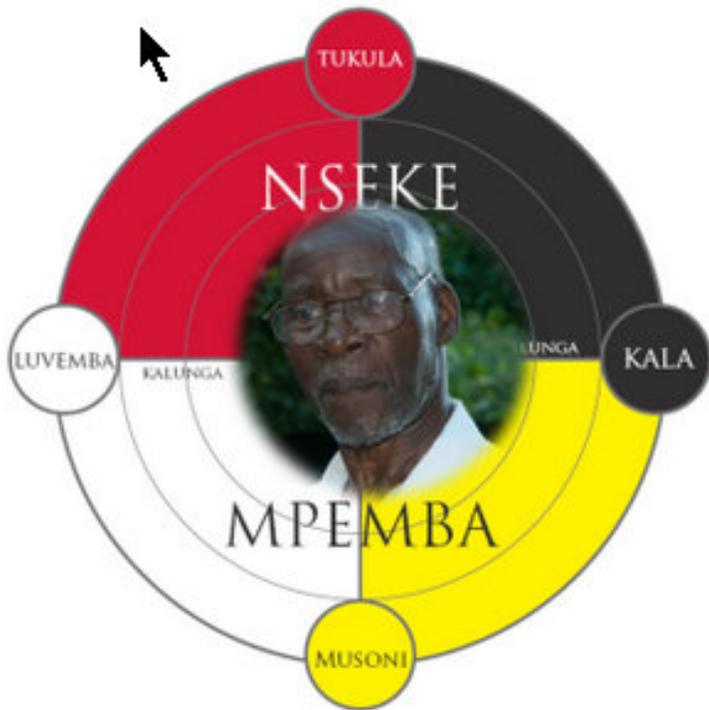


*Umuntu
Ngumuntu
Ngabantu*

*"A person is a person
because we are a people."
"I am because we are; we are
because I am"*

The highest level of our spirituality
is manifested in our relationships
with each other!

Evoke



- Evoke other family and cultural ancestors, ask them for what you want or need to help you reach your goals during these sessions
- For these days, and everyday, also let your ***work be your libation, your evocation*** of our Creator and African ancestors, and your sacrifice and tribute to those yet to be born.

Questions / Comments / Logistics



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

Blocks, Different, Better



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

Additional Actions



- What additional actions would you like to take to **challenge oppression** that you and others of African descent face?
- What additional actions would you like to take to help you, your children, your partner, and our people **heal from the wounds of oppression**?
- What additional actions would you like to take to **better build with your partner, and Black people** – family, intimate relationships, extended relationships, organizations, businesses, etc.?

Guidelines

for The Training



Guidelines: MAAT

- Truth
- Justice
- Balance
- Order
- Harmony
- Righteousness
- Reciprocity

Guidelines to help us achieve MAAT

Adapted from VISIONS, Inc

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

**Questions to Prime
the Pump. Consider
all 8. Choose one to
discuss in small groups**

1. What's the impact of the resurgent overt racism (Daunte Wright, Breonna Taylor, George Floyd, etc.) police brutality, etc. on you and those you're in relationship with? What are you doing with it? What's the impact on those you love, and others in our community?
2. How are we using our warrior and healer/builder energies now? How does that line up with the personal, family, community and nation-building needs of our people?
3. How are our (and our children's) warrior energies defined or influenced by Euro-centric education/culture/media? How do we anticipate/counter/neutralize/re-center?
4. What are the male and female warrior & healer/builder stories in our family line? How can we build on these? How do we extend our family/people territory?

Questions to Prime the Pump 2

For Small Group Discussion Day 2

5. Conversely, what have been the points of intrusion, invasion, injury and vulnerability in our family line generally, and how do we guard and heal/develop in those areas ourselves/family and community?
6. How prepared are we personally to lead the “color consciousness” conversation in our families (with fathers, sons, uncles, mothers, daughters, etc), classrooms or churches with the expectation of some healing resolution for those present?
7. If White supremacy has our people (children, partner/spouse, father, brother, mothers) in its grasp, what skills/orientation do we need to “go in” and get them back (home) to their right minds/cultural orientation/mission? Can it be done? Or do we just give up on them/us?
8. What then are our counters, and what are key processes of connection and community extension across our differences and how can we incorporate them in our lives/work now?



01 Warriors

We must become better warriors - challenging the

- **People**
- **Policies**
- **Practices**

that oppress our families, our people and our community.

- Choose your weapons
- Choose your comrades
- Choose some battles

You can't choose the war; *it's being brought to us everyday.*

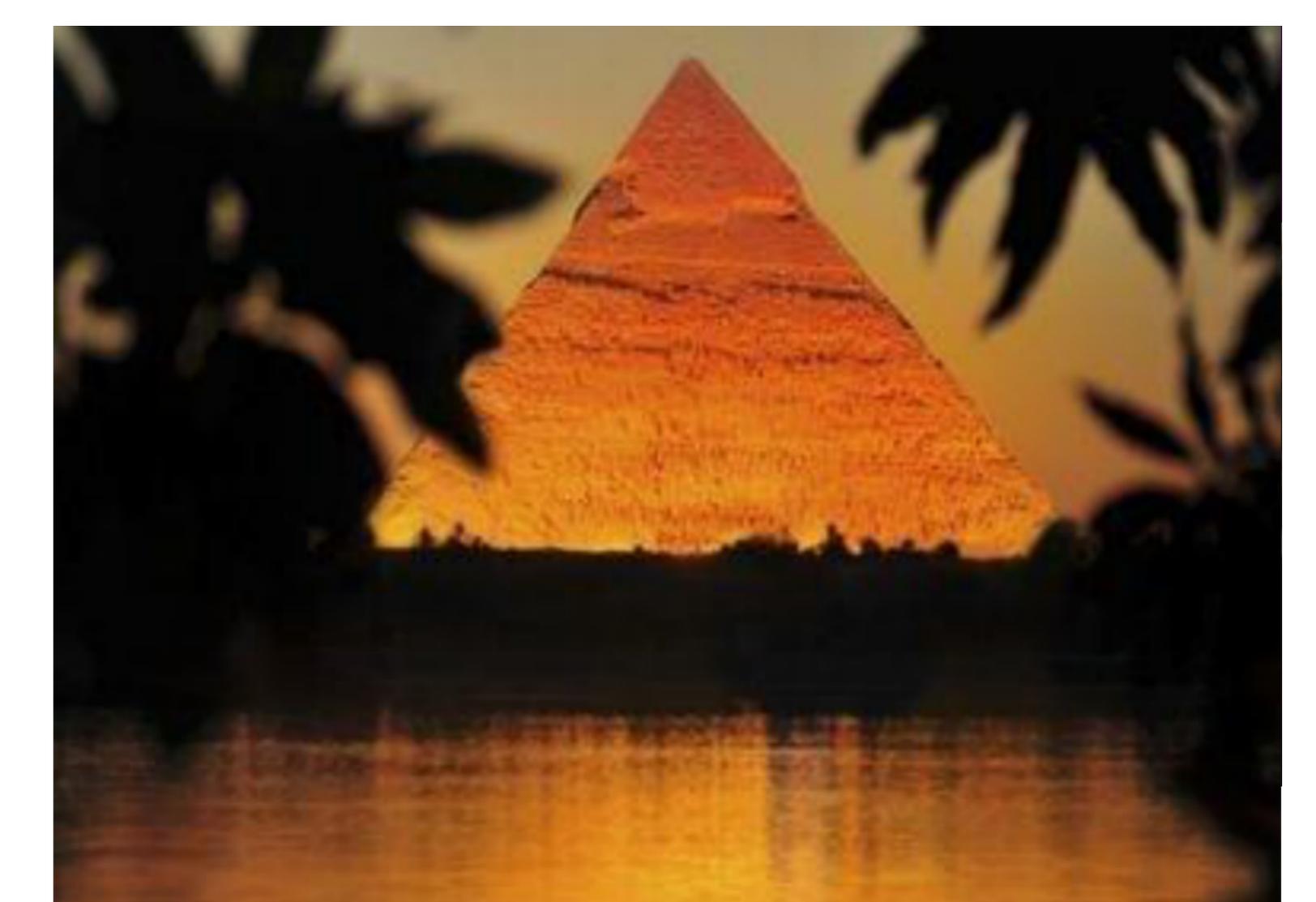


02 Healers

Old wound are passed down through our family habits, while subtle and overt oppression inflict fresh wounds daily. Clearly, we need to call forth the healer in us.

We need to become skilled healers - turning fear into confidence, emotion into intelligence, conflict into trust, destruction into stability and creativity.

We must heal ourselves.



03 Builders

While we fight and heal, we are also obligated to build. We must build:

- Families
- Organizations
- Businesses
- Institutions

Trust-building, unshakable faith, patience, creativity, inter-generational transmission, and organization are the strengths of the builder.

The Trust-Builder skill: *Weaving trust where distrust has been induced.*



S/I Line

Disobey or Circle The Line - when dealing with our enemies, disobey the line's instruction to discount ourselves and defer to them.

When dealing with us, bend the Superior/Inferior Line that divides us into a circle of trust.

Unwittingly, we bring to our relationships and conversations a sense of who's better/worse, superior/inferior. Conflict ensues. Denying it won't make it go away. Compromise and cliches only hides it and induces delusion.



Feelings As Messengers

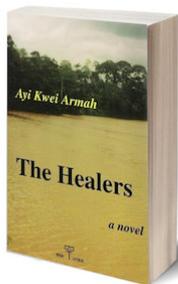
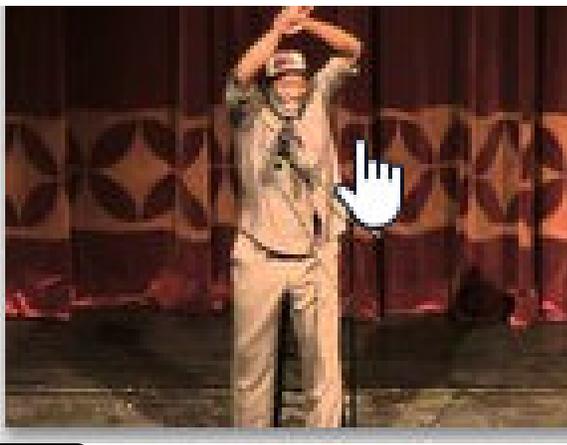
Crack The Code - to unlock the emotionally-coded script that causes unwanted conflict and deep distrust. Historic oppression, family habits, school and media socialization conspire to falsify our emotional responses - even to ourselves.

I read and respond “38-hot” when I’m actually feeling sad. She cries when she’s feeling angry. In either case we read and send the wrong emotional signals. Our behavior is misguided.



River of Touches

Solve the Riddle - "Babies cry for it; grown men and women die for it!" What is it? Solving this mystery leads us to the ***River of Touches***. Learn to manage the awesome power of this river, and how to defend against its misuse. Skilled touches stimulate personal growth, confidence, creativity, peacefulness, cohesive relationships & joy. The River of Touches is the best single defense against the psychological attacks and ploys that manipulate us.



Storytelling' From The Inside-Out (SIO)

“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 war, for building, and for healing the wounds of oppression.

Missing or distorted stories about our past manipulates our consciousness and ultimately our possibilities for the present and the future. During the Super Bowl, stories are told in 30 seconds and cost 5 million dollars or more. We can't get away from stories - others' or our own.

Problem: We've heard his-story about us for so long that we often tell our story from THEIR perspective – as if we are alien to ourselves. To counter that, we've developed SIO - power steps to help us ***tell our stories from the inside-out.***

S/I Line and FAM - Summary



Venus?

1. S/I: The Dynamics of Oppression
 - a. The 4 D's Script
 - b. Overt / Subtle (MSO / STD)
 - c. Class Divided
 - d. Did you see it? / Would you have done it?
 - e. Suicide or ? Canada's First nation People

MSO

Divided

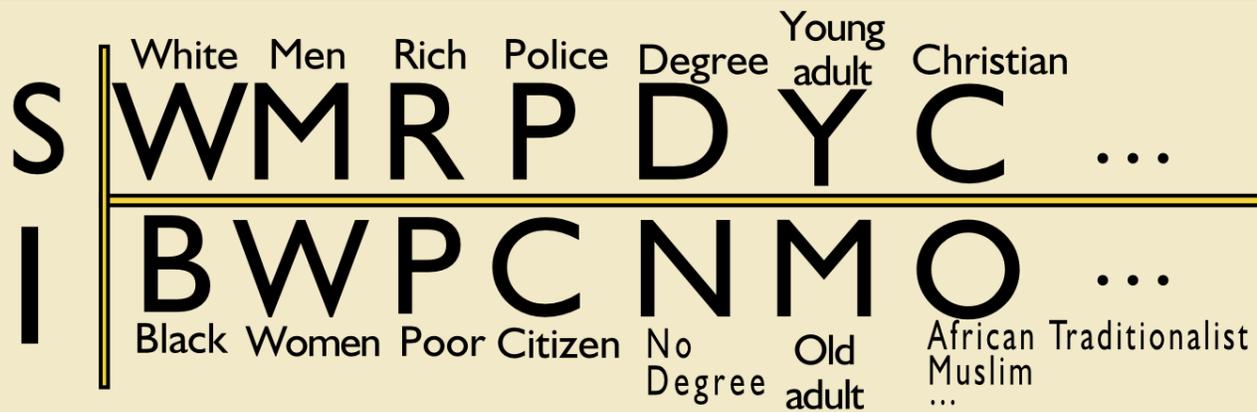
Power?



E-Memory?

1. Feelings As Messengers
 - a. Suppressing Emotions? Video
 - b. Falsified Emotional Responses
 - c. Allowed During Captivity? What about Now?
 - d. Substitution - Survival & Oppression

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:

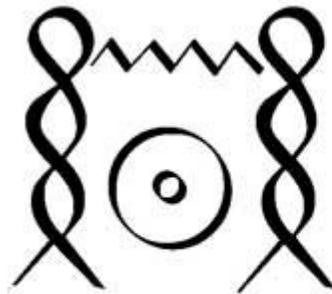
1. MSO / STD
2. Compensate to "prove" self worth
3. Displace anger for oppressor on self and group



Inferior Script 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



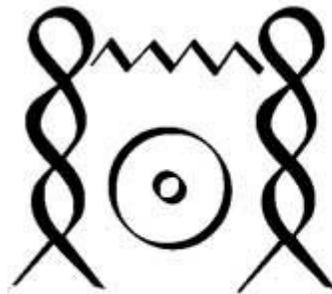
neheh (nhh)
"time"



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



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 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 **RIVER/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



Why We Must Become Emotional Experts!

Amos N. Wilson's *Falsification of Afrikan Consciousness* (See appendix)

Emotional Disturbances Born of Oppression:

- **Pathological Anxiety:** Fear or dread resulting from an over-estimation of threat.
Fear such that personal growth is stunted in important areas
- **Apathy:** A dis-ease of feeling, emotion or interest; an indifference to situations that would normally evoke the opposite reactions
- **Alienation:** We are alienated to serve aliens!

Our Work:

1. Provide common examples and let's look at how you might use the tools to help you address these situations.

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.**

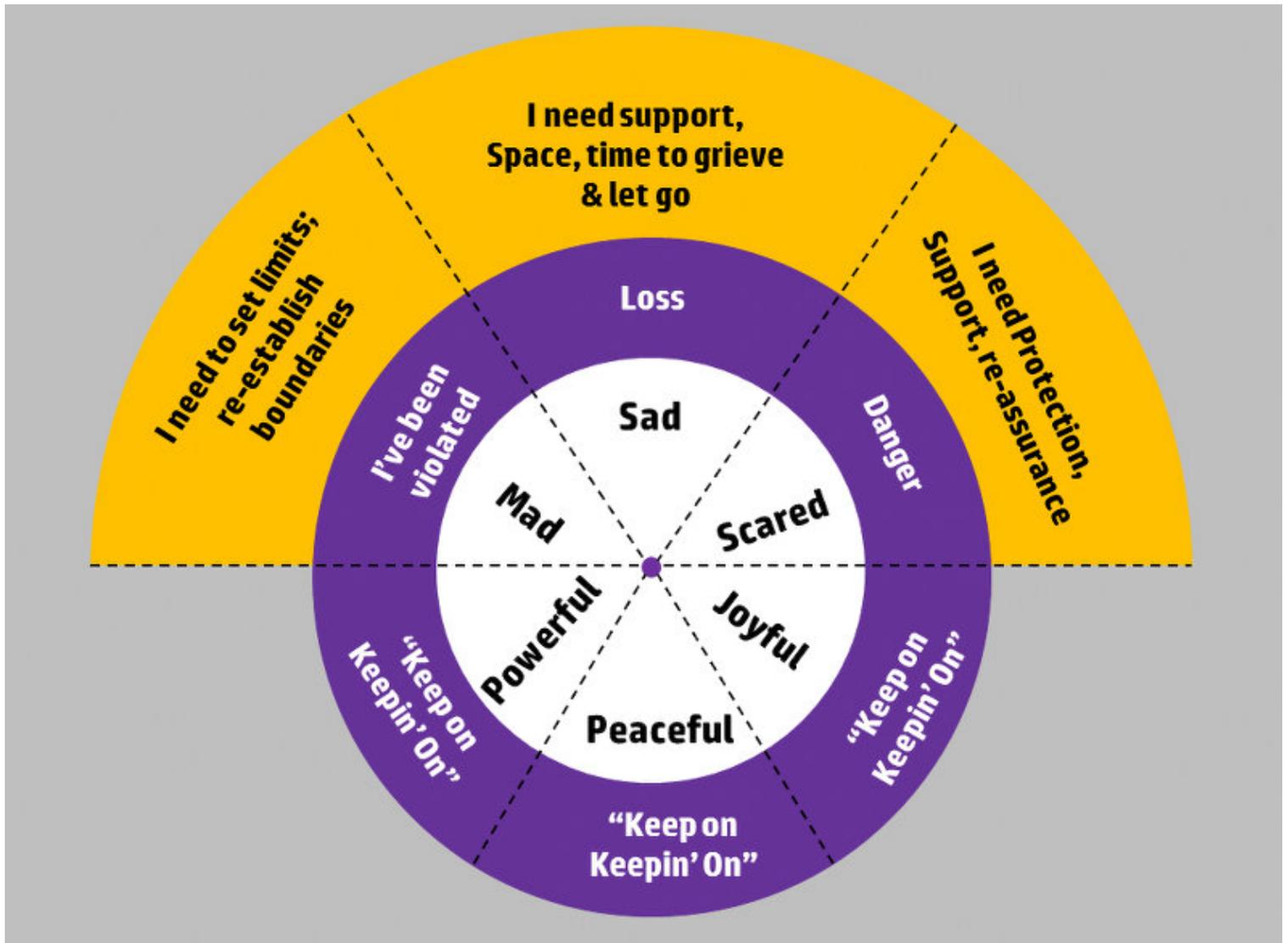
Again, those root feeling families are on the next page.



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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.



Feelings As Messengers

Application

Break into pairs or small groups to discuss:

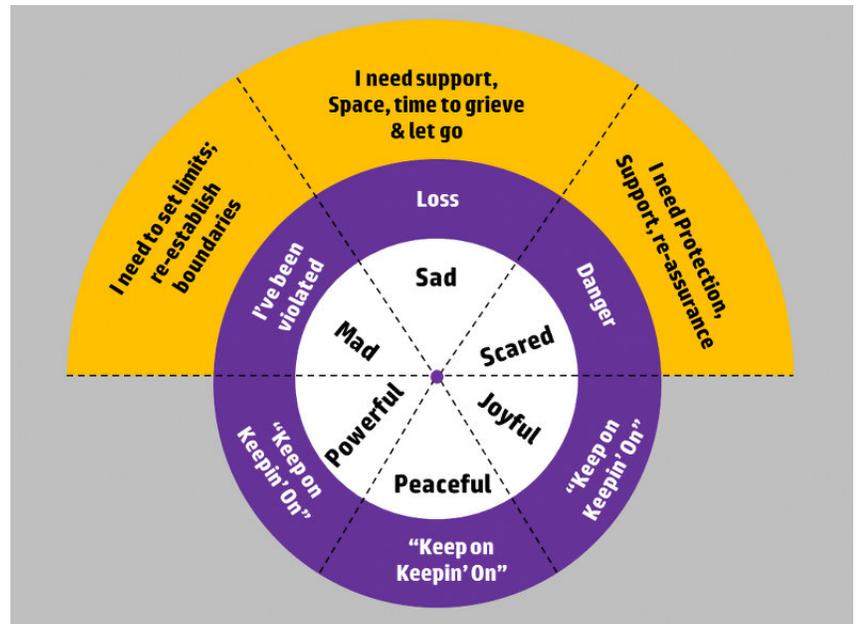
1.) How/what you feel about one or more of the problems you identified earlier in the session or before you came.

2.) Also discuss the messages and directions this model suggests you take

3.) How you felt in the S/I transaction(s) Messages? Action?

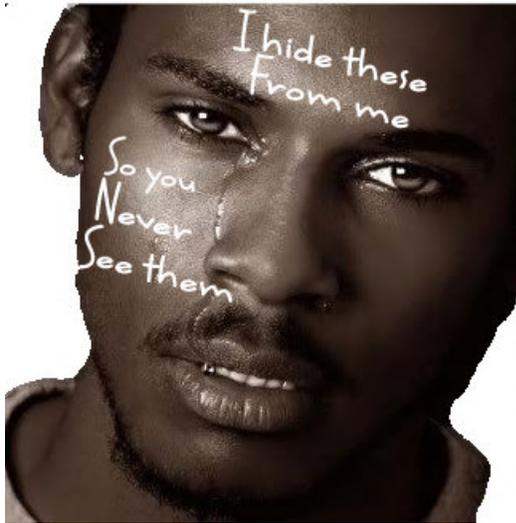
4.) How do you feel about your efforts that helped and those that didn't? Messages? Action you need to take?

*Remember use these simple feeling words to describe how you felt or feel. Use the chart to remind you what to do next.



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 if 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 you are likely to show instead of the one/s in the middle column - the one/s that are 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

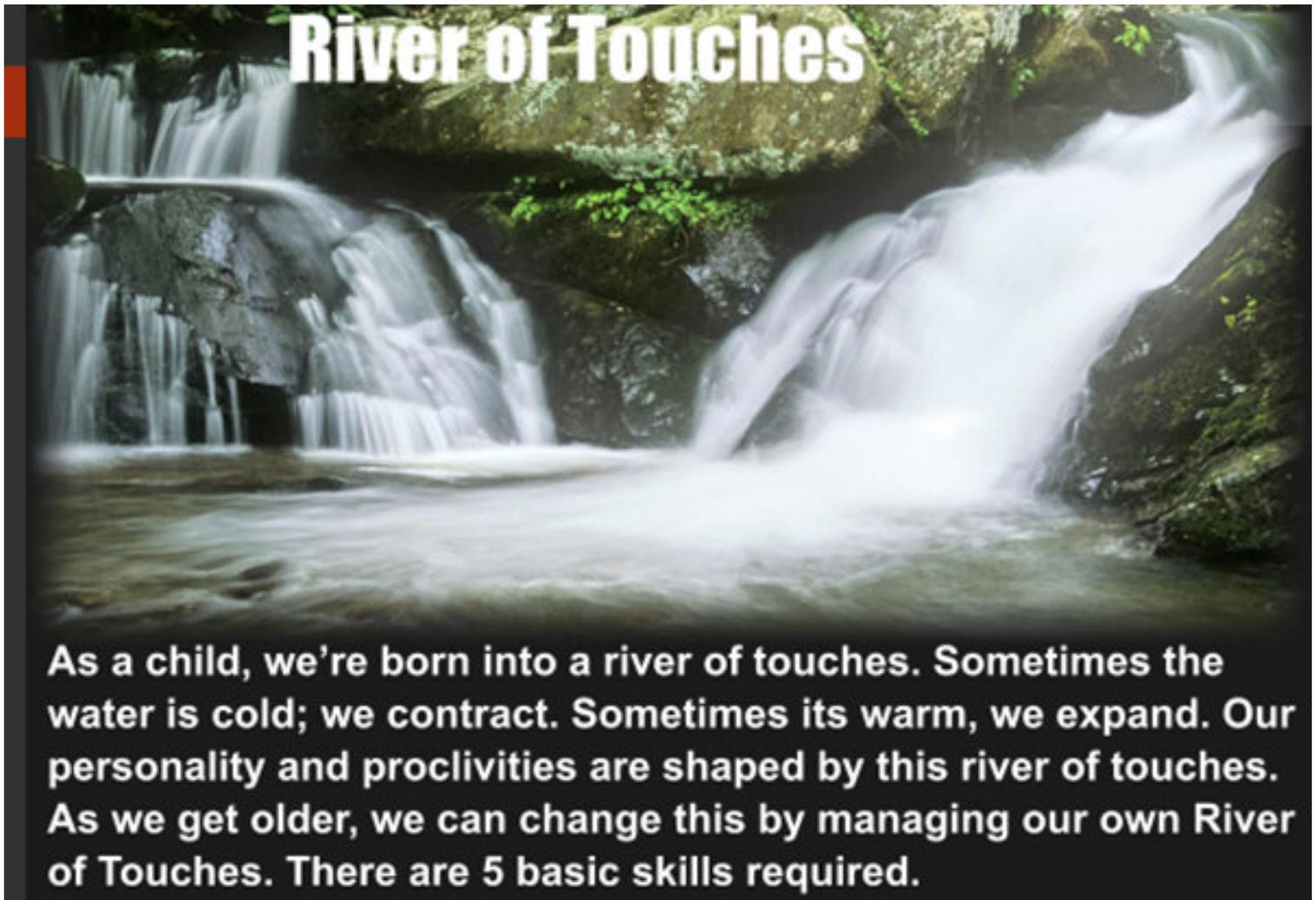
The Flow of Recognition



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.

WHB: The River of Touches

The Flow of Recognition



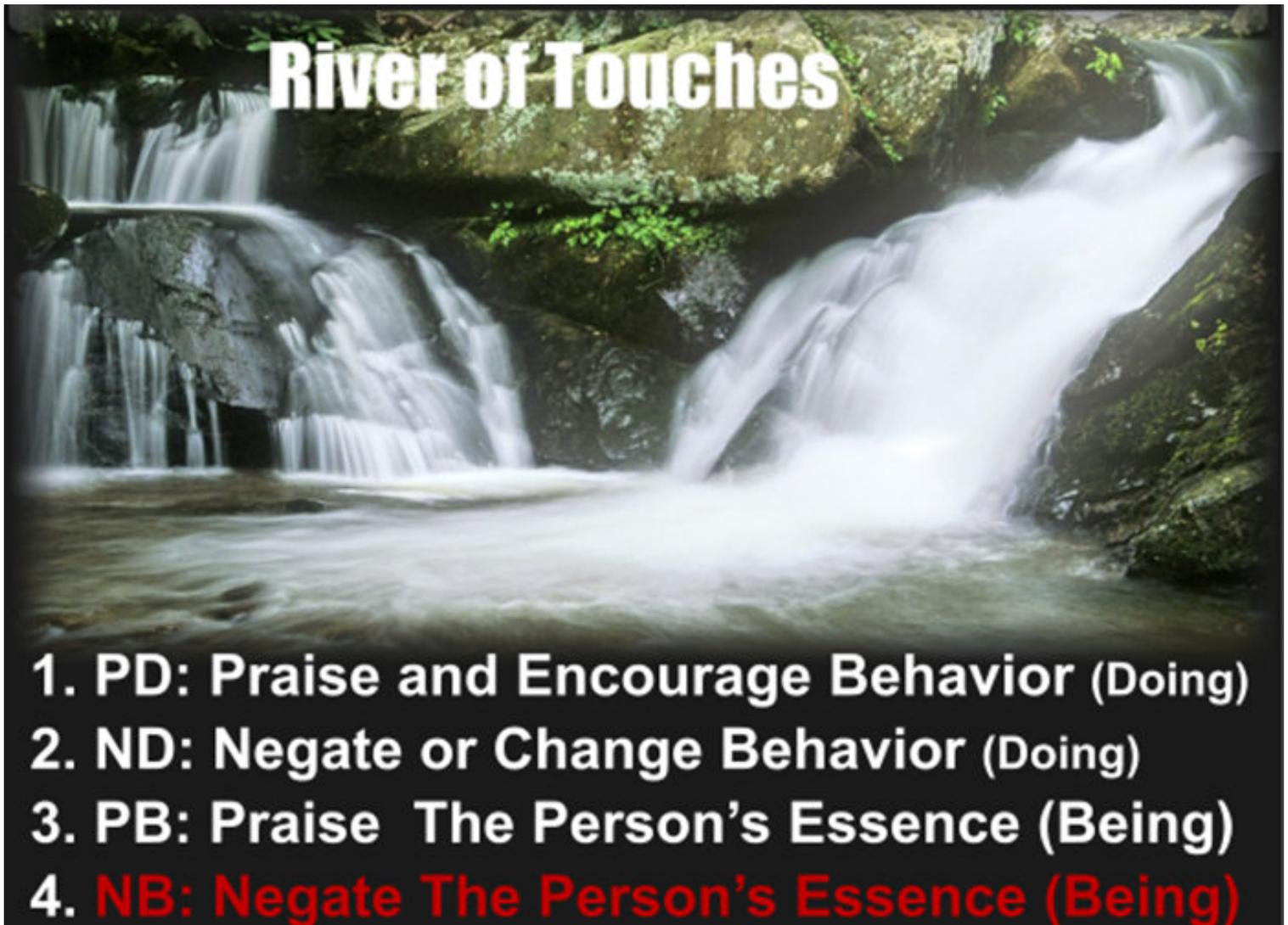
Notes:

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?

WHB: The River of Touches

The Flow of Recognition





WHB: The River of Touches



The Flow of Recognition

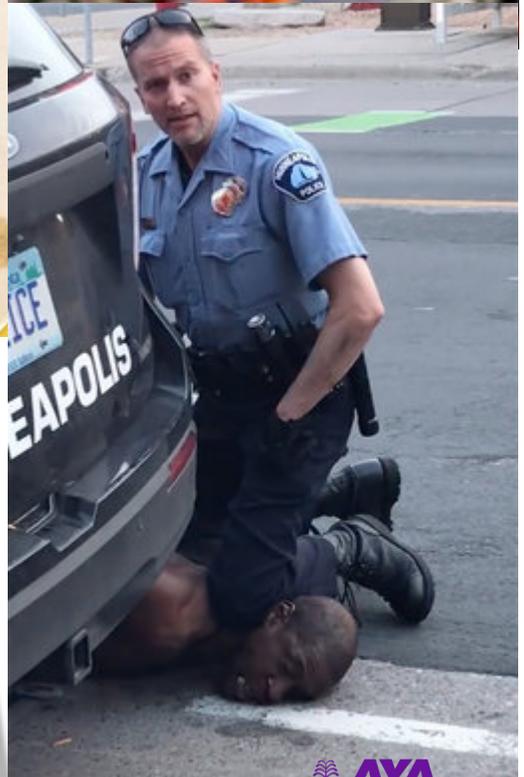




WHB: The River of Touches



The Flow of Recognition

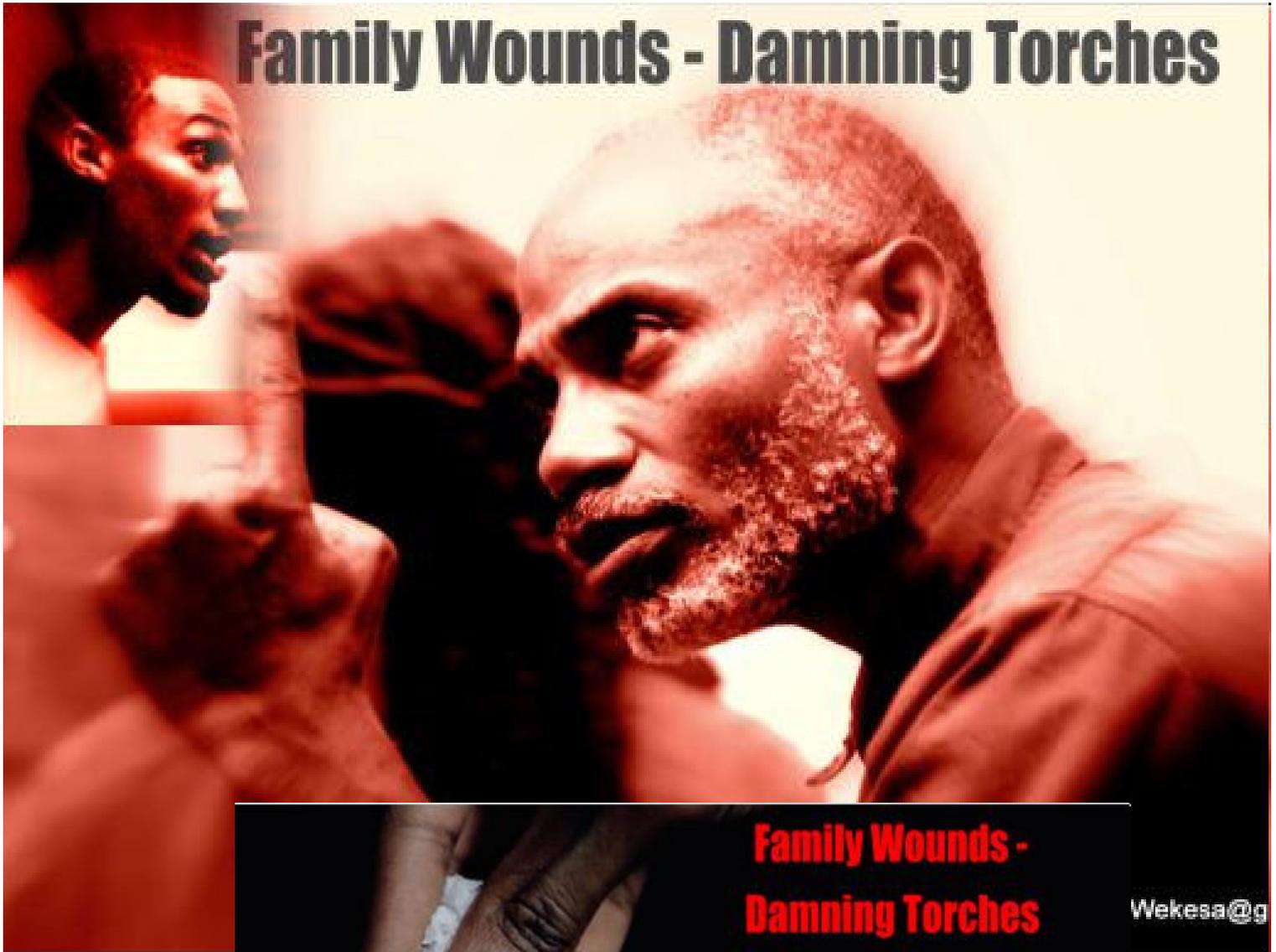




WHB: The River of Touches



The Flow of Recognition



Family Wounds - Damning Torches

**Family Wounds -
Damning Torches
Instead of Healing
Touches**

Wekesa@g

10 Cents
Per Box



Father to daughter:

*"Girl, you ain't worth a pinch of salt
that your mama use to make bread"*



WHB: The River of Touches



The Flow of Recognition



River of Touches / Flow of Recognition

All verbal and non-verbal communications are touches

**Do
Your
Behavior**

Praises

PDT

Great job!
Here's a raise.

Negates

NDT

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

**Be
Your Being
or Essence**

PBT

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

NBT

I hate you!
You're dumb
Stupid

WHB: The River of Touches

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^T

Great job!
Here's a raise.

Negates

ND^T

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

PBT

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

NBT

I hate you!
You're dumb
Stupid

Notes:

Messages that you are or we are “negative” or “less-than” beings is an alien idea! It's Implanted so that we will doubt ourselves, devalue and kill ourselves and/or serve aliens in pursuit of their conditional approval.



WHB: The River of Touches

The Flow of Recognition

Skill: RMR



Reject, Move, Redirect w/o Returning Fire

(NB Touches)



WHB: The River of Touches

The Flow of Recognition

Golden Triangle of Touches

All verbal and non-verbal communications are touches

PD

Thanks
Great job!
Here's a raise.

ND

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

PB

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

Made in the image of God!
We need you.

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?

WHB: 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 told in 30 seconds 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 Eurocentric perspective for so long, we often tell Ourstory from THEIR perspective - as if we are alien to ourselves.

To counter that, we've developed 4 simple steps to help us tell our stories from the inside-out.

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 endeavors .

Next Steps: WHB Deepening

- [Click here](#) to Join into our AYA WHB Family Network
- Accept our Invitation to become a supporting member for free for 2 months

- FREE ([Click here](#))

Get these WHB deepening sessions on these dates in April

April 27, 2021, 7 PM EST 1-Hour session for Deepening of WHB-Tools by Baba Wekesa (Healing Alienation by Celebrating Families and Broken Stories)

- 8:30 PM EST 1-Hour session by topic by Mama Afiya (Feelings as Messengers -- Getting Clear About Our Feelings / What are we Feeling?)

- [Attend upcoming WHB Retreats \(Virtual and in-person that are scheduled quarterly\).](#)

WHB Weekend Upcoming Retreats

Nov. 12-15, 2021

Click here to let [Afiya](#) know how you would like to become involved with WHB work