

WHB Storyology

Ancestor
Chinua Achebe

*Healing
Ourselves with
Our Stories*

WHB Deep Dive
Tonight
4/11/23

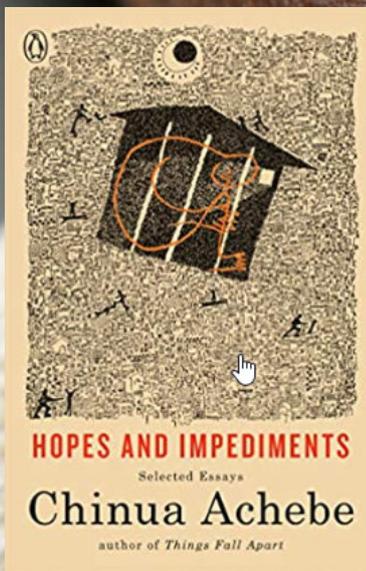
Deep Dive Agenda:

**Washing, DC:
Weekend Retreat
4/21-23
ayaed.com/whb**

- **Chinua Achebe** - West African Storyteller vs. Western Trained Psychotherapist
- **3 Story Tools:**
 - F-2-S (Failure-2-Success)
 - MTF (Making The Future)
 - CIRS (Countering Injected Racial Scripts)
- **Story + Feelings As Messengers**
- **Story + River of Touches**
- **Story + Oppression - Injected Oppression**

WHB Storyology

*Hope & Impediments:
Healing
Ourselves with
Our Stories*



*Deep Dive Agenda:
Using WHB tools to heal broken stories!*

*We're not a broken family nor are
we a broken people, we just have
broken stories!*

Register for
Washing, DC:
WHB Weekend
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02 SIO - Telling Our Health Stories

Psycho-Immunology

Countering “Nocebos”

NZ - Story Healing Circles

The power of storytelling for the individual and the world helped to shape Brother Akin 160K years ago in Herto, Ethiopia. In addition to sharing stories as a way to connect with others, doing so can facilitate the healing process for the teller and the listener. The opposite is also true, certain stories promote sickness and hasten death. Storytelling can connect us, convince us, and direct and redirect our body chemistry.

- Prayer Circles & Placebo
- Creating Community Healing Norms & Circles (connection instead of stress)
- Facilitating Recovery
- The Wisdom of Illness (trauma)

Protecting Ourselves and Our Young

- Nocebo: Realism or Curse?
 - When the mind believes ...
 - Trauma is passed on generation to generation
 - Mechanized birth (fear)
 - There is “no cure” for...
 - “Precancerous, pre-diabetic, etc. cells”
 - If you disagree, you don’t believe in science!
 - “Africans are most susceptible..”
- “Trauma is not what happens to us, it is what we (emotionally and psychologically) make of what happened to us
- “Healing is passed on generation after generation
- Birth is bonding

F-2-S

Implanting Memories

Ibo-Le-Le

WHB

Warriors | Healers | Builders

Nana Ayi Kwei Armah



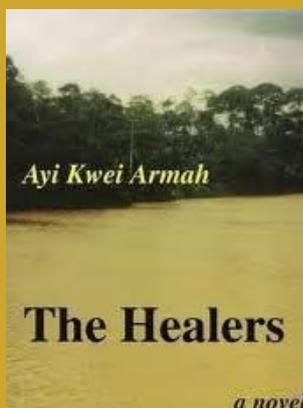
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*Using WHB tools to
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Storyology

*Healing
Ourselves.
Healing Our
Stories*

*We're not a broken family nor are
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broken stories!*



- The African Djali - Storyteller - Crossing the River and countering the "trauma" agenda.
- **Last Deepening Review:**
 - Are there other primary emotions?
 - Meet "Disgust" - A substitution
 - Feeling Wheel: Predictive vs. Inquiry
- **Tonight's Deep Dive Agenda:**
 - F-2-S (Failure-2-Success)
 - MTF (Making The Future)
 - CIRS (Countering Injected Racial Scripts)



Carter G. Woodson

Lissa Rankin

CORE NEED	ASSOCIATED CORE CAPACITIES ESSENTIAL TO WELL-BEING
CONNECTION	Capacity to be in touch with our body and our emotions Capacity to be connection with others
ATTUNEMENT	Capacity to attune to our needs and emotions Capacity to recognize, reach out for, and take in physical and emotional nourishment
TRUST	Capacity for healthy dependence and interdependence
AUTONOMY	Capacity to set appropriate boundaries Capacity to say no and set limits Capacity to speak our minds without guilt or fear
LOVE~SEXUALITY	Capacity to live with an open heart Capacity to integrate loving relationships with a vital sexuality

NARM's five core needs and their associated core capacities.

The Inside Out

Secret Weapon: SIO (Storytelling from the Inside-out)

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 be 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 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 stores 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



Challenging Oppression and Other Cures for Hypertension!

Ibo-Le-Le... Haitian Freedom Song - Psychology of Liberation

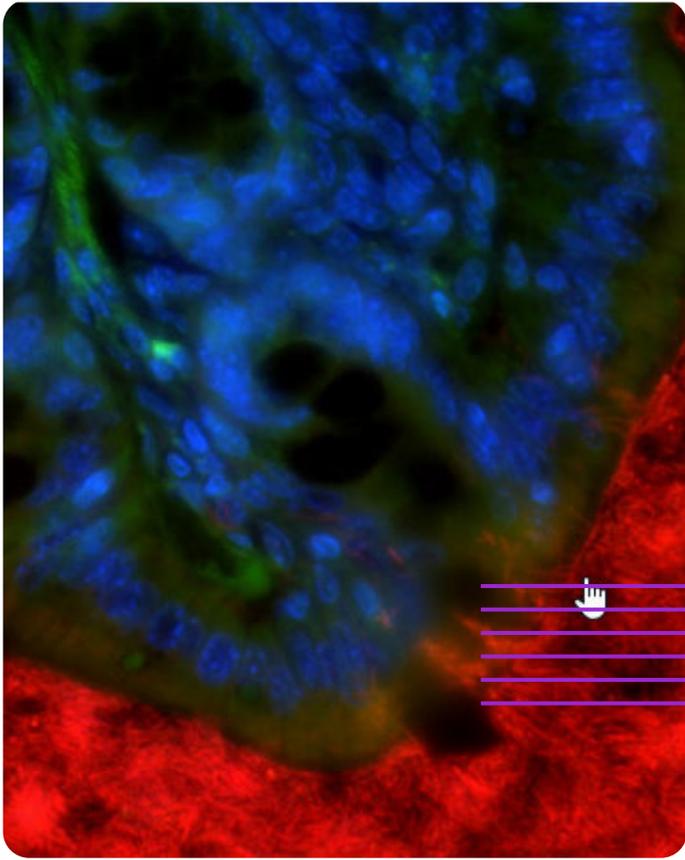
Heading

Why Zebra Don't Get Ulcers

BEET HBP with the power of Nitric Oxide

Treat the causes; not the numbers!





04

COVID: Mucosal Immunity

Natural Immunity Revisted

<https://www.biopharmareporter.com/Article/2022/02/21/egypt-kenya-nigeria-senegal-south-africa-and-tunisia-to-establish-mrna-vaccine-production>

04



COVID: mRNA

Looking back and looking forward.

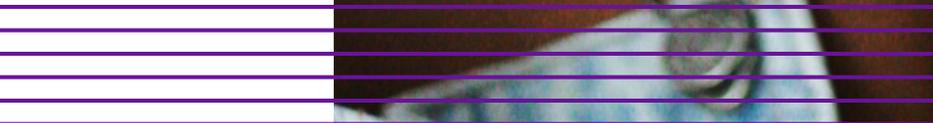
Explaining mRNA

China is not using mRNA vaccines, why?



WINNING!

<https://www.ayaed.com>





Melanin The Healer & Science Teacher



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5 Cities:

- NYC - March 11th
- Atlanta - March 18th
- DC: April 1st
- Richmond: April 22nd
- Arusha, Tanzania (TBA)

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**MTH:
Healing
Education
VS
Alienation**

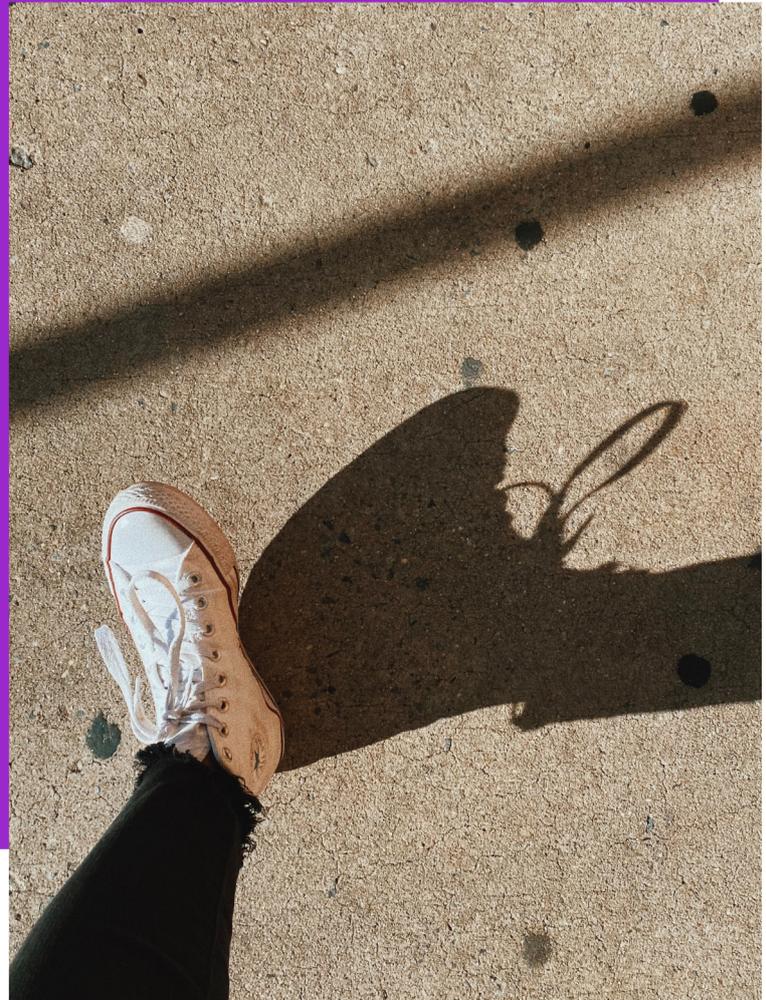


05

IT'S TIME TO MOVE.

Dance!

AYA 180!



30-DAY

NGOLO BODY CHALLENGE

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip.

01 180	02 Push ups Sit up	03 Push ups Sit up	04 Push ups Sit up	05 Push ups Sit up
06 Push ups Sit up	07 REST DAY	08 Push ups Sit up	09 Push ups Sit up	10 Push ups Sit up
11 Push ups Sit up	12 Push ups Sit up	13 REST DAY	14 Push ups Sit up	15 Push ups Sit up
16 Push ups Sit up	17 Push ups Sit up	18 Push ups Sit up	19 REST DAY	20 Push ups Sit up
21 Push ups Sit up	22 REST DAY	23 Push ups Sit up	24 Push ups Sit up	25 Push ups Sit up
26 Push ups Sit up	27 Push ups Sit up	28 Push ups Sit up	29 Push ups Sit up	30 REST DAY

TESTIMONIALS & Appreciations