



# WHB – Warriors – Healers – Builders

Personal & Leadership Development

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

## Fresno Educators / Community Empowerment & Healing

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3 –7 PM PST

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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



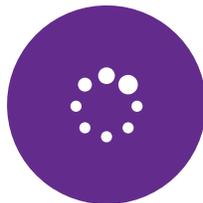
## Guidelines

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



# WHB Communication Guidelines



## 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



# Oppression: The S/I Line Scripts

S	White	Men	Rich	Police	Degree	Young adult	Christian	...
	W	M	R	P	D	Y	C	...
I	Black	Women	Poor	Citizen	No Degree	Old adult	African Muslim	...
	B	W	P	C	N	M	O	...



## Superior Script

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

## Dominating Scripts:

- Force
- Divide / Conquer
- Induce self-doubt in the other (Standards, authority, fear, etc.)
- If you can't beat them, join them, then use 3,2,1

## Injected Oppression Scripts:

- MSO / STD
- Compensate to "prove" self worth, garner approval
- Displace anger for oppressor on self and our oppressed group.

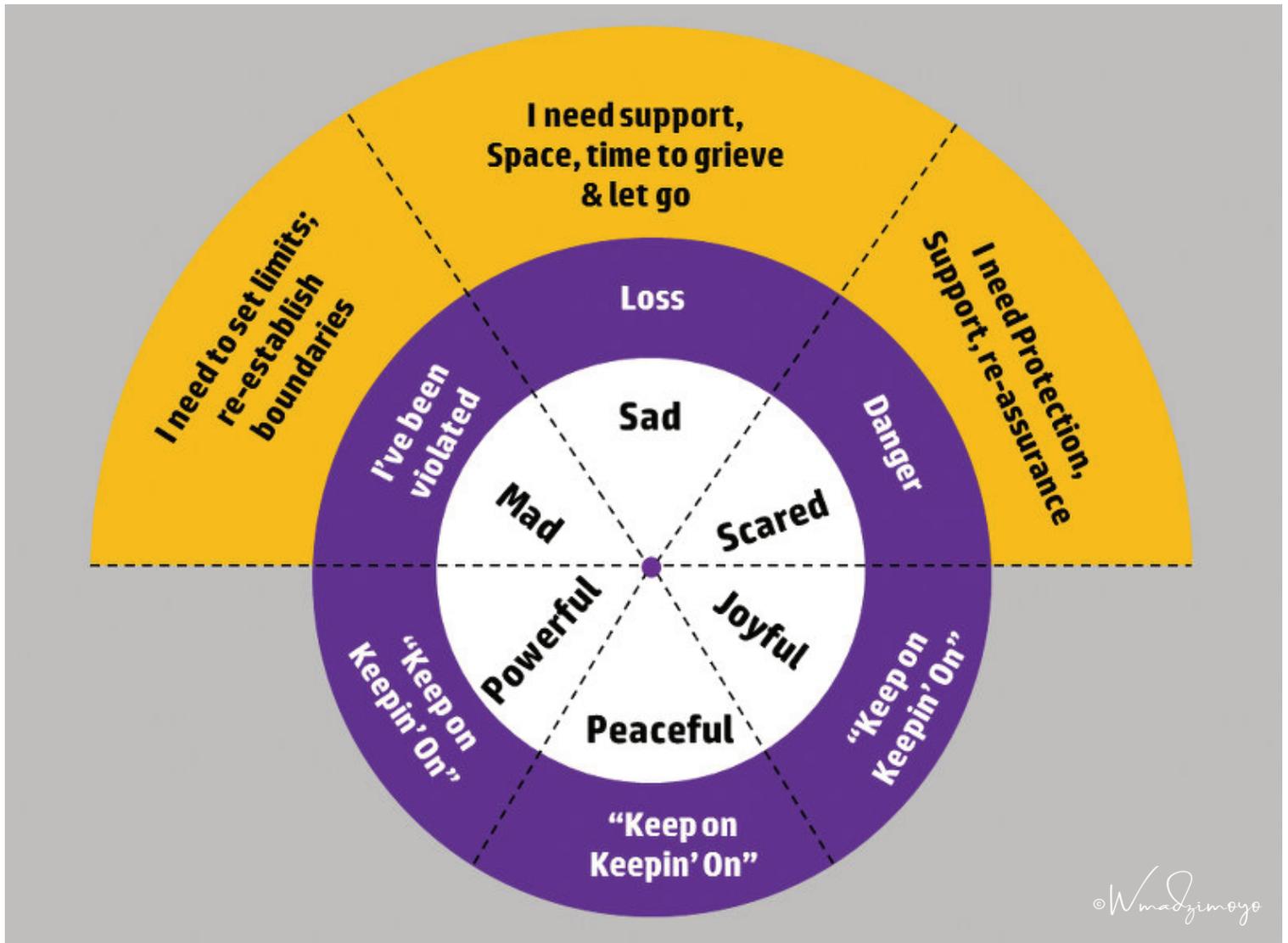


## Inferior Script Instructions:

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

# 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 (IE. your *“frustrated”* may consist of mad & sad, mine may be made of only sad, at another time all three - mad, sad, and scared.)
2. For mad, sad, and scared, ask and answer questions in the purple section: What are the **violations**, **losses**, or **dangers** respectively. Be specific. Be specific again!
3. Proceed to gold semi-circle. Read that 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 get reassurance, protection, support, etc.
4. For Joyful, Peaceful, Powerful, feel them, enjoy, and *“keep on keepin’ on!”*



# 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**

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

## Note:

Messages that you are or we are ***“negative”*** or ***“less-than,” “unworthy”*** beings is an alien idea implanted to induce self-doubt, self-deprecation, suicide, and service to aliens in pursuit of their conditional approval. It is a requirement for alien manipulation of us.

