

40 YEARS IN SOLITARY
WHAT WOULD YOU DREAM OF?

HERMAN'S HOUSE

Herman Wallace



Kathryn Johnston

Frances Thompson 80



Feel The Flow *Conflict Resoluton*

Home Hurts Skills Healing Successful? Disaster? River / Flow Avalanche Worth It! Contact

Relationships
Love-Zone or War-Zone?

Words are power
Looks are power
They can heal, hurt or even kill; they cannot be neutral.

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Intimate Relationships

Love-Zone or War-Zone?



Love-Zone?

How will you make the magic last for more than just one night, one season through the inevitable conflicts. Got skills?

War-Zone?

"How did we get here?"
"How did it come to this?"
"How can I stop myself?"

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Family Relationships



Are the smiles just for the holidays?

is "family" more name and ritual than actual love that you can feel all year long? Whether old or new, it's yours to fix. Your children or future depends on it.

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Family Relationships



You promised that you wouldn't. Now, you're putting your children in the same situation your parents put you in. How can you make the best of it, and stop the cycle?

Family Relationships



Remember how close you were?

Are you still close?

1. What happened?
2. What did they do?
3. What did you do?
4. Is the gulf insurmountable?

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Family Relationships



When he's not your "little boy" any more?



When you're not "their" little boy any more?

Are they running away from you or taking you with them?

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Family Relationships



When "Elder" is no longer abstract?

General Calendar commands!

Whether it is your own or your parent's time, age requires a new closeness, a renewed communication. Are you prepared?

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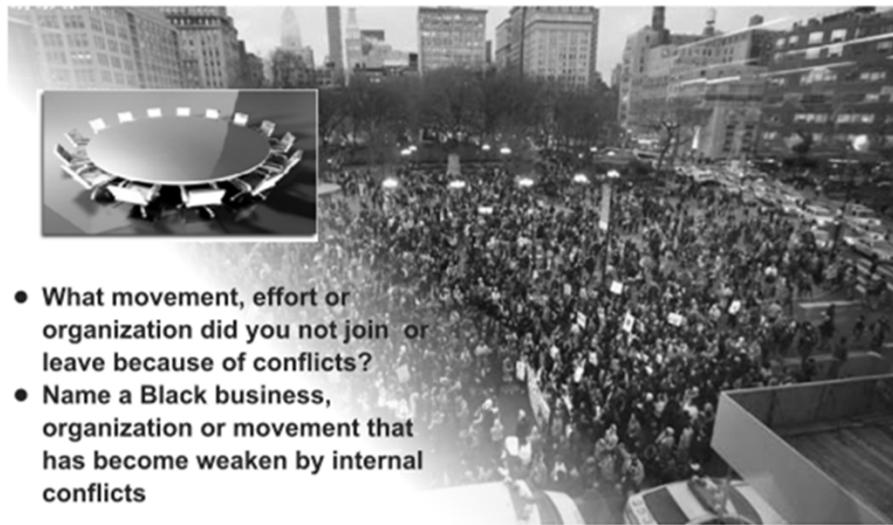



So, your friend

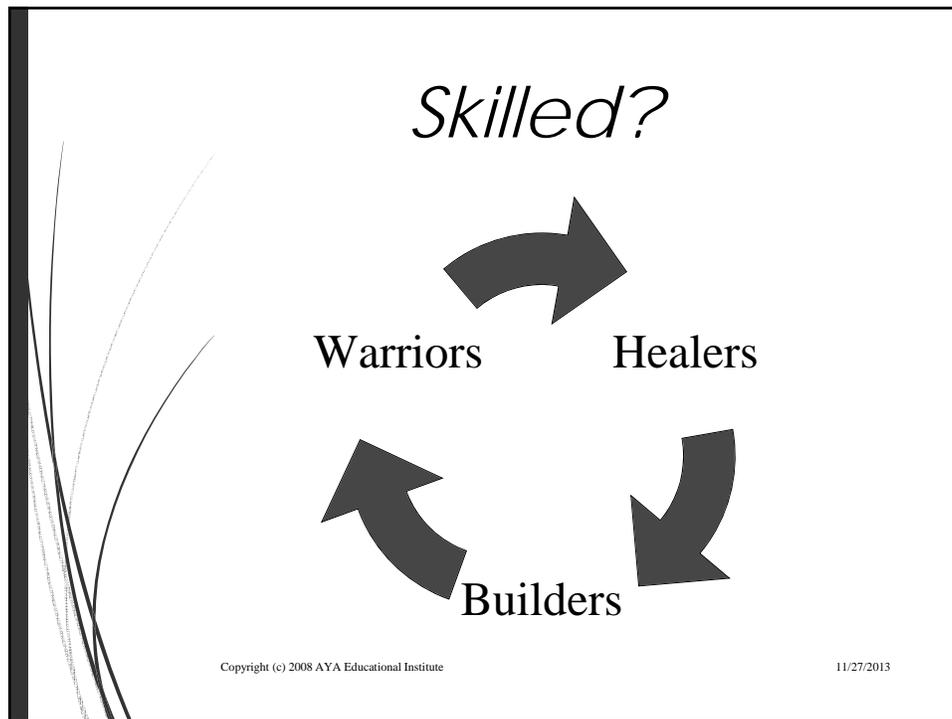
- *Blocked* your shot?
- Dissapointed you?
- Showed you up?
- Stood you up?
- Lied to you?
- Lied on you?
- Left you hangin'?
- _____ (fill in the blank)

Home Hurts Skills Healing Successful? Diaster? River / Flow Avalanche Worth It! Contact

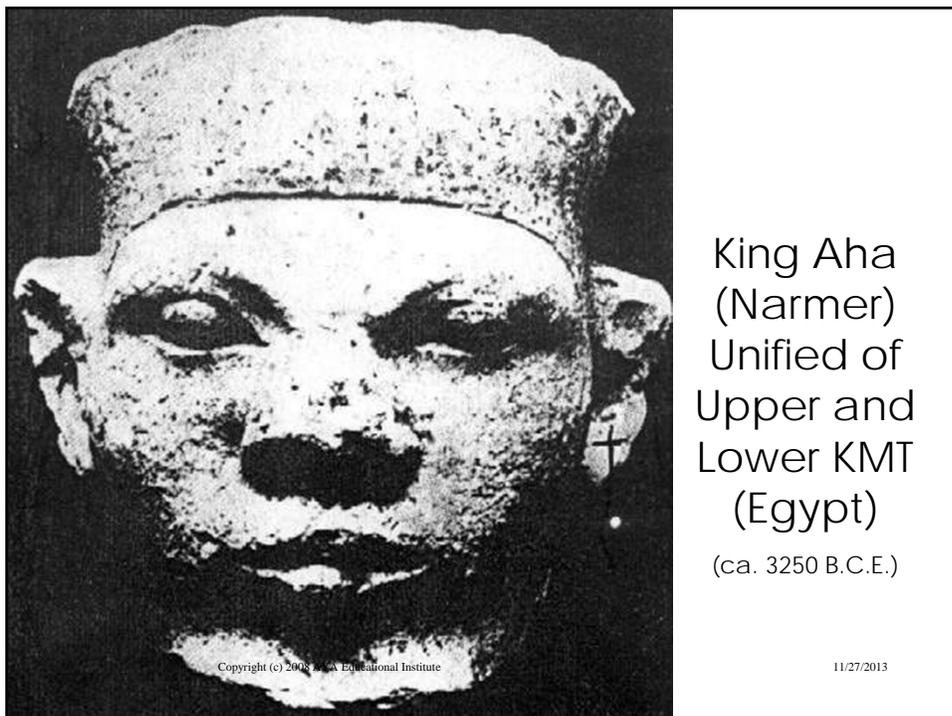
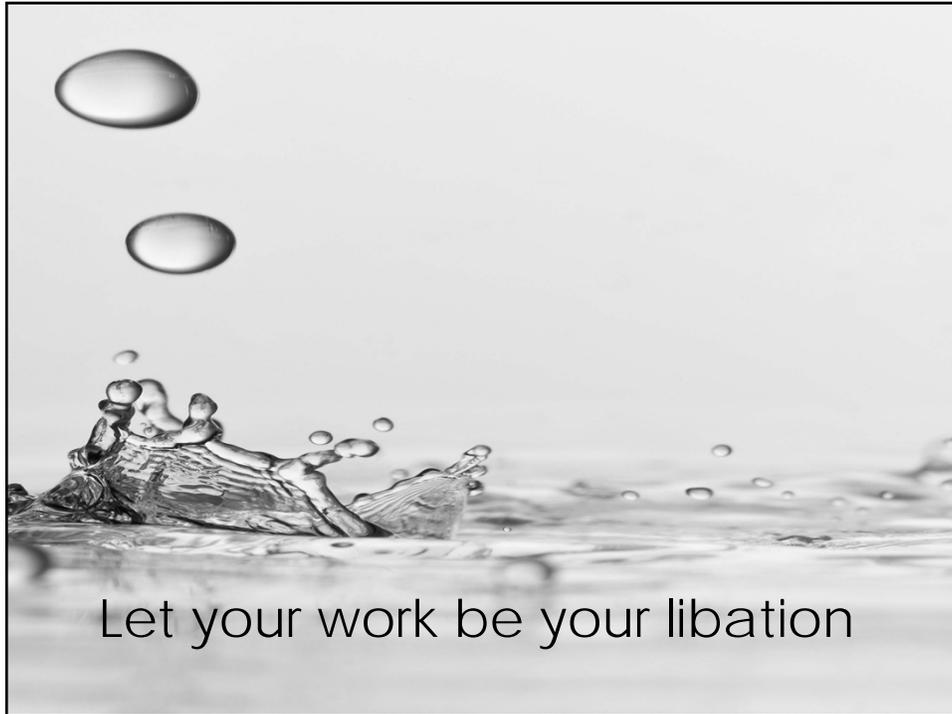
Conflicts weaken our organizations & movements.

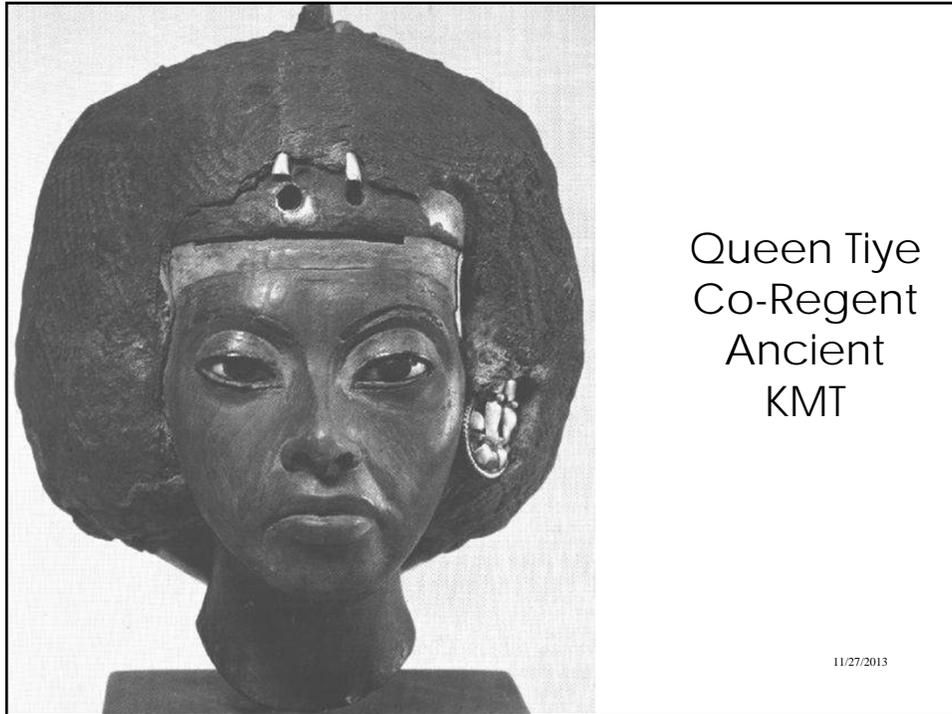



- What movement, effort or organization did you not join or leave because of conflicts?
- Name a Black business, organization or movement that has become weakened by internal conflicts



-
- ## Friday Agenda
- Libation
 - Overview of Series From *OurStory* for Our Success to Warriors, Healers, Builders
 - Group Introductions
 - Personal Assessment & Contracting
 - Guidelines / MAAT
 - Closure
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Series I Questions:

- Name (s) (including African name, if you have one, and invitation to try on...)
- Organizational affiliation or Work
- Why did you choose to attend?
- Passion

Guidelines - MAAT

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

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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*

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Series II Questions:

- If this workshop is a success how will you be feeling/thinking differently and what will you do differently?

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Series II Questions:

- What additional actions would you like to take to ***challenge oppression*** that you and others of African descent face?

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Series II Questions:

What additional actions would you like *to take* to help you, your children and our people *heal* from the wounds of oppression?

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Series II Questions:

What additional actions would you like to take to better *build* – family, intimate relationships, extended relationships, organizations, businesses, etc.?

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Questions to Prime the Pump

- What's the impact of the resurgent overt racism (Trayvon, Oscar Grant, police brutality, etc.) on you? What are you doing with it? What's the impact on those you love?
- 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?
- 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?
- 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?

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Questions to Prime the Pump

- · 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?
-
- · 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?
-
- · If White supremacy has our people (children, partner/spouse, father, brother, mothers) in it's 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?
-

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Questions to Prime the Pump

- · How prepared are we to recognize the difference between anti-White motivated nationalism and Pro-African nation-building and what skills do we need to move ourselves and others through the anti-White cycles?
- · How much do we unwittingly displace our anger/scare of White supremacy-domination on our families and our people?
- · When people that we are educating realize the extent of their "cultural mis-orientation" or "Negro-ness;" how do we attend to the emotions (sadness/fear/ etc.) that accompanies the new awareness? What did we need or want at our critical awareness points? And what do we need now as we continue to uncover old and new layers of our "Negro-ness?"

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Questions to Prime the Pump

- · Amos Wilson taught us that were are made to feel "alienated" to serve "aliens." In what ways have you done so. How have key family members or friends?
- · 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?
- · If poison was the weapon of choice for Makandal (Akinyele), what is our choice of weapons?
- · What are our African cultural strengths/stories/examples and how well are we actively using them in our lives to build, heal and defend?

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Our Way- MAAT

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

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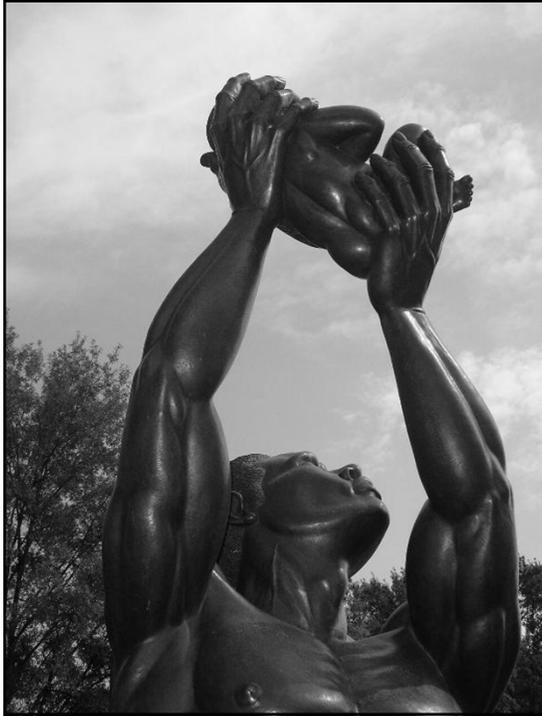
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Our Place: Abu Simbel

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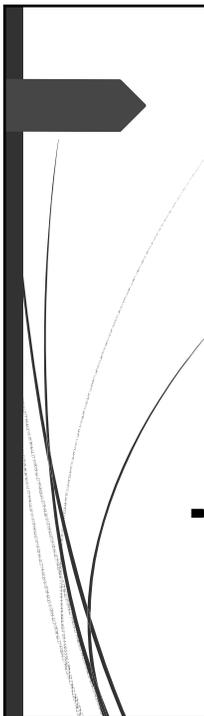
Our Spiritual Walk:

Behold the only thing greater than yourself!

The human being is an object of veneration from birth to death.

How did we get from this to....

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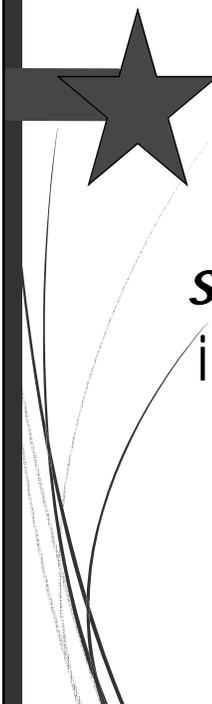
Our Spiritual Walk:

***umuntu
ngumuntu
ngabantu***

- (a person is a person because we are a people)
- *this traditional African spiritual world view goes deeper than a basic respect and compassion for others.*

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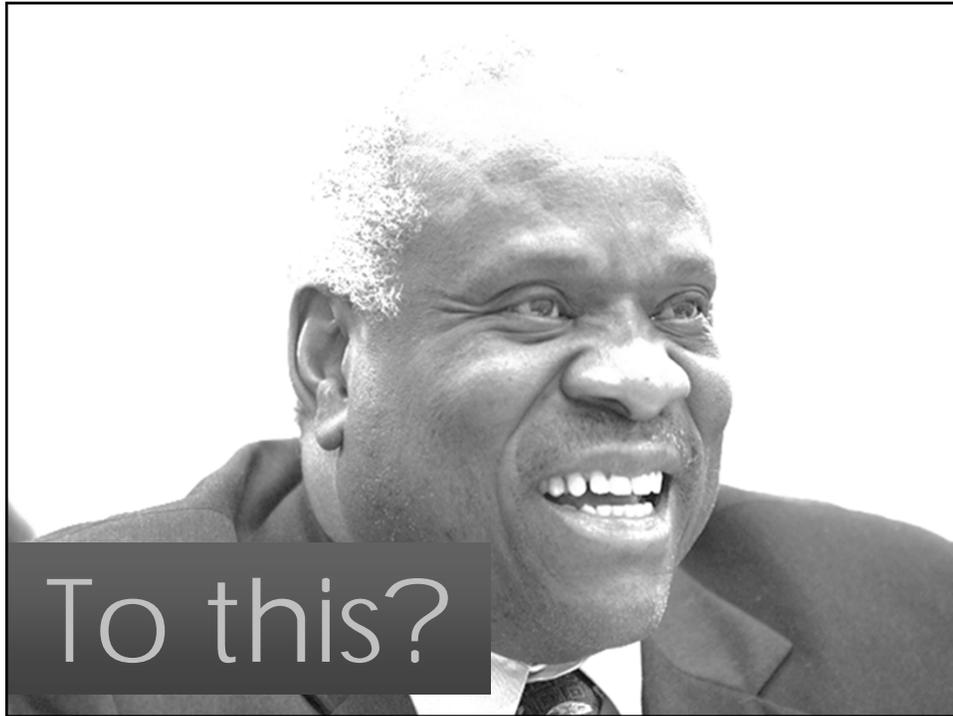
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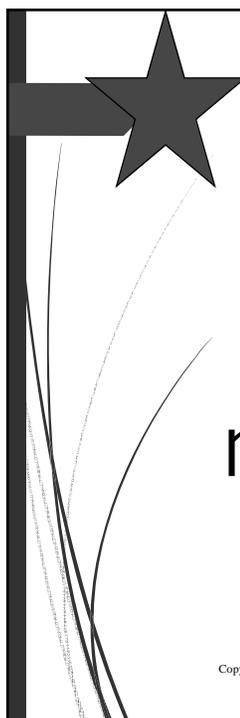


► The highest level of *spirituality* is manifested in our relationships with each other.

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Oppression
interrupted our
natural process.

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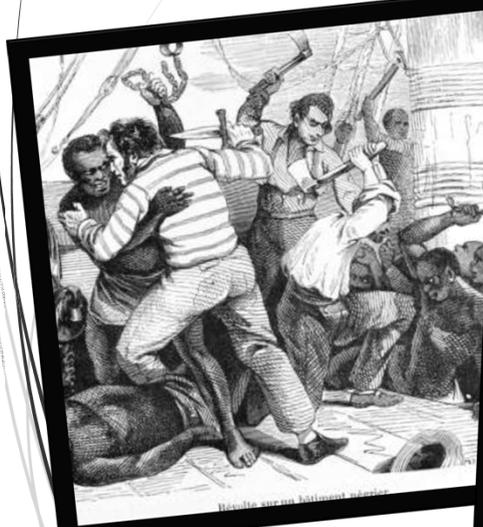


MAAFA: Invasion and attack on mind, body, spirit and culture!

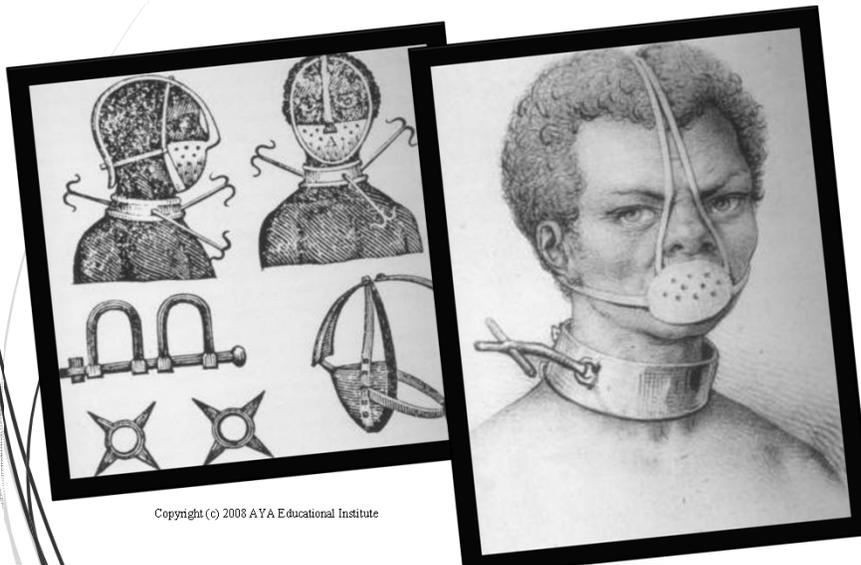
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MAAFA: Invasion and attack on mind, body and spirit!

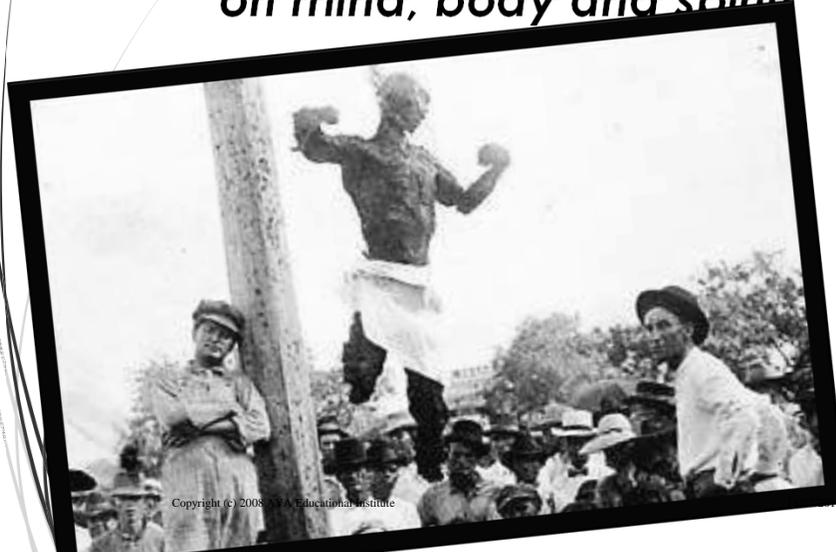


**MAAFA: Invasion and attack
on mind, body and spirit!**

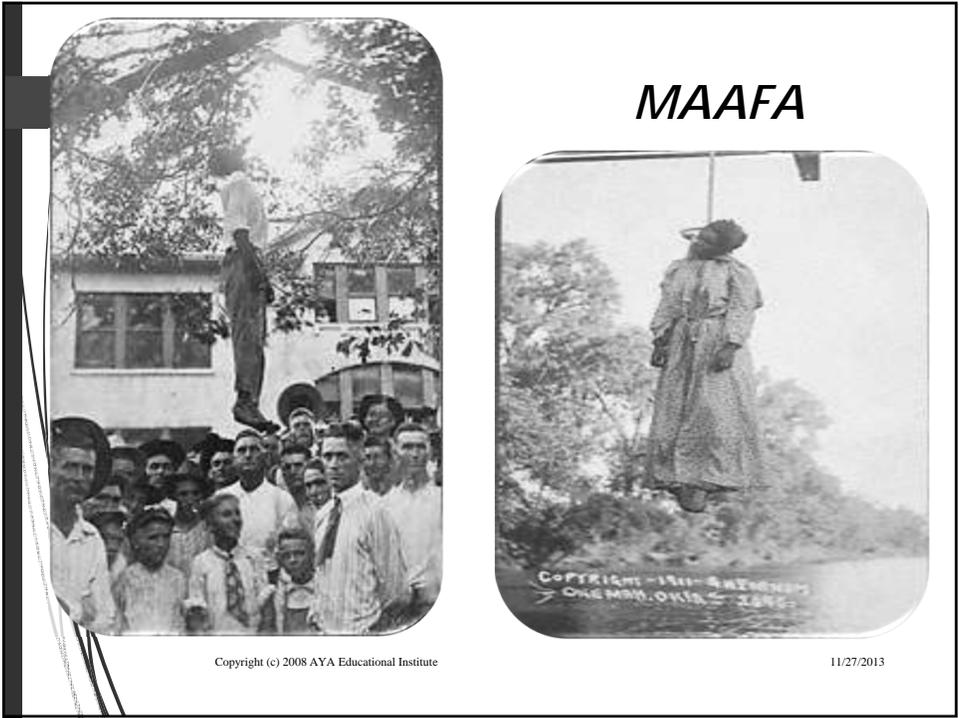


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***MAAFA: Invasion and attack
on mind, body and spirit!***



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➤ It was a brutal beyond imagination!

Our bodies were mutilated, for so long that it paved the way for the psychic violence that injected alien thinking, feelings, and behavior into us.

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- Alien Implants
- Alien Ideas
- Alien Identity to Serve Aliens

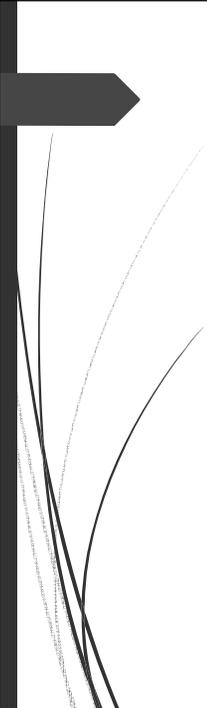
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Instead of *Reciprocity* and
Balance, and *Authenticity* what
was heaped on us was the
ideal of

CONTROL

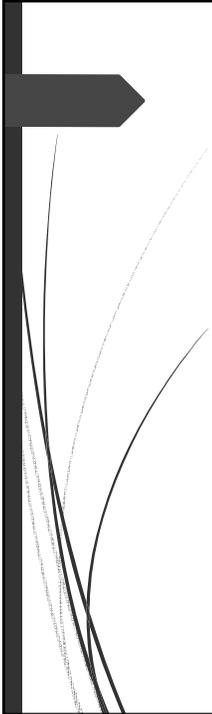
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Injected deep into our
consciousness was the
simple alien idea that-

**we were not
good enough.**

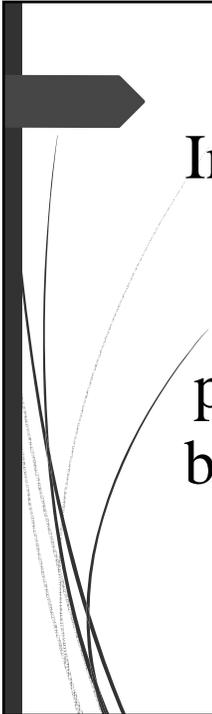
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Instead of *umuntu*,
ngumuntu, *ngabantu*
what was heaped upon
us and injected in us
was the S/I Line

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Instead of *us being an object*
of veneration, the physical
brutality made way for the
psychic violence, so that we
began to *believe ourselves to*
be inferior, bad, wrong,
criminal, etc

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Alienated to Serve Aliens

Europeans were alienated from the cosmos. Their alien ideas about us and about them - taken as our own - alienated us from spirit, self, culture, ancestors, and from the Creator.

For Europeans, reality is split,
is oppositional, is hierarchical.
Contrast with African
"Twin-ness" / "Complementarity"

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The European organizing principle that defines relationships and directs our communication with self and others.

S | B M R Y D egree (Who goes on top?)

I | W W P O D iploma (Who goes on bottom?)

Reality is split, is oppositional, is hierarchical.
Contrast with African
"Twin-ness" / "Complementarity"

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Wounds / Implants

- Superior / Inferior (S/I) relationships causes alienation, distrust and conflicts between us.



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Wounds / Implants

The wounds were not just wounds; they were implants



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Why do we participate?

This is not our way!

Manipulated?

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Conflict Resolution Requires:
Part 2



Courage, Discipline, Flexibility
“I am because we are”

 **Key**   

You are not at war

with our family and community!

Not Good vs. Evil
Not Bad vs. Good



If someone who you're close to hurts you, it's not a declaration of war

This is not war!

 **Key**   

No Superior / No Domination



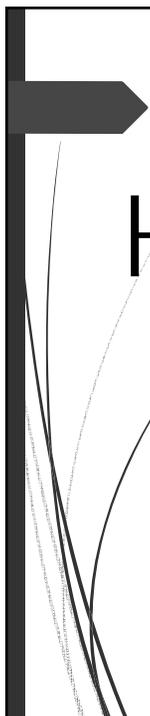
We're not trying to win by knocking the other out!



- ▶ Alien Implants
- ▶ Alien Ideas
- ▶ Alien Identity
 - ▶ To Serve Aliens

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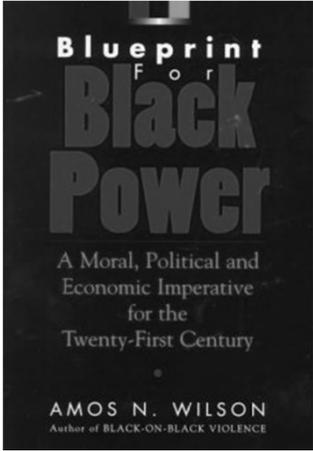


HOW did they get planted?

Why do we participate?

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Blueprint
For
**Black
Power**
A Moral, Political and
Economic Imperative
for the
Twenty-First Century
AMOS N. WILSON
Author of BLACK-ON-BLACK VIOLENCE

What is
POWER?

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From Amos N. Wilson's
Blue Print For Black Power

1. Force (most resistance)
2. Coercion (less resistance)
3. 1&2 Results in:
 - Surrender /or/
 - Retreat
4. Competent and Legitimate Authority
5. Manipulations

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Amos N. Wilson's
Blue Print For Black Power

No conscious resistance:

3. Surrender for relief, then to win their favor
(The seed-idea "I'm not good enough" is planted, tucked away in the wounds, active projection, delusion, abandoning culture)
4. Competent and Legitimate Authority
(They are best. Their ideas and ways are best. I must make them my own. I'll show them how to do it.)
5. Manipulation

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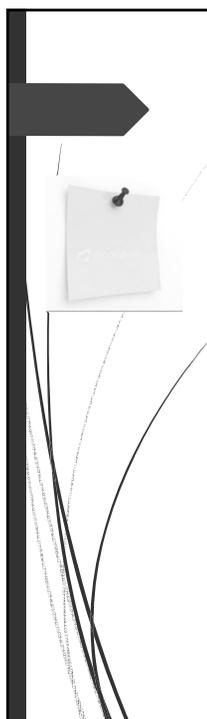
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To be manipulated...

What Ideas
Must Be
Implanted?

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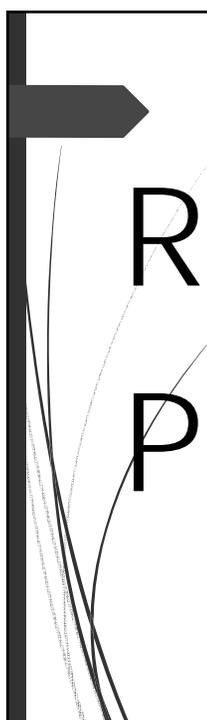


List

The alien ideas, especially any that were implanted in your family line.

List various way they are implanted today.

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Recovery...

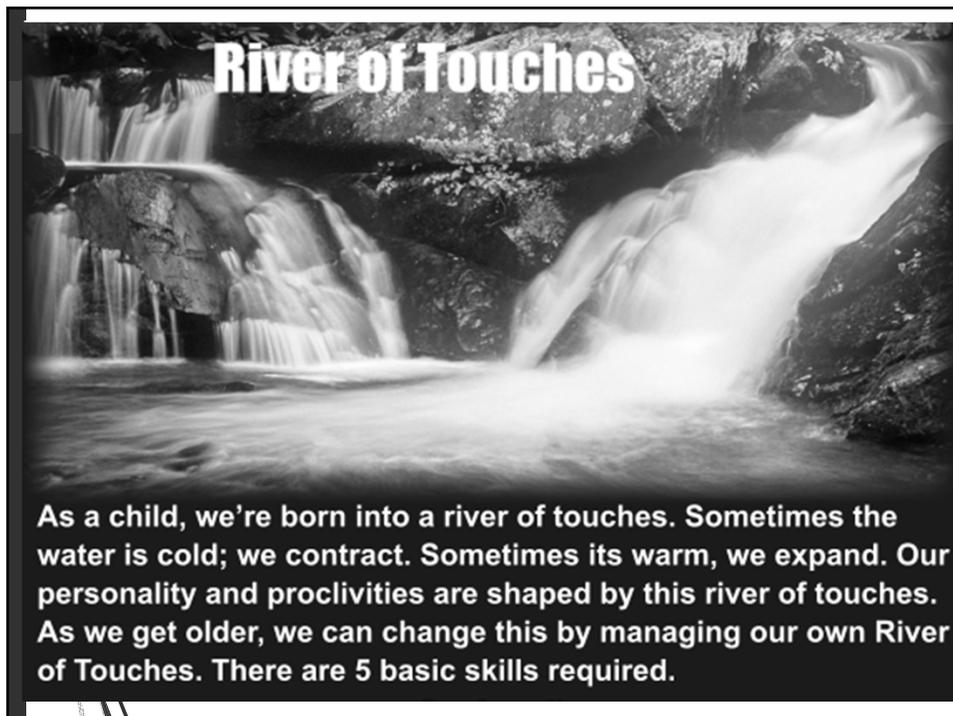
Protection...

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The River of Touches...

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River of Touches

As a child, we're born into a river of touches. Sometimes the water is cold; we contract. Sometimes its warm, we expand. Our personality and proclivities are shaped by this river of touches. As we get older, we can change this by managing our own River of Touches. There are 5 basic skills required.

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River of Touches

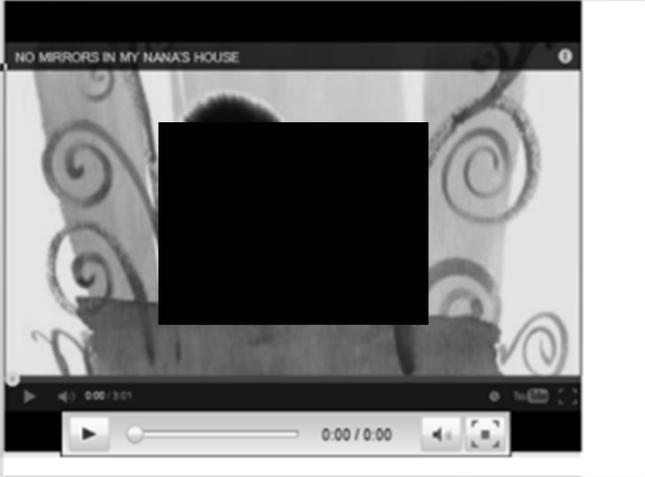
1. PD: Praise and Encourage Behavior (Doing)
2. ND: Negate or Change Behavior (Doing)
3. PB: Praise The Person's Essence (Being)
4. NB: Negate The Person's Essence (Being)

River of Touches / Flow of Recognition

All verbal and non-verbal communications are touches

	Praises	Negates
Do Your Behavior	PD Great job! Here's a raise.	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

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



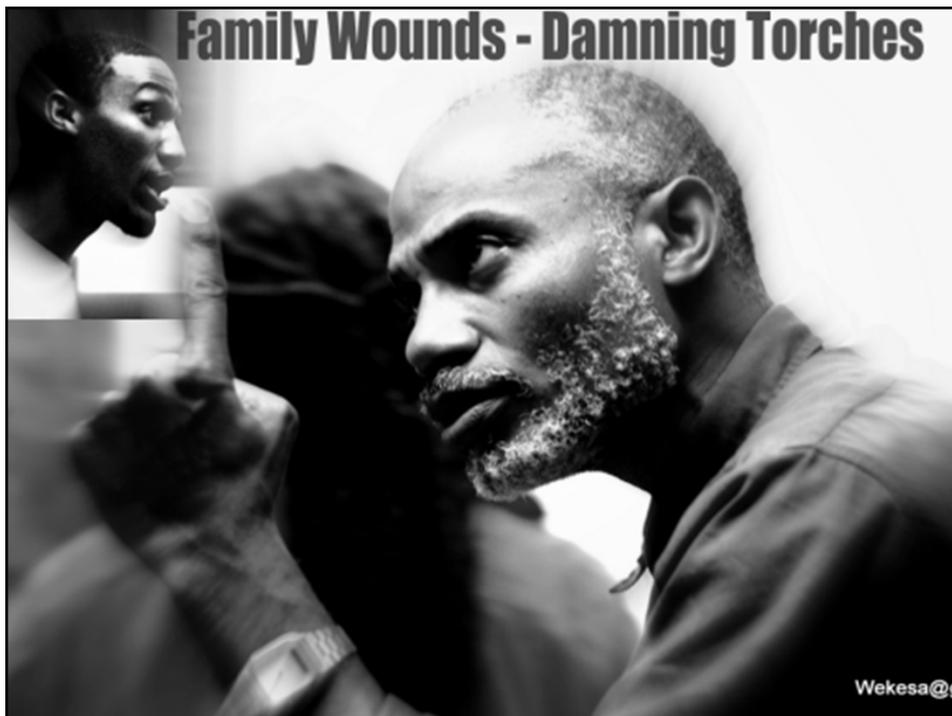
What do you really "see" in the mirror?
What "you" did your mother/mother figure and father/father figure show you?

River of Touches

What's really goin on?



**Eliminate Negate-Being
Statements, Looks, and
Volume**





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

**10 Cents
Per Box**

**MORTON
SALT**

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



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Wounds / Implants

- Negate "being" recognition guides us to *beat ourselves* and to beat-up on others like us while *protecting* our oppressors.

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Never NB - Touch



NB: Negate The Person's Essence (Being)



Unless you're sure you want the person to die



Write

“Negate
being”
messages
that you
have
received
from
family,
friends,
society?”

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Write

“Negate
being”
messages
that you
have
given to
others
that you
care
about?”

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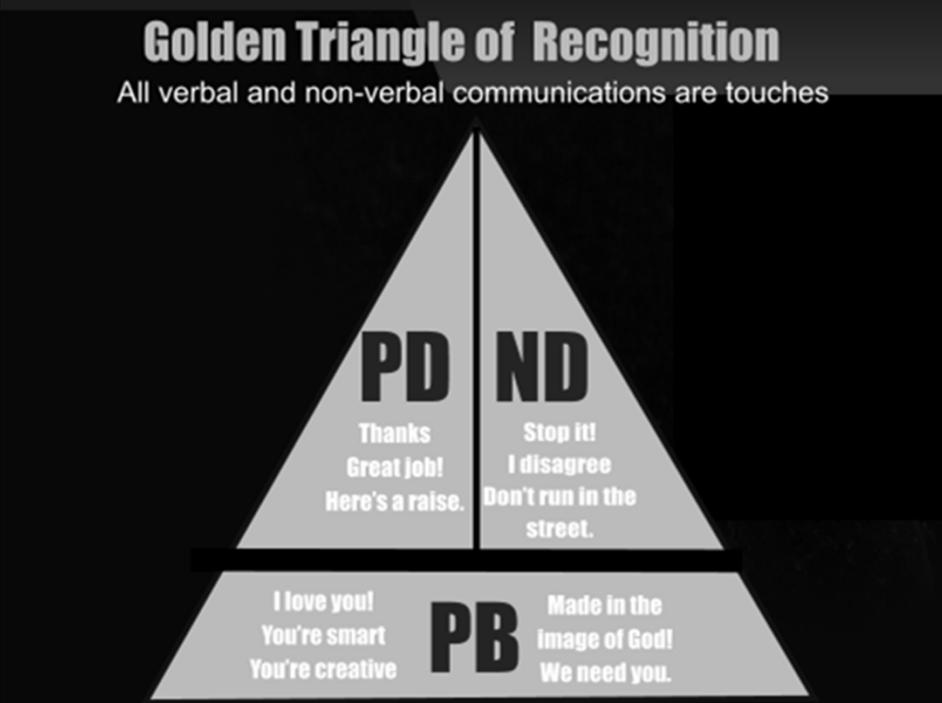


Manage The Flow of Recognition, The Touches That You:

<ol style="list-style-type: none"> 1. Give to others 2. Give to self 3. Take in 4. Ask for 5. Reject 	Praises		Negates	
	PD	ND	ND	NB
	Great job! Here's a raise.	Stop it! I disagree Don't run in the street	I love you! You're smart You're creative	I hate you! You're dumb Stupid
				

Golden Triangle of Recognition

All verbal and non-verbal communications are touches



The diagram is a large triangle divided into three sections. The top-left section is labeled **PD** and contains the text: Thanks, Great job!, Here's a raise. The top-right section is labeled **ND** and contains the text: Stop it!, I disagree, Don't run in the street. The bottom section is labeled **PB** and contains the text: I love you!, You're smart, You're creative, Made in the image of God!, We need you.

Manage The Flow of Recognition, The River of Touches



1. Give to others

Praises

PD

Great job!
Here's a raise.

PB

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



Negates

ND

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

NB

I hate you!
You're dumb
Stupid

2. Give to self

Praises

PD

Great job!
Here's a raise.

PB

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



Negates

ND

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

NB

I hate you!
You're dumb
Stupid

3. Take In

Praises

PD
Great job!
Here's a raise.

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



Negates

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

~~**NB**~~
I hate you!
You're dumb
Stupid

4. Ask for

Praises

PD
Great job!
Here's a raise.

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



Negates

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

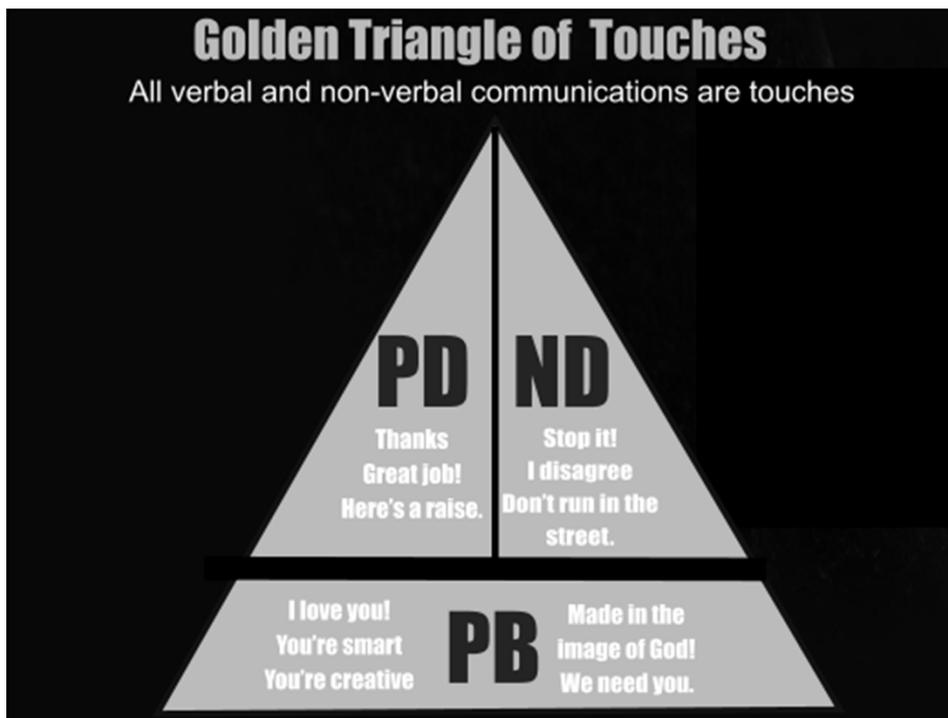
~~**NB**~~
I hate you!
You're dumb
Stupid

5. Reject

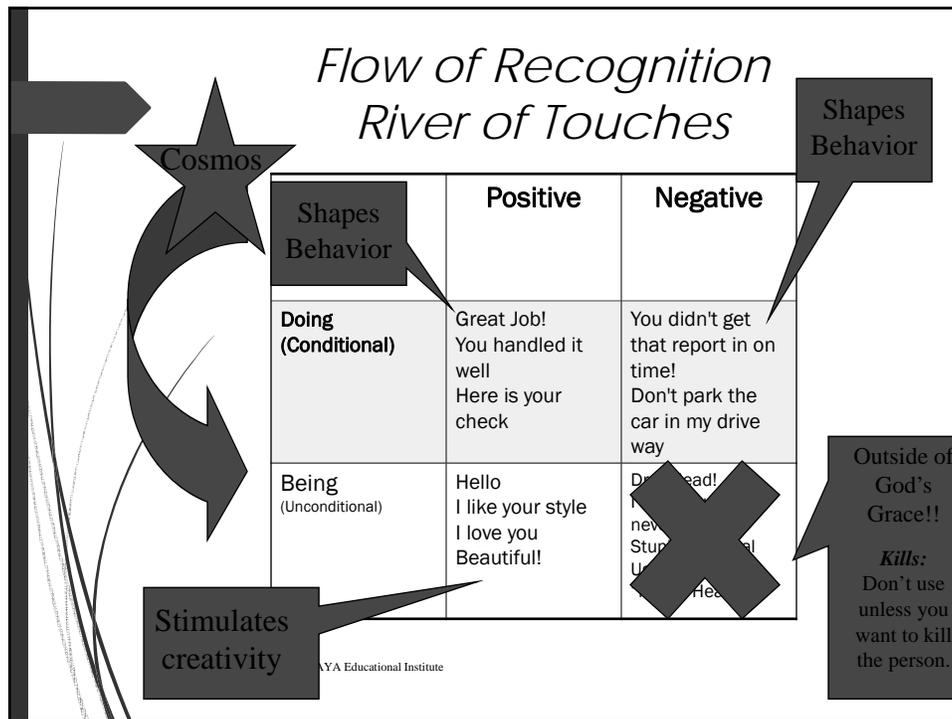
<p>Praises</p> <p>PD Great job! Here's a raise.</p> <p>PB I love you! You're smart You're creative</p>		<p>Negates</p> <p>ND Stop it! I disagree Don't run in the street</p> <p>NB I hate you! You're dumb Stupid</p>
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Golden Triangle of Touches

All verbal and non-verbal communications are touches



<p>PD</p> <p>Thanks Great job! Here's a raise.</p>	<p>ND</p> <p>Stop it! I disagree Don't run in the street.</p>
<p>PB</p> <p>I love you! You're smart You're creative Made in the image of God! We need you.</p>	



Rule: Never give negate being touches / messages unless

1. you want the person to die
2. or to become chronically manipulated trying to compensate for thinking they are "not being" good enough.

NB: Negate The Person's Essence (Being)



► That you are – we are negative beings is an alien idea!

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God Saw The Best In Me...



Write the names of people who have seen the best in you no matter what you did or didn't do. *Describe what they did or said to you or about you.*



What if even your mistakes...

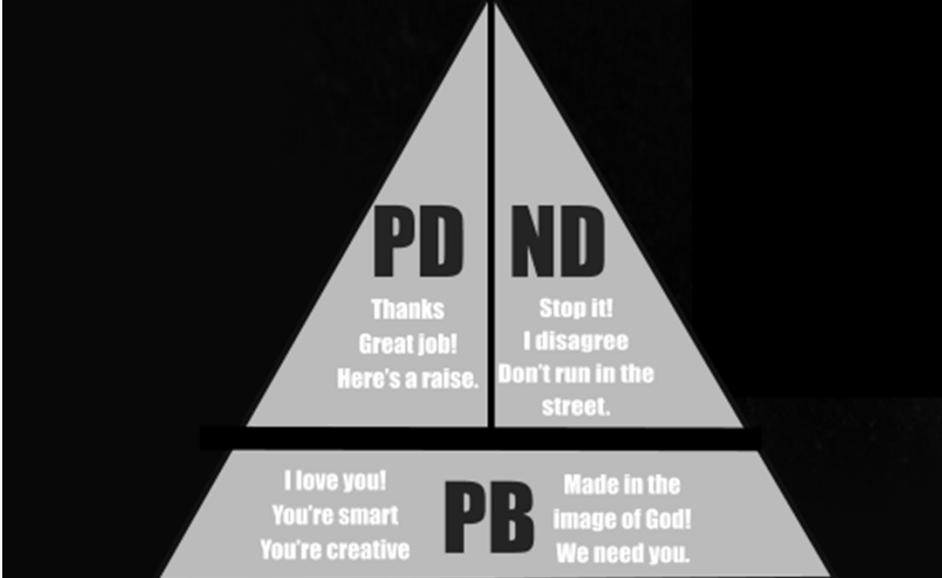


...reminded you of how great you are; what a good person you are, what a good head and heart you have; how magnanimous you are?

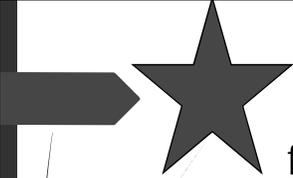


Golden Triangle of Touches

All verbal and non-verbal communications are touches



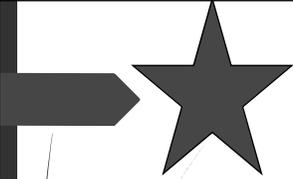
PD Thanks Great job! Here's a raise.	ND Stop it! I disagree Don't run in the street.
PB I love you! You're smart You're creative	
Made in the image of God! We need you.	



5 skills for managing your own
flow- Your own *river of touches*

- ▶ Ask
- ▶ Give/touch/recognize others
- ▶ Receive
- ▶ Reject
- ▶ Self - Touch/Recognize Self

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Now, you try it
Get up and pair off....

- ▶ Ask & Give
- ▶ Give, Receive, Self-Touch
- ▶ Reject & Self-Touch
- ▶ Advanced: RMR

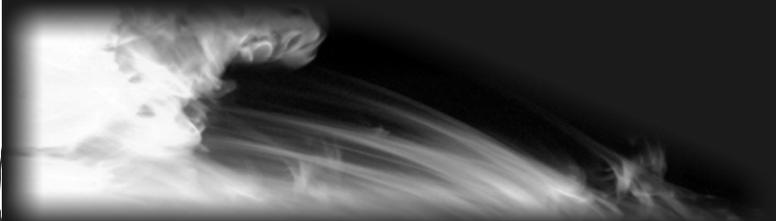
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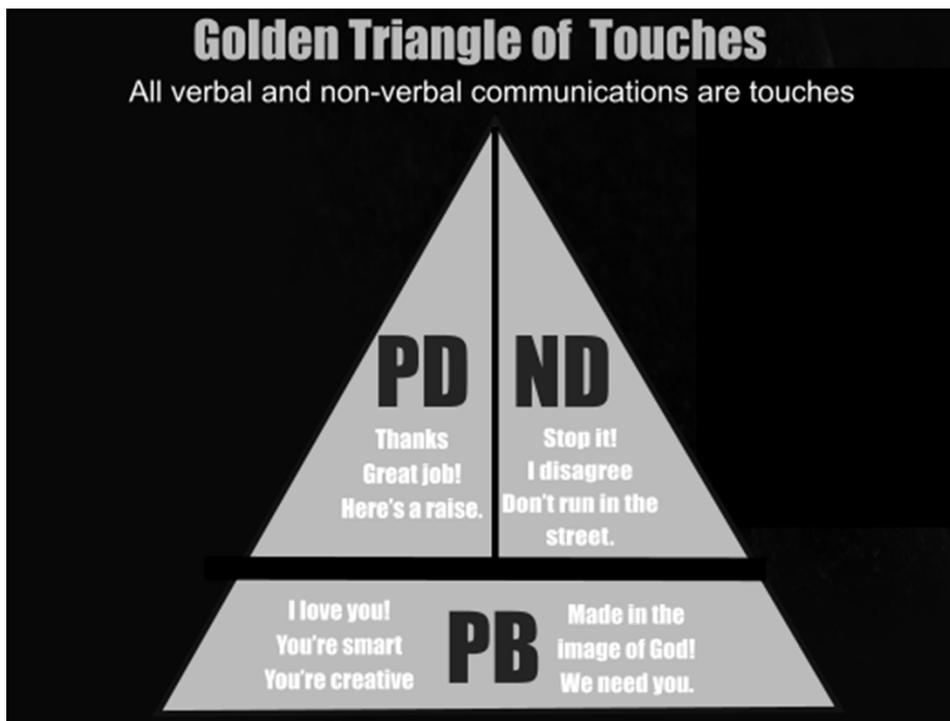
Skill: RMR



Reject, Move, Redirect w/o Returning Fire

(NB Touches)





Recovery...

Protection...

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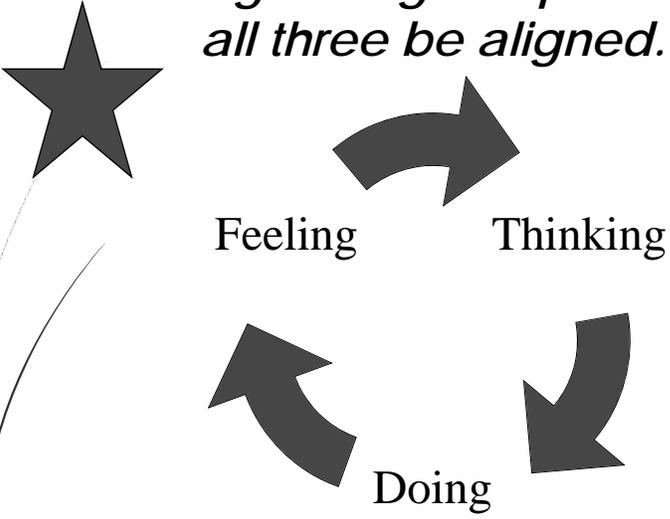
Feelings as Messengers (FAM) :
A re-introduction to "Intelligence of the Heart."



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

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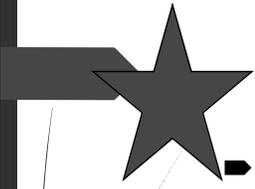
Lasting change requires that all three be aligned.



Feeling **Thinking**

Doing

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Debunk:

- Thinking over Feelings
 - *Use Thinking + Feelings*
- Control of emotions
 - Use balance, authenticity, reciprocity
 - Church / Concerts examples
 - Who is in control Choir or sister who “takes the song”

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Emotional Illiteracy & Oppression

- What feelings can *brothers* show and still be consider all-man?
- Substitution patterns for war!
- Use the Zimbabwe model or we'll create war when we're trying to create family, unity, trust, etc.

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Emotional Illiteracy & Oppression

- If she is to be a **“lady,”** what feelings can **sisters** show?
- Where is the gene that makes a woman cry when she’s angry.

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Feelings as “Messengers”

Mad	Sad	Scared
I’ve been violated	Loss	Danger
I need to set limits; re-establish boundaries	I need support, space, time to grieve & let go	I need protection, support, re-assurance
Joyful	Peaceful	Powerful
“Keep on Keepin’ on”	“Keep on Keepin’ on”	“Keep on Keepin’ on”

Note: These are primary feeling *families*. Feeling words like “frustrated,” “successful,” “overwhelmed,” “confident” and other feeling expressions are some re-presentation or combination of the above six primary feeling families.

Note: Our learned pattern of substituting one feeling for another represents the emotional coding that supports the cognitive and behavioral training for oppression and internalized oppression.

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“What feelings go along with our beliefs or thoughts that we’re not good enough?”

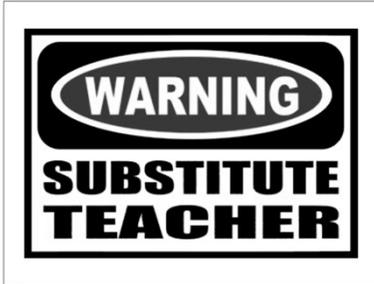
Using the FAM chart, what do you need?

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Substitutions

- We’ve been trained to substitute some feelings for other feelings – like mad, when were sad, or even sad, when we’re mad!



That substitution leads to *emotional illiteracy* and a *lack of authenticity*. That leads to manipulation by the S/I line!

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Substitutions

▶ When we substitute we get the opposite of what we need and desire.

WARNING
SUBSTITUTE
TEACHER

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Substitution Patterns

Situation	Feeling family that hardest for me to show	Feeling family that I'm likely to show instead
At work		
At Home		
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		

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Think of conflicts in which you have substituted one feeling for another.

What was the result?

Using the FAM chart, what do you need?

You now the advantages of substituting. What are the costs?

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Authenticity

-Emotional
-Essence

Authors

-Stories we tell (Inside-Out)

Authority

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Authorship

Write your own script

- Relationships
- Marriage
- Family
- Community
- Goals
- Values
- Manhood
- Womanhood_{1/27/2013}



Authority



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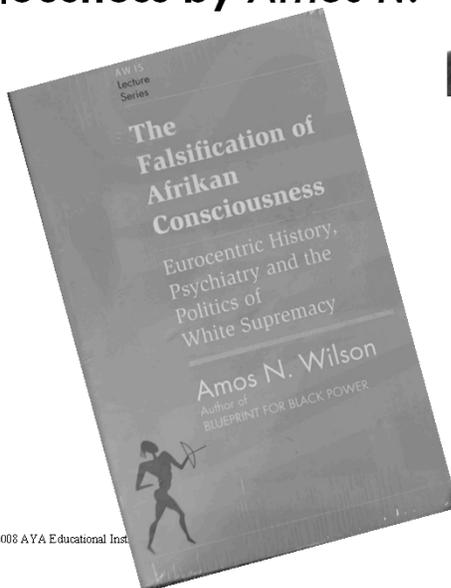
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Questions & Personal Application?

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The Falsification of African Consciousness by Amos N. Wilson



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(Provide common examples and how you might use the tools to help you address these situations)

Thought disturbances:

- **Amnesia:** total or partial loss of memory.
A dissociative reaction
- **Delusion:** False beliefs held by a person which are stubbornly retained and defended in the face of evidence to the contrary

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(Provide common examples and how you might use the tools to help you address these situations)

Emotional Disturbances:

- **Pathological Anxiety:** fear or dread resulting from an over-estimation of threat. Fear such that personal growth in important areas
- **Apathy:** a dis-ease of feeling, emotion or interest; an indifference to situations that would normally evoke the opposite reactions

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(Provide common examples and how you might use the tools to help you address these situations)

Motivation and Value Disturbances:

- **Alienation:** To feel estranged or separated from... Feeling aimless, meaningless; of being unmotivated by one's own self-originated needs and values.

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Seven Steps for Recovery



Institute

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Seven Steps for Recovery

1. *Use Both Motivational Directions: Toward and Away-from*
2. *Set a Goal of regaining full strength and health (correcting our distorted memories and replacing them with OurStories is key).*
3. *Take Rehabilitation in small chunks and celebrate small steps*

Seven Steps for Recovery

- ▶ 4. *Use present focus (what can I do to help my situation now) and use future time focus when rehabilitation is painful*
- ▶ 5. *Personal Involvement: The more we help ourselves accelerates recover and increase personal intensity, confidence and ownership*

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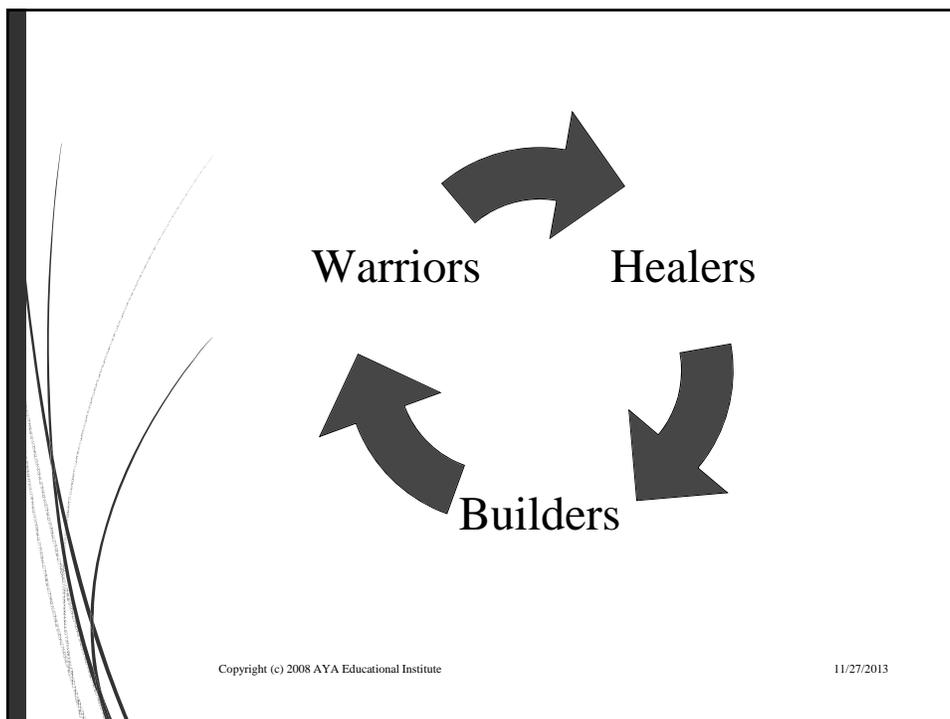
Seven Steps for Recovery

- ▶ 6. *Community and Cultural Involvement ("I am because we are, and we are because I am")*
- ▶ 7. (SOII) Self to Other for Inspiration and Information vs. self to other comparison (individual and group): Comparing my progress today with my progress yesterday instead of comparing myself to others. Use other's examples for inspiration and information

- ▶
- ▶

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WSLKA

Interrupting the Negative Programming

- W:** Who's in yo' mouf?
- S:** Say what?
- L:** Leadership is leading yourself
- K:** Keep your hands on the plow, hold on... stay the course
- A:** Use "and" instead of but.

T+E= P

Time + Energy= Power

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WSLKA

Interrupting the Negative Programming

Negative Messages:

1. You (Black person) are powerless, focus your time and energy on Whites (or the big people)
2. If you must spend your time and energy on yourself or your own people, focus on what is negative

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WSLKA

3. Leadership is White appointment, white approval, media attention or lots of followers

4. If you manage to keep your mission --of improving your community-- intact, then focus your study on the opposite of what you want and need.

5. As you start to create or build alliances in our community always use "but" instead of "and" in our communications and problem solving.

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WSLKA

Interrupting the Negative Programming

W: Who's in yo' mouf?

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Think of some unresolved conflict – personal, family, organizational, or community

Let's use the WHB lens to see options?

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Excerpts from J.K. Ngubane's *Conflict of Minds* 1979

I AM



I
I am
I am alive;
I am conscious and aware;
I am unique;
I am who I say I am; I am the value UQOBO
I forever evolve inwardly and outwardly in
response to the challenge of my nature;
I am the face of humanity;
The face of humanity is my face.
I contemplate myself and see everything in
me.



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I outgrow the use of crutches;
I face the challenge of being eternal;
I align the cells in my body;
I know each, by name;

I am self-knowledge without end;
That which I eat, drink or learn I convert into
myself;

I walk in humility in the presence of the person;
I can afford to be humble; I am not afraid; I am
adequate;

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That doctrine shall prevail which is not afraid of the person.

I reject all dogmas; they create disorder in my personality.

I am the enemy of all dogma, for dogma is a prison of the mind



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I am a value; I have all the power to be what I want to be;
There is glory in being human; in being a self-defining value.

My name is Man; my name is Woman;
I formed myself from my Mandate;
My Mandate was the law;
I entered earth as an act of will;
I came to realize the promise of being a value;
To realize the glory of being human;
To discover more satisfying dimensions of being a person.

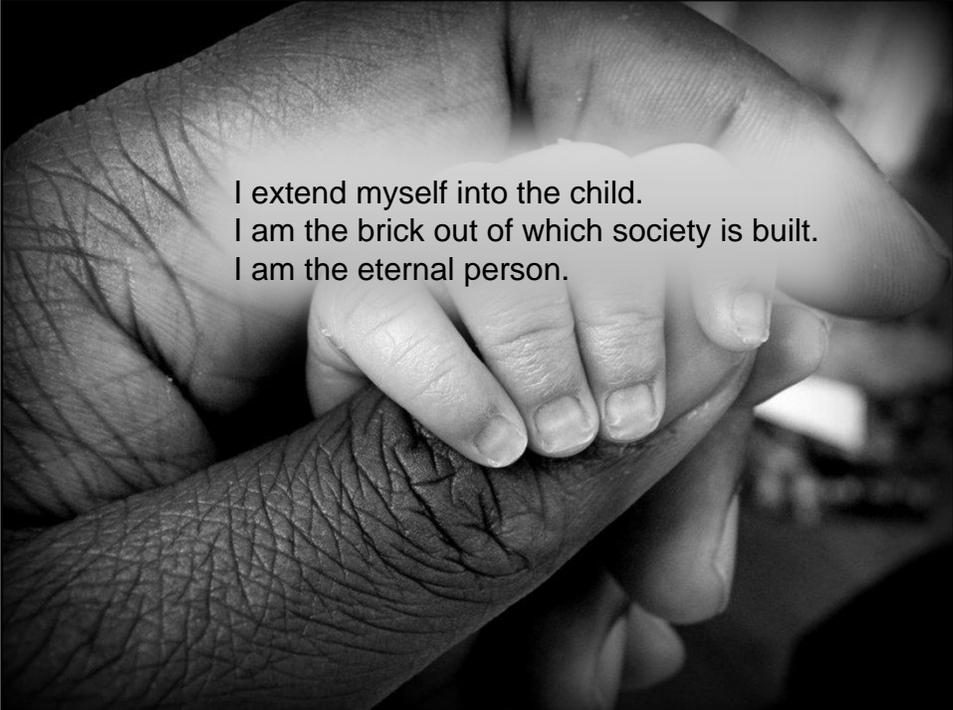


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I am not alone; I have never been alone;
I shall never be alone,
For I am a cluster.
I am Father-Mother;
I am the cluster of phenomena which
constitute me.
I am Father-Mother-Child.
I am the past, the present and the future.
I have no beginning and no end;
I am the geodesic circle in which Father and
Mother merged to become me.

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I extend myself into the child.
I am the brick out of which society is built.
I am the eternal person.



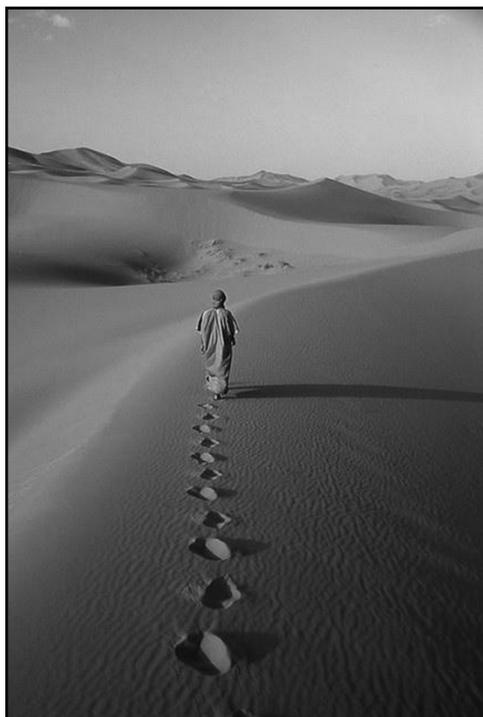
Sacred Work

- ▶ Fighting, Healing, Building
- ▶ Restoring *Umntu, ngumuntu, ngabuntu*
 - ▶ a person is a person because they are a people
 - ▶ I am because we are and we are because I am)
- ▶ Rejecting the false splits of the S/I line
- ▶ Using the Golden Triangle of Touches for healing and protection



Sacred Work

- ▶ Restoring complementary relations with the creator and the universe and restoring ourselves to God's grace.
- ▶ Emotional literacy: Thinking + Feeling for authenticity, clear communications and trust building
- ▶ Telling OurStory (Past-Present-Future) from the Inside-Out
- ▶ As we recover, remember to take rehabilitation in small steps



What will I Take Away?

I will apply the tools in what ways specifically?

Here's the support I need help me apply these tools.

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- ▶ *Ancestor Council*
- ▶ *Ancestor Closure*
- ▶ *Closure (appreciations, regrets, learning or re-learnings)*

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Warriors | Healers | Builders

*Leadership & Personal Development Series
for Black Men and Women*