

Tools Excerpted from AYA's

Warriors, Healers, & Builders

Personal, Educational, & Leadership Development

Brother's 'Gonna Work It Out' Emotional Health and Wellness Seminar:

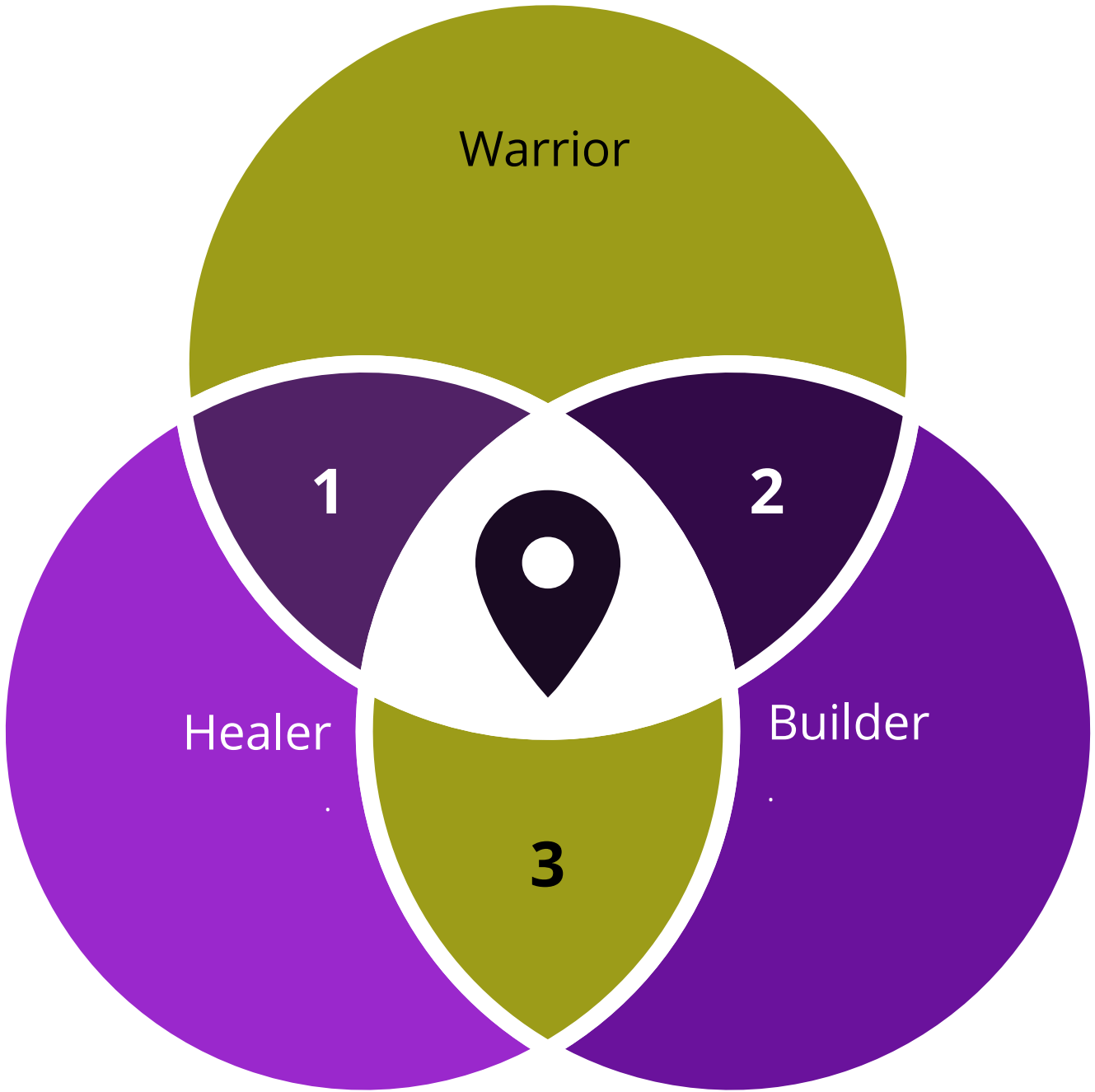
Jack & Jill - Atlanta
Sat. Jan 28, 2023
10 AM - 2 PM

Facilitators:
Baba Wekesa Madzimoyo
Co-Director of AYA
Educational Institute

Digital Retreat
Booklet



Healing
from where you are!





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, you'll meet resistance from friends and foes.

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



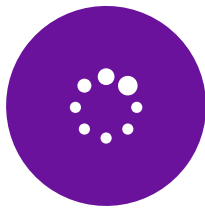
Guidelines

Authentic Communication



Storytelling 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



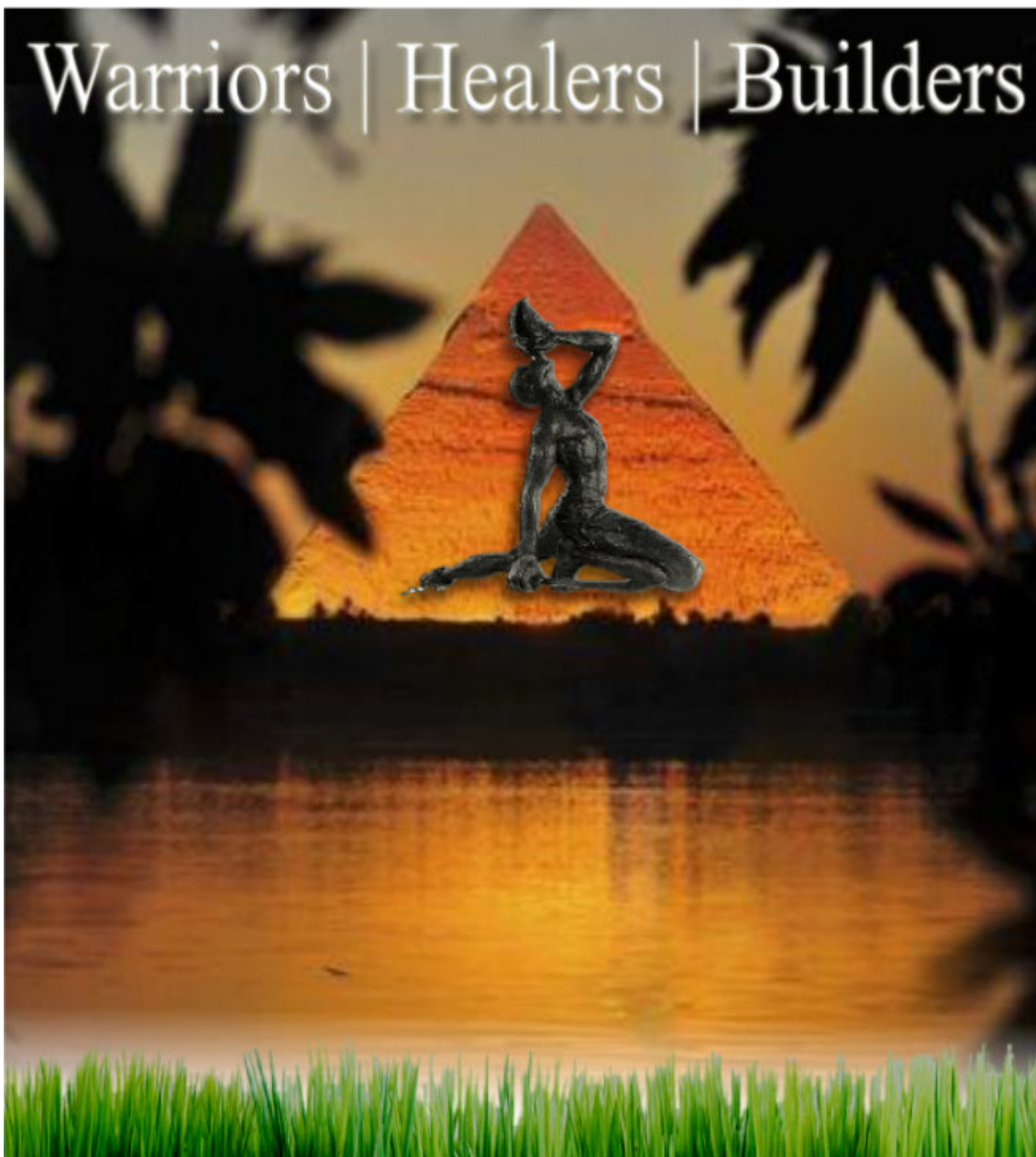
Doing vs. Naming



Intent vs. Impact



Caring vs. Carrying



Welcome to this Warrior, Healer, Builder retreat and to the WHB journey.

This is a journey for Afrikan people. This is a safe place to be Afrikan. This retreat is for those who are currently or plan to work with and for our people. The concepts and tools presented here are to help you succeed in that work by increasing your awareness and skill in all three areas.

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.



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

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



umuntu ngumuntu ngabantu

■ (a person is a person because we are a people)

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

Guidelines

for The Weekend



Guidelines: MAAT

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

Guidelines to help us achieve MAAT

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



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

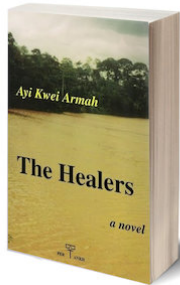
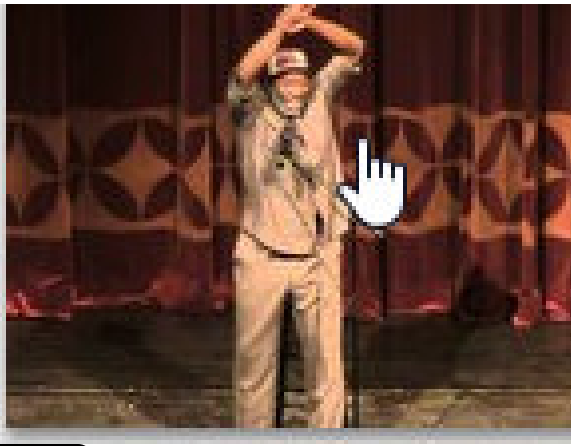
Crack The Code - to unlock the emotionally-coded script that causes unwanted conflict and deep distrust. Historic oppression, family habits, school and media socialization conspire to falsify our emotional responses - even to ourselves.

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.



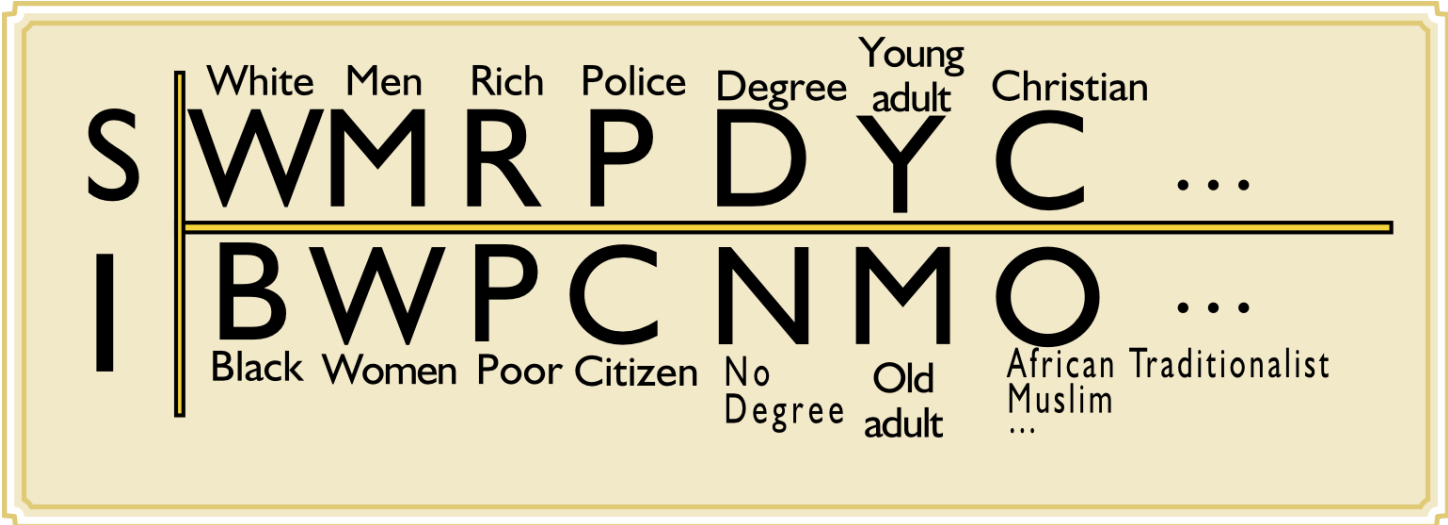
Storytellin' From The Inside-Out (SIO)

"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 sec, 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.***

Oppression: The S/I Line Script



Superior Script

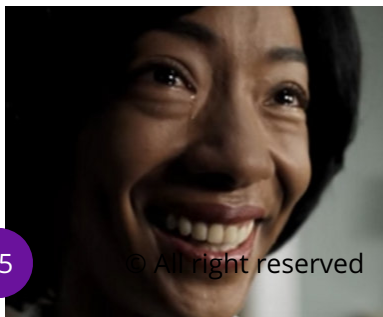
1. Discount the "Other"
2. Dominate Them (*nasty or nice!*)

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:

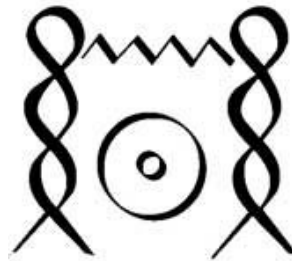
1. MSO / STD
2. Compensate to "prove" self worth
3. Displace anger for oppressor on self and group



Inferior Script

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

No -D / Circle The Line



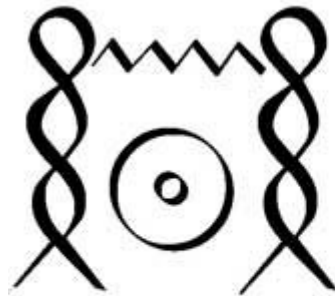
neheh (nhh)
"time"



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 psychically damaging and doesn't stop the external abuse. It erodes trust, and it is the enemy of unity. **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 / Circle The Line



neheh (nhh)
"time"



djet (dt)
"eternity"

5. 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.

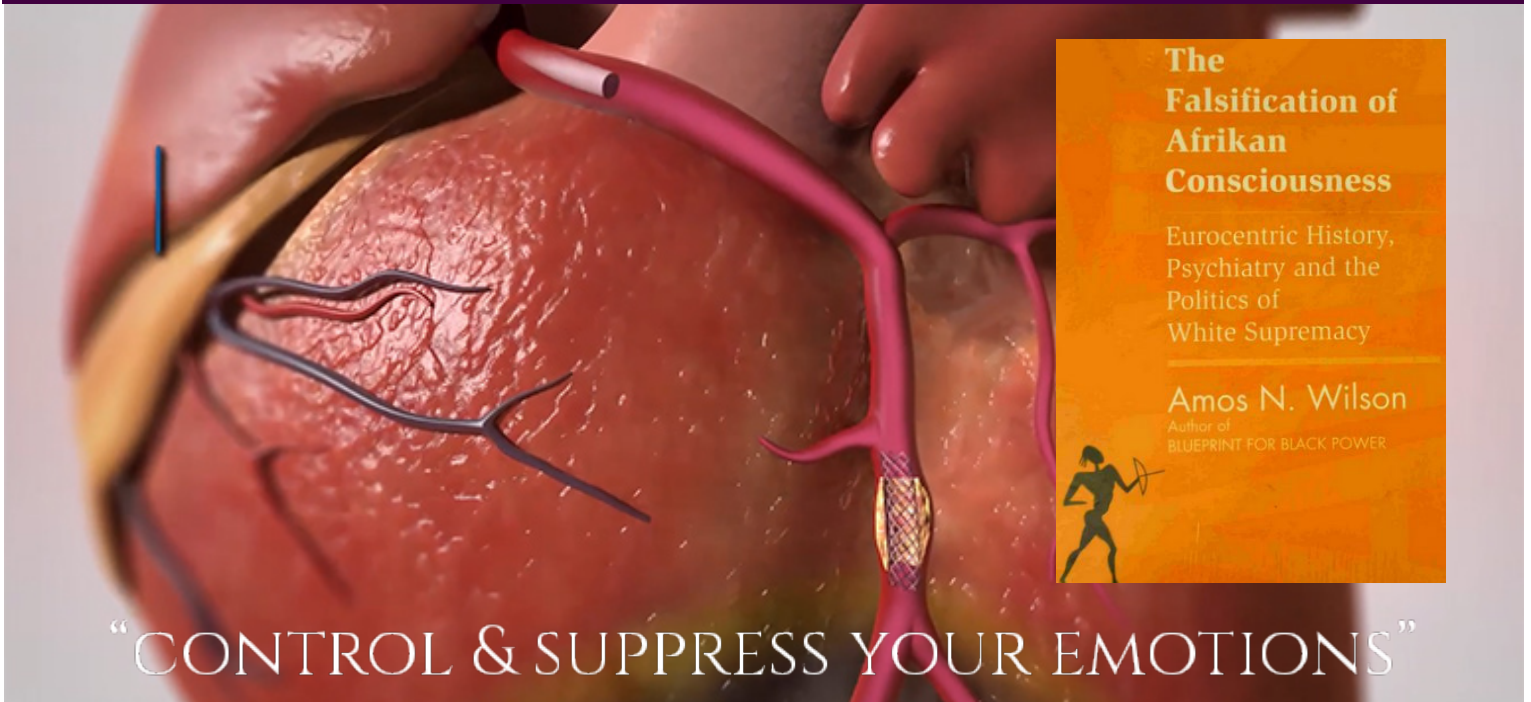
It is not always a visible wound. We've carried it inside so long; it feels natural. Sometimes, we even embrace it. Problem is that it often leads to very visible wounds from suicide to abuse to homicide to genocide.

6. 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



Why We Must Become Emotional Experts!

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

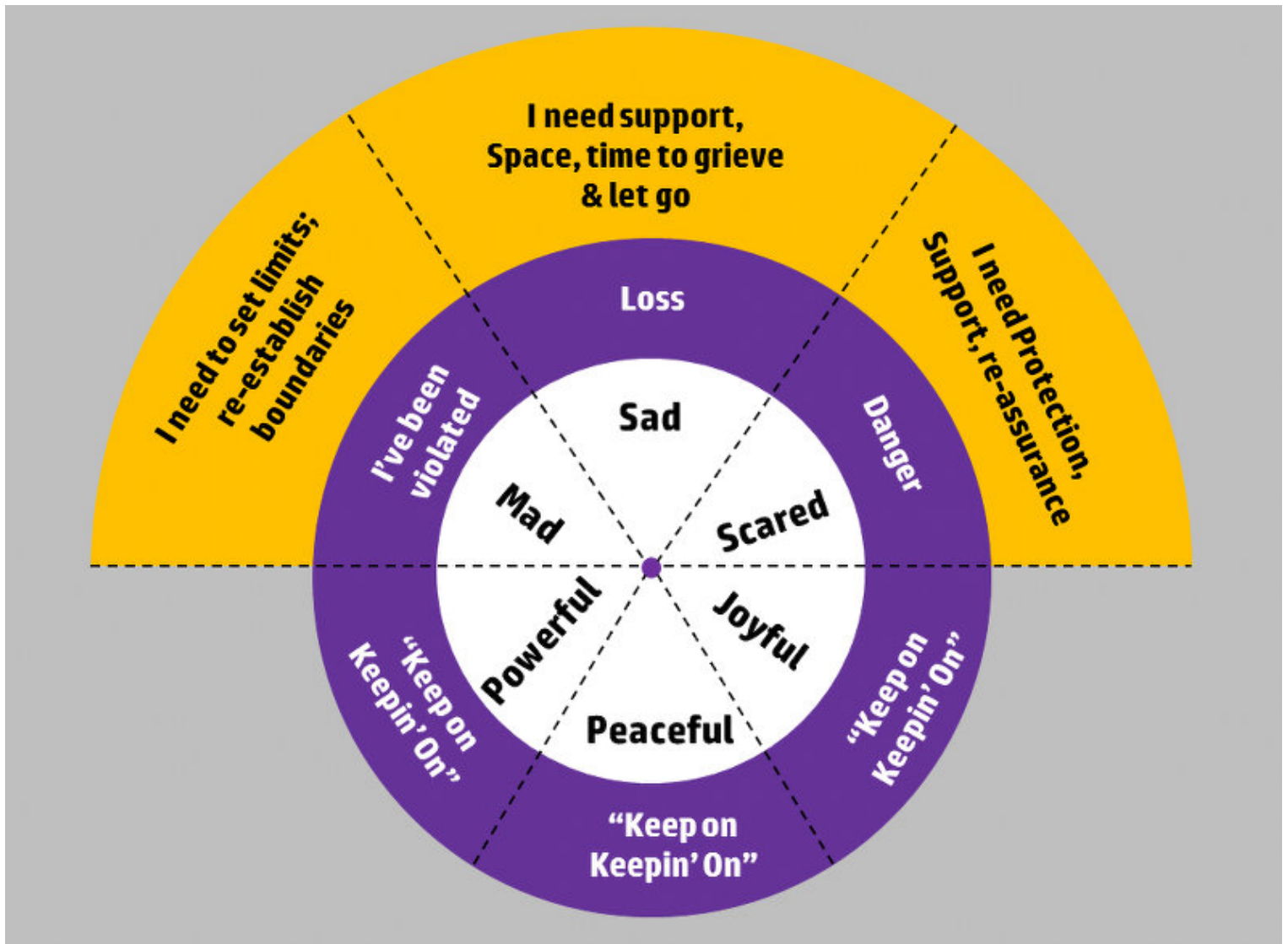
Alienation: We are alienated to serve aliens!

Our Work:

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

Feelings As Messengers

Discovery and Breaking Habits. Thinking + Feeling = Power



1. Tune in, feel, "read" your emotions - the inner circle.
2. For mad, sad, and scared, ask and answer the questions: What are the violations, losses, or dangers respectively. Be specific.
3. Proceed to outer level (gold) - read the second part of the message - and do what it says - get clear about the violation, the loss, the danger. Set limits, get support to grieve, or protection, 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:

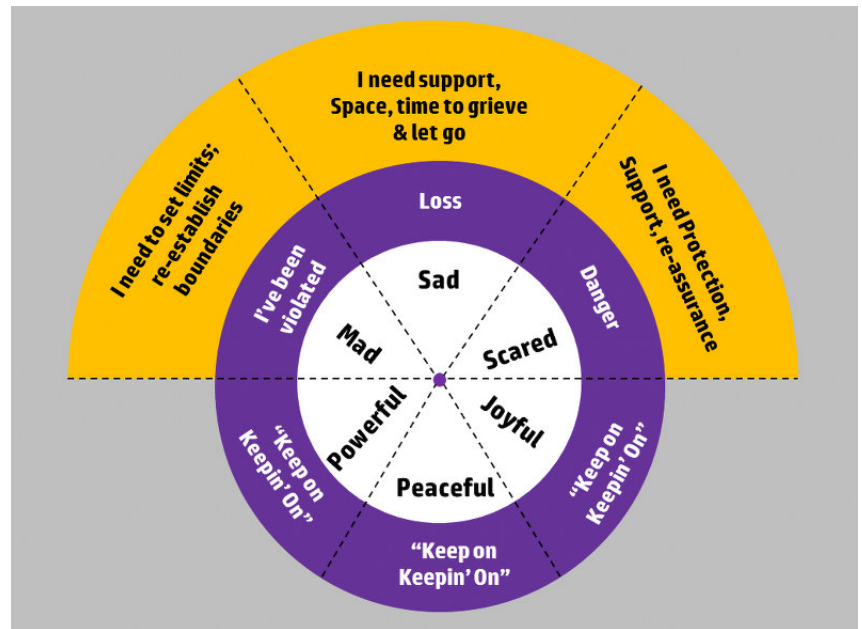
1.) How you feel about one or more of the problems you identified earlier in the session of before you got here.

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

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

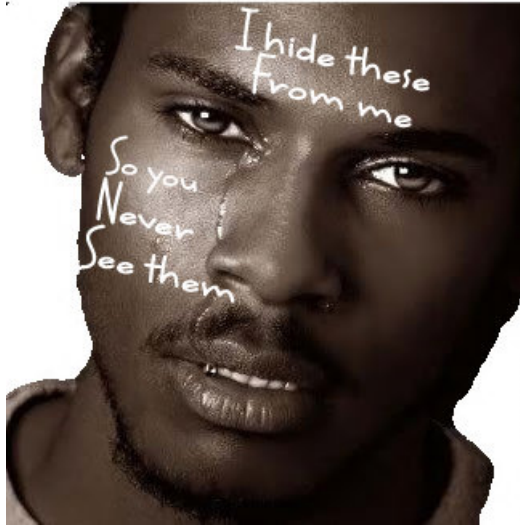
4.) How do you feel about your efforts that helped and those that didn't? Messages? Action you need to take?

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



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 feelings families (mad, sad, scared, joy, peace, power) in the middle column.
- Next, go to column three and name which of those six feeling families are you likely to show instead of the ones in the middle column - the ones it's 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.

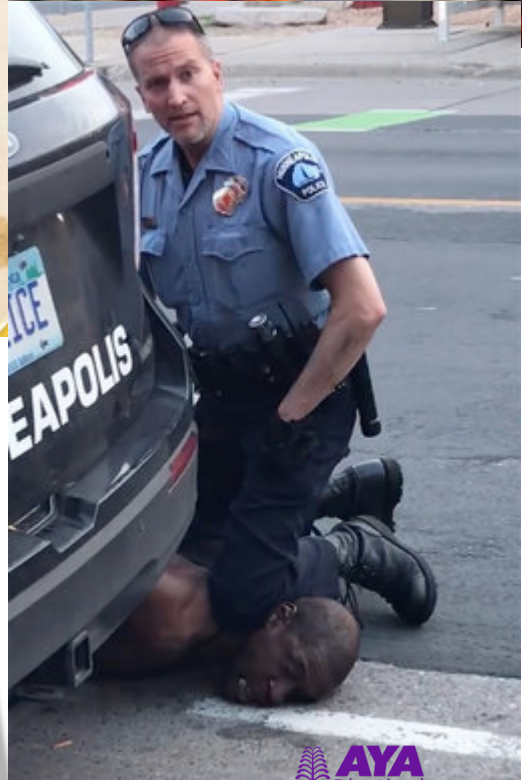
Notes:



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

PD

Great job!
Here's a raise.

Negates

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

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

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Great job!
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Don't run in the street

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I love you!
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You're creative

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I hate you!
You're dumb
Stupid

Notes:

That you are or we are “negative” beings is an alien idea! Implanted so that we will kill ourselves or serve aliens in pursuit of their approval



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

NB

I hate you!
You're dumb
Stupid

Exercise:

1. What NB wounds to you need to heal?
2. Who do you need apologize to
3. Pair off to practice. Listen to instructions, and go to work.



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.

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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

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Healing
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