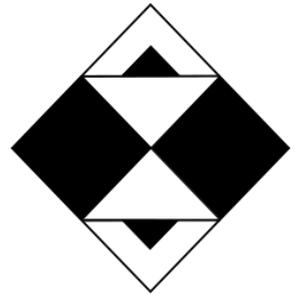


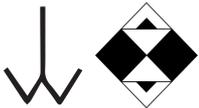
# Center for Babaylan Studies

*Decolonization School Webinar*



# Confronting Divisive Wounds and Re-membering Solidarity in a Time of a Shifting World

21 March 2020

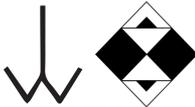


Who are you arriving as today?

*(Word)*

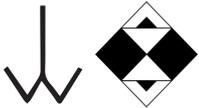
What called you to be here?

*(Phrase)*



# Calling Them In

## Breathing and Grounding

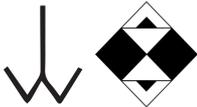


AWARENESS +  
ACCOUNTABILITY +  
AGENCY =

---



**LIBERATION**

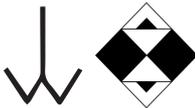


# ASK Yourself these questions in the face of oppression

When we feel powerless and oppressed assess which A is absent. Ask yourself:

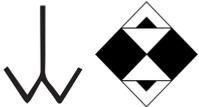
- ❖ **AWARENESS:** What do I/don't I know? Where is my mindset? Have I opened my mind to all perspectives and viewpoints?
- ❖ **ACCOUNTABILITY:** Where am I responsible, and have I taken that responsibility for my words, actions and ways of being? Where are others responsible, and have I held them responsible for their words, actions and ways of being?
- ❖ **AGENCY:** What do I/ do I not have the power to change (no matter how small that change is)? And have I taken action to make that change?

\*ALSO ASK: ***Who does that action include? Who does it affect?***



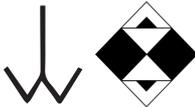
# HOW ARE OUR BELIEFS SHAPED BY COLONIAL AGENTS?

- ❖ **Patriarchy** - Power centered in the Man/Masculine, Devaluing the Womxn/Feminine Individualistic Means of Leadership (Dictatorship “Father Figure”)
- ❖ **White Supremacy** - Believing in the Superiority of Whiteness, (White Culture, White Language, White Bodies, White Ways of Life)
- ❖ **Capitalism** - Basing value of all things/lives on monetary, quantifiable value, profit over people



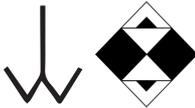
“There is no right or wrong  
there is only honorable and  
dishonorable”

- Davidica Little Spotted  
Horse Lakota, Oglala  
Matriarch



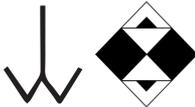
Start with self  
And open always to relation

Deepen.  
Complicate.  
EXPAND.



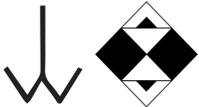
“TRANSPARENCY  
COLLECTIVIZES  
POWER.”

- Enmanuel Candelario



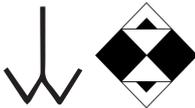
Planned vs. the  
unplanned

Make room for spirit to  
take the lead



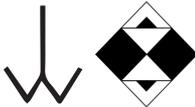
# Home Reading Reflections

- ❖ Small group reflections
  - What called to you?
  - What do you connect with?
  - What challenged you?
- ❖ When reflection time is done, we will come back together, and one person will share reflections in the Chat Box

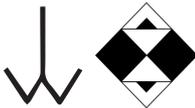


# Re-membering Solidarity

- ❖ Are we building in Solidarity?
- ❖ Or are we creating lines of Division in our liberation work?



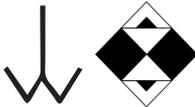
Healing happens in  
Community.



# Intention vs. Purpose

**INTENTION** is individual, **PURPOSE** seeks to serve communal and interconnective growth and rising.

What is your **PURPOSE**?



# Ego vs. Humility

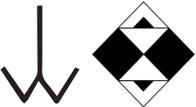
- ❖ We mistake what it means to have Humility and to be Humble as being Inferior.
- ❖ When we are aligned with our integrity and our understanding of Sacredness in the living of Life, we are humble to all, because all teach us.

**What lessons have your EGO not allowed you to learn?**



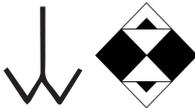
# Re-membering the Ruptures in Our Relations

- ❖ Think of a moment in communal building/working/creating where you felt a relationship was ruptured
  - Express the hurt
  - Express the harm
  - Put this down on paper, the pieces of what you carry



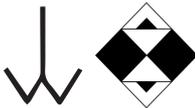
# Re-membering the Ruptures in Our Relations

- ❖ **ACTION:** Shake your hands, arms, feet, legs out as you speak the answer as if you are shaking these things off your body
- ❖ **QUESTION:** What is the emotion that you felt? What is the surface of it? Speak the story out loud.



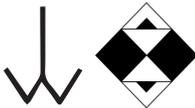
# Re-membering the Ruptures in Our Relations

- ❖ **ACTION:** Close your eyes. Rotate your neck slowly.
- ❖ **QUESTION:** What is a relational moment you can vividly recall where you felt your first instances of the hurt or harm this relation caused you, before the rupture took place?



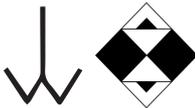
# Re-membering the Ruptures in Our Relations

- ❖ **ACTION:** Use the motion of wiping off of skin downward to the ground, imagine that you are taking it off your body, your spirit
- ❖ **QUESTION:** When did the rupture occur, what was the moment the relationship changed?



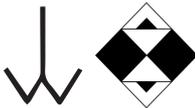
# Re-membering the Ruptures in Our Relations

- ❖ **ACTION:** Hug yourself and place your hands crossing your body with fingertips at the creases of your shoulders
- ❖ **QUESTION:** What do you wish they said or did to stop the rupture from happening?



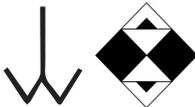
# Re-membering the Ruptures in Our Relations

- ❖ **ACTION:** Sit/Stand open with your palms facing toward the sky
- ❖ **QUESTION:** What changed in you after this relationship was ruptured?



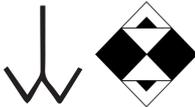
# The Role of the Healer

- ❖ Healing is not about **REACTION** - Healing is about **RELATION**
- ❖ The Healer sees the pathways for our **BODIES, MINDS** and **SPIRITS** that leads to Balance, Fortification, and Upliftment, because they see it in themselves.
- ❖ The Healer understands the work is for **COLLECTIVE WELLNESS**
- ❖ The Healer is Response-able (Empathy and Sympathy), because they understand that:  
**WE BELONG TO EACH OTHER**



# Colonization's Capitalism and how it Destroys Relations

- ❖ Capitalism asks us to draw LINES
  - Lines of division
  - Lines of hierarchy
  - Lines of measurement of value and worth



When you control  
a people's beliefs  
You control  
those people

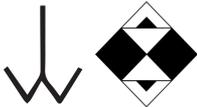
-JL Umipig



“Do you want to be right?

Or do you want to be  
free?”

-JLove Calderon



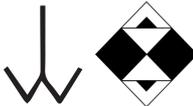
# The Beliefs of Capitalism

## Beliefs of Competition

- ❖ Hierarchical Measurements to indicate levels of Power
- ❖ Individualism and Self-Centeredness
- ❖ Tokenizing Celebrity
- ❖ Need for Validation and Acclaim
- ❖ Culture of Division
- ❖ Culture of Comparison / Inadequacy
- ❖ Culture of Judgement

## Beliefs of Scarcity

- ❖ There is Not Enough for everyone
- ❖ Everyone for Themselves
- ❖ Take more than you need- keep reserves
- ❖ Culture of Consumption
- ❖ Culture of Waste



# The Beliefs of Capitalism

## Beliefs of Profit

- ❖ Focus on Gain- Always looking ahead, not being Present in the Now
- ❖ Quantity over Quality
- ❖ Product over Process
- ❖ Transactional Relationships
- ❖ Efficiency over Reliability and Lasting
- ❖ Culture of Exploitation
- ❖ Culture of Inequity

## Beliefs of Wealth and Luxury

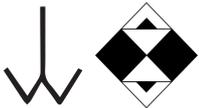
- ❖ Measurements of Deserving
- ❖ Degradation of those who give Service
- ❖ Few Gain and Many Suffer
- ❖ Culture of the Limited/Limitation
- ❖ Culture of Extravagance and Showing Off



Feelings we centralize in relationships when we are lead by Capitalistic agenda

Competition - Scarcity - Profit - Wealth and Luxury

What does our Heart experience when we let Capitalism dictate our Relationships?

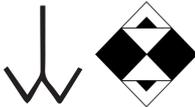


# What we are lead with in relation to the beliefs of

Competition - Scarcity - Profit - Wealth and Luxury

FEAR  
JEALOUSY/ENVY  
CONCEIT  
ANXIETY  
DEPRESSION  
ENTITLEMENT  
SELFISHNESS

INADEQUACY  
DEFENSIVENESS  
DISTRUST  
PARANOIA  
DISSATISFACTION  
SHAME  
FOMO



# THE CENTRAL BELIEF OF CAPITALISM

CAPITAL is POWER

MONEY is POWER

INDIVIDUALISM is POWER

**What is sacrificed because of that struggle to gain power?**

We sacrifice our Relationships.

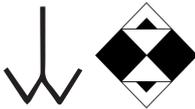
We sacrifice our Health and Wellness.

We sacrifice our Compassion, Sympathy, and Empathy.

We sacrifice our Integrity.

We sacrifice our Ethics and Morals.

We sacrifice our Future Generations (all of the above).



# THE CENTRAL BELIEF OF LIBERATION

UNITY is POWER

LOVE is POWER

## What do we gain when we come together in our power?

We elevate our Relationships.

We elevate our Health and Wellness.

We elevate our Compassion, Sympathy, and Empathy.

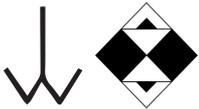
We elevate our Integrity.

We elevate our Ethics and Morals.

We elevate our Future Generations (all of the above).



Decolonize your beliefs-  
Root your beliefs in liberation



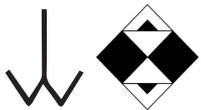
# Decolonizing Capitalistic Beliefs

Beliefs of Competition Into  
Beliefs of Love

- ❖ Kapwa
- ❖ Celebration of Difference
- ❖ Unity through Diversity
- ❖ Culture of Interconnectedness
- ❖ Culture of Inclusion and Acceptance

Beliefs of Scarcity Into  
Beliefs of Abundance

- ❖ There is Enough for All
- ❖ Sharing
- ❖ Take what you need (Intuition to Know- Listening/Learning to Understand)
- ❖ Culture of Balance
- ❖ Culture of Mindfulness and Consideration



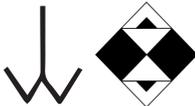
# Decolonizing Capitalistic Beliefs

Beliefs of Profit Into  
Beliefs of Sacredness

- ❖ Being Present in the Now
- ❖ Value of Quality and humility toward/honoring of Labor
- ❖ Value of Process
- ❖ Value of Reliability and Lasting
- ❖ Culture of Support and Care
- ❖ Culture of Equity

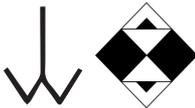
Beliefs of Wealth and Luxury Into  
Beliefs of Equity and Dignity

- ❖ All are Deserving
- ❖ Humility to those who Serve us
- ❖ Culture of Justice
- ❖ Culture of the Limitlessness
- ❖ Culture of Celebrating for the gain of All



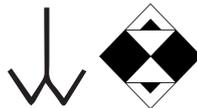
# Rising/Raising Each Other Up in WHOLENESS

- ❖ It's really that we have felt seen, that someone has held us in our wholeness, and that they have invited us to rise in that whole being, because they have risen themselves in a capacity that we are working toward.
  - This can lead to glorifying someone or making someone feel more than us.
  - Let them invite you into your rising. Are you willing to see yourself in wholeness through their reflection?
    - We are not here to diminish you, we are here to lift you to rise beside us.



# Reflections on our ties to Colonial Capitalism

- ❖ Write about how you have allowed yourself to be led by Colonial Capitalism- make each sharing a new thought, line.
- ❖ Start each statement with
  - “I stand in the truth that I...”
- ❖ And follow that line with either
  - “And I am learning that...”
  - “I am growing in...”
  - “I am transforming....into...”
  - “I am in creation of...”



# **OUR SHADOWS NEED to be WITNESSED**

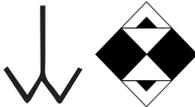
## **Our shadows need to be heard**

## **Our shadows need to be held**

- ❖ Walk with intention to stand in your Integrity and Honesty aligned with your Sacred Work and let your shadows be seen as your TEACHERS.
- ❖ This is not about SHAME or GUILT. This is about Awareness and Accountability to support us toward Agency.

**This is about LIBERATION**

**CHOOSE FREEDOM.**



“If you are ready for the reflection  
come closer to the mirror.”

- JL Umipig



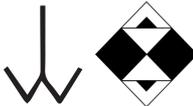
# I see you...

## Partner A:

- ❖ Speak the truth of how you have felt your Relationships in connection to your work being led by Capitalism.
- ❖ Start all your statements with “I stand in the truth that I...”

## Partner B:

- ❖ Listen and keep eye contact with your partner.
- ❖ With each statement they make only respond with “I see you...”

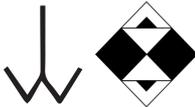


# Moving from Victim to Vision

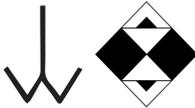
“Fixing” → “Creating”

“Healing” → “Excelling/ Thriving”

“Reacting” → “Envisioning”



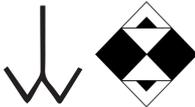
Protocols are Understandings.



# ROOTS OF OUR SACRED WORK

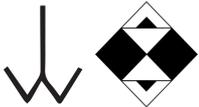
Protocols for the Center for Babaylan Studies

<https://www.centerforbabaylanstudies.org/roots-of-our-sacred-work>



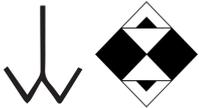
# ROOTS OF OUR SACRED WORK

- ❖ We seek to be guided by and rooted in the Ancestral Knowledge from both our Motherland and the Diasporic lands we occupy.
- ❖ We walk into the work in a dynamic, fluid, provisional, non-dogmatic way of understanding each situation.
- ❖ In everything we do, we hold sacred the manner and quality of approach (“lapit”) with all our relations (both human and non-human).
- ❖ We relate to kin and to all experiences with a Decolonizing lens, working with all our relations to transform dynamics that have been shaped by systems and legacies of domination (including those influenced by capitalism, racism, and patriarchy) and replace them with Kapwa relationships of mutuality, respect, humility, and reciprocity.
- ❖ We recognize Ancestral Wisdoms as dynamic, adaptive, and ever-evolving according to the call of Spirit, collective discernment, and the times we live in. As such, we don’t purport to create spaces of “purity” or mandate a one-size-fits-all canon of “authentic practice” intended to police what is or is not “indigenous” for our communities.



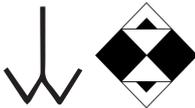
# ROOTS OF OUR SACRED WORK

- ❖ We take Study seriously (as the word “Studies” indicates in our name). We seek to ground our practice in a keen awareness of the histories, communal stories, material conditions, ways of being, and diverse influences on the lands and peoples from which we draw inspiration. Thus, we deem there to be no divide between “Intellectual” and “Spirit” work; all is spiritual; all is sacred.
- ❖ We affirm the importance of discernment in seeking guidance and wisdom in all our endeavors. We resist all forms of authoritarian dictates and exercise of power that are not honoring of Kapwa and respectful of equitable relations.
- ❖ We value intergenerational experience and perspectives. We honor the wisdom and contributions of both Elders and Youth.
- ❖ We value intersectional experiences and perspectives. We honor our human-, earth- and spirit-shaped identities and value the plurality of unique wisdoms and experiences.



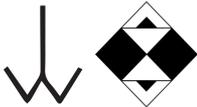
# ROOTS OF OUR SACRED WORK

- ❖ We honor the complexities of both our given and human-formed/constructed identities and the ways that we create self in relation to Sacred Creation. We seek inclusion and open ourselves to conversations of inclusion that help us to expand our understanding of "identity" in our communities.
  - In relation to the conversation of Gender and Sexuality, we follow in leadership of those in our community that identify as Queer and seek their guidance of how to walk the right way beside, in alignment and in service of their larger global movements related to social justice and social change and liberation.
- ❖ We relate in a visionary vs. reactionary way-- thinking forward and drawing from the foundations built up by our communities' collective work throughout the years.
- ❖ We honor Source. While understanding that no one owns any universal knowledge or practice, we seek to trace as best we can where a certain practice, story, wisdom, etc. has surfaced and was channeled in order to honor those that invited us into awareness and understanding of the wisdoms and truths that we adopt to guide us and make meaning of our existence. We seek to give each other capacity (vs. stealing).



# ROOTS OF OUR SACRED WORK

- ❖ We honor all those we come into contact with, trusting that they walk in integrity with us. We hold each relation with expansive perspectives that see the complexity of their being with love and compassion.
- ❖ We listen to the collective wisdom of our communities. The articulation of any one individual doesn't constitute complete knowledge; we come together and talk and share reciprocal knowledge, thereby creating a mutual space for us to expand what we know and learn from each other.



# ***Filipino Indigenous Knowledge Systems and Practices***

From *Kapwa: The Self in the Other*, by Katrin de Guia; and *Babaylan: Filipinos and the Call of the Indigenous*, edited by Leny Mendoza Strobel

## Behavior Patterns and Value Structure: Core, Surface, and Societal

- ❖ Core Values
  - Core Value
    - Kapwa (shared identity)
  - Pivotal Interpersonal Value
    - Pakiramdam (shared identity)
      - Pakipagkapwatao
  - Linking Socio-Personal Value
    - Kagandahang-loob (shared humanity)
      - Pagkamakatao

# ***Filipino Indigenous Knowledge Systems and Practices***

## ❖ Surface Values

- Confrontative Surface Value
  - Bahala na (determination)
  - Lakas ng loob (guts)
  - Pakikibaka (resistance)
- Colonial/Accommodative Surface Value
  - Hiya (propriety/dignity)
  - Utanga na loob (gratitude/solidarity)
  - Pakikisama (companionship/esteem)
- Associated Behavioral Pattern:
  - Biro (joke)
  - Lambing (sweetness)
  - Tampo (affective disappointment)

# ***Filipino Indigenous Knowledge Systems and Practices***

## ❖ Societal Values

- Associated Societal Values
  - Karangalan (dignity)
  - Katarungan (justice)
  - Kalayaan (freedom)

## ❖ Damdam

- Shared inner perception

## ❖ Loob

- Shared humanity
  - Abot-Malay (consciousness)
  - Abot-Dama (deep empathy)
  - Abot-Kaya (will to act)

# ***Black Panthers 10 Point Program***

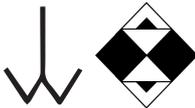
## BLACK PANTHER PARTY 10-POINT PROGRAM

1. We want freedom. We want power to determine the destiny of our black community.
2. We want full employment for our people.
3. We want an end to the robbery by the white man of our black community.
4. We want decent housing, fit for shelter of human beings.
5. We want education for our people that exposes the true nature of this decadent American society. We want education that teaches us our true history and our role in the present day society.
6. We want all black men to be exempt from military service.
7. We want an immediate end to police brutality and murder of black people.
8. We want freedom for all black men held in federal, state, county and city prisons and jails.
9. We want all black people when brought to trial to be tried in court by a jury of their peer group or people from their black communities, as defined by the constitution of the United States.
10. We want land, bread, housing, education, clothing, justice and peace, and as our major political objective, a United Nations-supervised plebiscite to be held throughout the black colony in which only black colonial subjects will be allowed to participate, for the purpose of determining the will of black people as to their national destiny.



# ***Zapatistas Women's Revolutionary Laws***

- ❖ **First**--Women, regardless of their race, creed, color or political affiliation, have the right to participate in the revolutionary struggle in any way that their desire and capacity determine.
- ❖ **Second**--Women have the right to work and receive a just salary.
- ❖ **Third**--Women have the right to decide the number of children they have and care for.
- ❖ **Fourth**--Women have the right to participate in the matters of the community and have charge if they are free and democratically elected.
- ❖ **Fifth**--Women and their children have the right to Primary Attention in their health and nutrition.
- ❖ **Sixth**--Women have the right to education.
- ❖ **Seventh**--Women have the right to choose their partner and are not obliged to enter into marriage.
- ❖ **Eighth**--Women have the right to be free of violence from both relatives and strangers. Rape and attempted rape will be severely punished.
- ❖ **Ninth**--Women will be able to occupy positions of leadership in the organization and hold military ranks in the revolutionary armed forces. Tenth--Women will have all the rights and obligations which the revolutionary laws and regulations give.



# ***El Puente 12 Principles***

## ***Development***

- Potential not problems
- Acceleration not remediation
- Liberation not pacification

## ***Mentoring***

- Each one teach one
- Be a Bridge of hope and empowerment to another
  - Age neutral

## ***Holism***

- Balance and unify body/mind and spirit in community
  - Engage the whole individual as part of a whole community and culture
  - Integrate, never segregate, toward greater interconnectedness

## ***Unity Through Diversity***

- Honor our culture/traditions
- Diversity drives humanity's progress
  - Humanity is one

## ***Respect***

- Always be mindful to others
- Revere all life, the earth and the spirit of the universe
  - Honor the human dignity of each person

## ***Mastery***

- Discipline
  - Strive for holistic excellence
- Go beyond El Puente's Twelve Fundamental Principles



# ***El Puente 12 Principles***

## ***Safety***

- Anticipate/plan
- Promote precaution
- Create a culture secure for all  
brave the presence of the sacred

## ***Creating Community***

- Build bridges of personal relationships wherever you are
- Commit personal growth to the progress of humanity
  - Build a bridge to all who struggle for the cause of humanity

## ***Collective Self-Help***

- Rely first and last on the social and economic resources of the community
- Bolster mutual support/stop “creeping clinicalization” and provider ideology
- Drive all initiative from the perspective and interest of our community

## ***Creativity***

- Challenge the status quo
- Free the spirit/express the soul
- Imagine the unimagined

## ***Love and Caring***

- Challenge and support others to rise to their highest potential
- Give freely of yourself in the service of the people
  - Share and sacrifice for the good of others

## ***Peace and Justice***

- Rise up for human rights
  - Work for harmony
- Live with hope and celebrate the presence of the sacred



# Four Elements of True Love

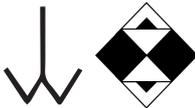
## Buddhism through Thich Nhat Hanh

- ❖ **Loving-kindness** (maitri) – the desire to offer happiness
- ❖ **Compassion** (karuna) – the desire to remove suffering from the other person
- ❖ **Joy** (mudita) – the desire to bring joy to people around you
- ❖ **Equanimity** (upeksha) – the desire to accept everything and not to discriminate



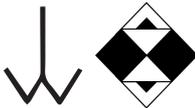
# Lakota

- ❖ **Woc'ekiya** – *Praying*: Finding spirituality by communicating with your higher power, this communication between you and Tunkasila without going through another person or spirit.
- ❖ **Wa o' hola** – *Respect*: for self, higher power, family, community and all life.
- ❖ **Wa on'sila** – *Caring and Compassion*: love, caring, and concern for one another in a good way, especially for the family, the old ones, the young ones, the orphans, the ones in mourning, the sick ones, and the ones working for the people.
- ❖ **Wowijke** – *Honesty and Truth*: with yourself, higher power and others with sincerity.



# ***Lakota***

- ❖ **Wawokiye** – *Generosity and Caring*: helping without expecting anything in return, giving from the heart.
- ❖ **Wah'wala** – *Humility*: we have a spirit; we are not better or less than other.
- ❖ **Woksape** – *Wisdom*: practice with knowledge comes wisdom.



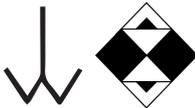
# Visioning our own Protocols

What does it mean to walk into the Ceremony of your Sacred Work with you?

Vision for yourself what it means for anyone to come into collaboration and partnership with you-

- ❖ What should they know about your Beliefs and what leads you in your work?
- ❖ How can you aspire to create a culture not lead by Colonial/Capitalistic Beliefs and ways of Relating, but with Pre/De-Colonial Liberation- and make the claim in the present that you are already doing those things?

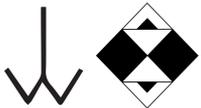
**\*MAKE EVERY STATEMENT AN AFFIRMATION\***



# Affirming Our Truth

## Qualities of Affirmations

- ❖ Written down
- ❖ Specific and Clear
- ❖ Includes YOU in it
- ❖ Stated in the positive
- ❖ Is magnetic- excites you
- ❖ Is kept on the growing edge- feels real/feasible to you NOW!
- ❖ Succinct and ready to remember
- ❖ Is stated as if it already exists



## What does it mean to walk into the Ceremony of your Sacred Work with you?

Vision for yourself what it means for anyone to come into collaboration and partnership with you-

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**\*MAKE EVERY STATEMENT AN AFFIRMATION\***

# I see you...

## **Partner A:**

- ❖ Speak your protocols to your partner as you have written them- refrain from explanation or editing your words just speak them as the TRUTH

## **Partner B:**

- ❖ Listen and keep eye contact with your partner.
- ❖ With each statement they make only respond with "I see you..."

