Restoring Relationships and Reimagining Community-Led Engagement

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“During the first eight months of 2020, police in the U.S killed 164 Black people.” - is only one type of violence

The trauma is complex, prolonged across generations, and continues

Some of the damage is beyond repair

Sincere engagement between some communities is limited by these conditions
And another Crusher let me cut his dreads off! It's symbolic of change and their desire for a better life!

It's a family thing we box mentor make music & I get to cut hair. He's freaking out but looks so cute! #loveshorthair
Before we can effectively engage and build authentic relationships, there must be a reckoning and repair of the harm done.

Restoration is near impossible while harm still occurs and while inundated in an ecosystem of whiteness.

Whiteness/American/European cultural values permeates everything: my name, language, space & time, definitions of wellness and success, quality, standards, relationship to others, etc.

It also shapes every part of my training, programs, curriculums, conference format and content.

We should use this and every opportunity to investigate the foundation and utility of all the information we gather and share, and consider the possibility that all of it has been tainted.
Tuesday

- third day of the week, Old English *tiwesdæg*, from *Tiwes*, genitive of *Tiw* "Tiu," from Proto-Germanic *Tiwaz "god of the sky," the original supreme deity of ancient Germanic mythology, differentiated sar, from PIE *deiwos "god,"* from root specifically as *Tiu*, ancient Germanic god of w/*dyeu- "to shine," in derivatives "sky, heaven, god." Cognate with Old Frisian *tiesdei*, Old Norse *tysdagr*, Swedish *tisdag*, Old High German *ziestag*. 
How does classical music sound?
• Authentic engagement requires constant self-reflection, cultural identity awareness, proper systems analysis and openness to discovery.
I work hard to remain engaged and relevant.
But I'm stressing, I can't relax
I swallow my pride and I'm hiding what's
making me mad
Everybody saying I need rehab
Cause I'm speedin' with a blindfold on and
won't be long
'til they watching me crash
And they don't wanna see that
They don't want me to OD and have to talk to
my mother
Telling her they could have done more to help me
And she'll be crying saying that she'll do
anything to have me back
All the nights I'm losing sleep, it was all a
dream
There was a time that I believed that
But white lines be numbing them dark times
Them pills that I'm popping, I need to man up
Admit it's a problem, I need a wake up
Before one morning I don't wake up
Ring-ring, phone call from depression
You used my past and my memories as a weapon
On the other line, I talk to addiction, huh
Speaking of the devil, all the drugs, I miss them
This can't be real, is it fiction?
Somethin' feels broke, need to fix it
I cry out for help, do they listen?
I'ma be alone until it's finished

Sometimes I don't know how to feel
Let's be for real
If it wasn't for the pills, I wouldn't be here
But if I keep taking these pills, I won't be here, yeah
I just told y'all my secret, yeah
It's tearing me to pieces
I really think I need them
I stopped taking the drugs and now the drugs take me
“Drying out from drinking lean is probably one of the worst feelings in the world. It tears your body down. It tears your mind down.”
WGCI-FM Music

Recently Played  Top Songs

1. Both (feat. Drake)  Gucci Mane
2. God's Plan  Drake
4. Crew

Add to Playlist
Hook:
I don’t usually do this unless I’m drunk or I’m high
But I’m both right now, got me talking about my life

Verse 1:
I just popped one of them one what-you-call-its
And it boosted my stamina
Now I’m fucking her on the banister...
   Damn these hoes ain’t got no manners bruh
   Where’s the manager?
   I keep throwing rubber bandies up
   Hoe, pull your panties up
   Cause you fuck like a granny fuck
   You’re just an amateur
FUTURE SAYS HE’S NOT REALLY AN ADDICT, RAPS ABOUT DRUGS BECAUSE IT’S “A CATCH”

BY KHARI  ♡ JANUARY 16, 2016
RAP STREAMING SONGS

1. Mask Off
   - Artist: Future
   - Previous Position: 4
   - Video

2. I'm The One
   - Artist: DJ Khaled featuring Justin Bieber, Quavo, Chance The Rapper & Lil Wayne
   - Previous Position: 1
   - Video

3. XO TOUR Llif3
   - Artist: Lil Uzi Vert
   - Previous Position: 3
   - Video

   - Artist: Kendrick Lamar
   - Previous Position: 2
   - Video
“Mask off” Lyrics by Future

• [Chorus]
  Percocets, molly, Percocets
  Percocets, molly, Percocets
  Rep the set, gotta rep the set
  Chase a check, never chase a bitch
  Mask on, fuck it, mask off
  Mask on, fuck it, mask off
  Percocets, molly, Percocets
  Chase a check, never chase a bitch
  Don't chase no bitches
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Thank you!

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