

-reinforcing social norms rather than teaching valuable life skills
 * People get rewarded for being easily controlled and punished for resisting how these systems make us easy to exploit
 * They use racism, sexism, transphobia, ableism to further divide us and rank us against each other
 * The dehumanization of these hierarchies, make it really easy for the powerful to justify & profit from killing the most vulnerable

these are things to continuously reflect on, they aren't a list of things to say "good thing that's not me" about. We are all soaked in the culture from our most intimate personal experiences to the largest scale social structures. Odds are you've got stuff to unlearn.

- Journaling is a good practice
 - So is meditation & mindfulness
 - learning to experience, process and resolve your own shit

Being in that from infancy convinces many that it's just the way things are.

But it's just how we've set it up.

If we organized our society around care, justice and healing the traumas of the last 500 years instead of enriching

It can get tricky at that point:

Some people punish themselves when they've caused harm, some people avoid ever admitting harm they've caused out of fear of being punished. The effect is that many will avoid acknowledging honestly their part in the harm they've caused and working to heal it on the terms of the people harmed. It is especially

Be gentle as you un-
 pack all of this, you're at the start and there is much to unlearn

If you start by replacing the role of shame & self-punishment with curiosity and self-care, it makes all the rest of the learning and growing much less exhausting. This is not work you can do by trying to shame & punish yourself better. Really, nothing is.

Decolonize your mind

Basics Updated

Grocery prices doubled
 * We're committing genocide (and have been for 500 yrs)
 * A few thousand people have more \$ than the poorest BILLIONS have COMBINED
 * Those ultra-rich "OWN" most things and they use that wealth to control things like government, the economy, the military, police, and the media people mass absorb
 * They buy up all the housing and they become unaffordable

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8 -How biased toward violence we are

-How we react to authority

-How we react to authority harmful beliefs & patterns that comes from questioning and often avoid the learning emotionally and physically

-How we avoid discomfort with those learned behaviors

-How we cause harm to them

-How we respond or react to them

-The ways that shame, anger, fear, disgust, jealousy show up in us and how we respond or react to them

* Most peoples livings and the companies they interact with every day are tied in one way or another to the violence

But it's a lie that things must be this way: This is just the setup most of us have lived in our whole lives. One designed to dehumanize people, isolate them, and convince them their place is from a personal flour.

The already mega

We would be able to deal with those huge problems and the oppressors that keep them going.

So where do we start?

We start by growing **Awareness** of...

-Our internal beliefs about how the world works

7-Who we believe & why

As you start to gain better awareness how you move through the world, you'll start to put together how the giant social systems are set up to harm you & the people you love. You'll also notice the ways you have added to that harm. This is a realization to sit with, to reflect on so you understand where it came from & can do differently in the future.

It's easy to do this with huge societal problems that no one individual is responsible for the whole of. By becoming aware of the harms we act out by habit in our relationships, on the personal level, we are recognizing one of the ways we carry out the large violent systems on one another. It is the start of dismantling them, as well as having closer, more supportive relationships.

so What's the Issue

Well, about 500 years of brutal global violence. Surprisingly enough, that has a huge impact on our cultures and the planet we all live on. Every system we live within is based on that history & keeping the people who profit off that violence in places of power. **It is the root of all sorts of problems**

That's just a sliver of the large scale, the **Really Insidious Part?**

They've got most of us convinced that this is normal.

They do it a bunch of ways:

- * Leaving out huge, horrifying parts of the history of empires
- * Creating a national mythology a huge story, to replace it.
- * The educational system as a whole is about competition, comparison and

This work is deeply personal, scary, and joyous.

It is the practice of unlearning the internalized white supremacy, ableism, sexism, classism, racism, violence, and we've just getting started.

Thanks for reading!