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**SPECIAL EVENTS**

7/4/20:  
 Independence Day  
 7/4-5/20:  
 Lunar Eclipse  
 7/5/20: Full Moon  
 7/5-15/20: Harmonic  
 Convergence 2020  
 7/7/20: Portal Day

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**PRAYER NETWORK**

**Sacred Journeys Newsletter**

**JULY 2020!**

*Our intention is to share with you each month upcoming community events, resources and inspirations, to lift your Spirit and feed your Soul! We believe that Love is the fabric of reality.*

*We share this to awaken, expand, and strengthen this Divine Consciousness in you, in all of humanity, and our planet.*

*Love- Jonathan & Shari*

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***Greetings From Shari-***



I have been working with **Ascended Master Afra** personally, as well as including His powerful energy signature in my art, and having Him assist with my larger Service. I wanted to introduce all of you to Him in case you do not know this **Beloved Being of Light**.

Ascended Master Afra commands the **Power of Love and Freedom**, true

You are able to submit prayers to our prayer circle of 100+ people, as well as have the opportunity to pray for others. To join, simply email: [drjonathancohen@gmail.com](mailto:drjonathancohen@gmail.com).

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## **INSPIRATIONS**

### ***Rabble-Rousing***

*by Lorraine Schein*

Call a strike against this world for a bluer, purpler one; one where arms will always embrace us against darkness.

Protest science without magic.

Picket for an Earth with imaginary colors and more moons.

Picket for life in an alternate dimension, where al can fly and birds can speak.

This world force-feeds us logic and offices, locks us out of childhood and nights prone to stars.

Protest light pollution.

Demand equal pay for thoughts.

Demand cats' and flowers' rights for dandelions.

brotherhood/sisterhood/peoplehood and **Unity Consciousness**. He is the ancient patron of the continent of Africa, who pledged to solve the problems of divergent peoples—local wars, discord in religion, strife between nations. Long ago Afra offered name and fame to Source to sponsor a vast continent and a mighty people. That continent is Africa. He is the patron of that land, the patron of Africans living in Africa today, as well as those of African descent throughout the world.

In esoteric tradition what we today refer to as the black people, long ago was part of what was known as the blue people and the violet people, humans whose skin tone actually had a subtle blue or violet hue. These souls lived in a spiritually advanced civilization that existed on the continent of Africa. Africa was once a part of the continent of Lemuria—the ancient Motherland, a place of culture, truth and beauty. On ancient Lemuria there was an

**Age of Freedom and Enlightenment** long lost to recorded history. It was a golden-age civilization with marvelous advances in science and technology.

Beloved Afra has been assisting humanity for eons and right now has a crucial role to play in our collective Liberation. For millennia He has worked closely with Master St. Germaine and Lady Amethyst, and the Violet Flame of Transformation and Transfiguration. He is assisting us here and now in our evolution, ushering in this new Age of Unity Consciousness. Let Him help you celebrate life's diversity while always being aware of life's Unity. Call upon this Great Wise and Loving Being of Light daily and hourly for your own Liberation, and to OverLight your Service of Loving

All Life Free!

*Love-*

Boycott splinters  
and paper cuts.  
Boycott Mondays.

Be a troublemaker,  
be demonstrative.  
Hug a cloud!  
Organize lightning  
strikes!  
Incite a slowdown  
against time flying.  
Join a silent march  
for more snow and  
new glaciers.  
Provoke a riot  
against tight  
underwear.  
Stage a walkout  
from nightmares.  
This is a direct call  
to indirect action,  
an indirect call to  
direct action.  
Resist gravity -  
uprise skyward!

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## **RESOURCES:**

**1. How To Be An  
Anti-Racist**  
*by Ibram X. Kendi*  
*A must read  
for white-  
identified folks.*

*You can support this  
black owned  
bookstore by buying  
this seminal book  
here:*

***<https://loyaltybookstores.papertrell.com/id006053771/How-to-Be-an-Antiracist>***

**2. Invocation to  
Free All Life**  
*<https://eraofpeac>*

*Shari*

***For more key resources please see Resources  
section bottom left in this newsletter!***

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***For energetic support through this time of purging  
and purification:***

***Go to my Etsy store for practical tools:***

***[https://www.etsy.com/shop/SacredArtbyShari?](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)  
[ref=hdr\\_shop\\_menu](https://www.etsy.com/shop/SacredArtbyShari?ref=hdr_shop_menu)***

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## ***Reflections from Jonathan-***

### **The time is now.**

If you are interested in eradicating racism I suggest strongly that you take time to read this entire reflection. There is a brilliant excerpt from Jim Mitchell, an enlightened man and MKP leader who shared his voice with me recently.

For many years, I have stayed asleep to racial prejudice and its effects on POC and myself. It is painful to think and admit that I have done this, even more painful to think that I have been racist in my thoughts and inaction.

I have done much work with minorities over the years, so when it was brought up to me initially that I may have racist tendencies, I was enraged. As a leader in the Mankind Project, I was required to take classes on isms and issues to make sure I was not bringing prejudiced energies into my leadership. I did the trainings in a perfunctory way assuring myself that I was "good."

Whew! Like many of who are reading this

*e.org/pages/premium-content/*

### **3. Sadhguru's Inner Engineering**

*<https://www.innerengineering.com/enroll/online>*

*Half off price for his online class. To change the outer world we must change our inner reality and this program empowers us to do just that!*

### **4. Harmonic Convergence 2020-July 5th-July 14th**

*[https://unify.activehosted.com/index.php?](https://unify.activehosted.com/index.php?action=social&chash=2f37d10131f2a483a8dd005b3d14b0d9.5766&s=26e23d71285fb9edffc2c224e7fb0fa9)*

*[action=social&chash=2f37d10131f2a483a8dd005b3d14b0d9.5766&s=26e23d71285fb9edffc2c224e7fb0fa9](https://unify.activehosted.com/index.php?action=social&chash=2f37d10131f2a483a8dd005b3d14b0d9.5766&s=26e23d71285fb9edffc2c224e7fb0fa9)*

### **5. Dr Joe Dispenza's offerings**

*[https://mail.google.com/mail/u/0?](https://mail.google.com/mail/u/0?ui=2&ik=de3afa1a96&view=lg&permmsgid=msg-f%3A1670654039113825441&ser=1)*

*[ui=2&ik=de3afa1a96&view=lg&permmsgid=msg-f%3A1670654039113825441&ser=1](https://mail.google.com/mail/u/0?ui=2&ik=de3afa1a96&view=lg&permmsgid=msg-f%3A1670654039113825441&ser=1)*

and are white-identified, the killing of George Floyd was a wake up call. The internet prevented denial. The information went more viral than Covid. There have been many many tragic opportunities for white folks to wakeup along the way. Yet so many, including myself, have opted for denial, or have awakened temporarily only to fall back asleep again, to not go the distance.

I am committed to making this wake up call different. Four weeks ago I got engaged by inviting five people of color and five white people to have an evening of dialogue. Two POC leaders asked me if the white people had done their work or were going to do their work in this container. As the meeting progressed it became clear to me that the white people including myself had major work to do.

This stimulated a talk with my friend and colleague Craig Herink, which resulted in a four (now possibly five) session workshop for white people to examine White Privilege. We are three sessions in and I am overjoyed to report that the 20 participants are doing their work deeply. Our twofold objective is (1) to become deeply aware of white privilege and (2) to use our white privilege to make changes to end racism.

This is a huge undertaking, a life long marathon and not a sprint. I want to share what Jim Mitchell has said about racism and the work of eradicating it:

"A rootkit is a program, typically malicious, that is designed to grant an unauthorized user access to a computer. Once a rootkit is installed, it masks its presence, so the program can maintain privileged access while remaining undetected." Depending on the code, it can cause lots of harm.

Racism is a rootkit. It was installed in white culture and white consciousness in this country almost from the beginning. It has unauthorized access to your brain, conscious and unconscious. It masks itself so you don't consciously know or believe you're racist or engage in racist behaviors. It controls your human programming, words, choices, and actions and keeps you tilted towards race-based thinking and doing without you ever knowing it. Its primary control mechanism is racial somnambulism. Sleepwalking. You think that's just your 'normal'.

Huge parts of white people's identity, operating paradigms, comfort, and current power come from that race socialization programming. It generously brings things, unearned, into their lives, things that they do not want to give up. Will not give up. Cannot give up. They have dozens of reasons not to even consider giving those things up for the cause. Any cause. Ever.

To change themselves is going to cost white people something big. A huge chunk of their own core identity. As white people...and as white people in this race-based culture that benefits and has always benefited them enormously...at the expense of POC.

**First and foremost, they'll have to revisit all the old stories, lies, half- truths, and out-and-out bullshit they've been told and believed about various People of Color their whole lives. They'll have to finally decide for themselves as modern white people what they choose to believe and not believe about those same People based on having authentic experiences with People of Color, not old hand-me-down lies from their parents, society, and others.**

**They will have to let go of the stories and myths of white people culture in this country as racially benevolent and be willing to create new stories that include People of Color in prominent places in and about their lives. A recent study indicated around 70% of white people in this country do not have any POC in their close circle of friends.**

**They will have to forsake much of what they've been taught to believe about themselves and other white people and much of what they've relied on their whole lives. That whole meritocracy thing comes to mind. That somehow everything they have, they've earned through merit, value, hard work and self-sufficiency. They built it! Rather than they installed the rootkit in everyone...and the rest is, as they say, history."**

**(THE FULL BODY OF JIM'S WRITING  
IS BELOW MY SIGNATURE)**

**My vision is to use energy psychology and ceremony to assist in removing individual rootkits. Our training in energy psychology and shamanism is about removing traumatic toxic and outdated imprints that are deeply**

embedded in our systems. I will be praying and meditating on how to apply this to our removal of rootkit.

As of right now my intention is to start another gathering of white people by mid-July to begin another deep look at White Privilege and Anti-Racist Action.

Our human birthright is Joy and Freedom, it is our duty to make sure it is available for everyone.

Love-  
Jonathan

## **THE RACE KERFUFFLE: 2020**

**BY  
JIM MITCHELL**

Once again, we've witnessed the murder of non-violent, unarmed black folk in this country. Because we live in the age of everyone having a camera in their pocket, we were all able to witness this one. Up close and personal.

It was not pretty.

It's part of a long and familiar pattern of policing that black communities know all too well as do brown and Native communities. And that many white communities continue to make excuses for.

This time around we all got hammered by an image, a video we could not ignore. Was impossible to ignore. The count 8 minutes, 46 seconds is now etched into our minds and hearts. That's how long a police knelt on the neck of the black man George Floyd.

8:46 minutes. Slowly suWocating the life out of him. For what? Possibly passing a bad \$20-dollar bill. None of us knew that the current penalty for black folks passing a bad note is death by suWocation under color of law.

8 minutes, 46 seconds. George was prone on his belly, hands cuffed behind his back when he was brutally murdered. 8 minutes, 46 seconds. Filmed. Burned into our consciousness.

It was an image out of a horror movie. A horror movie that plays out way too many times in the United States. This time it was so potent it penetrated the psyche of citizens, filling them with hot, burning outrage, not only here, but around the world. People poured into the streets all over the world in righteous protest.

These horrible incidents have always activated the black and brown communities and other folks committed to justice in this society. This time around though, it activated a great number of white people, who up until this murder, were willing to tsk tsk a lot, and mumble about how terrible it all was, but mostly do nothing. Again. For that group, this wouldn't have been the first time they chose not to see what everyone else saw and chose one more time to do nothing in response.

First thing I ask myself was why did it take them so long to believe something that black communities all over the US (world?) have been screaming about for decades, if not centuries?

Why did so many have to die before they finally got it? And activated themselves? Why? Why? Why?

April 30, 2014: Dontre Hamilton (Milwaukee)

July 17, 2014: Eric Garner (New York)

Aug. 5, 2014: John Crawford III (Dayton, Ohio)

Aug. 9, 2014: Michael Brown Jr. (Ferguson, Missouri)

Aug. 11, 2014: Ezell Ford (Florence, California)

Aug. 12, 2014: Dante Parker (Victorville, California)

Nov. 13, 2014: Tanisha Anderson (Cleveland)

Nov. 20, 2014: Akai Gurley (Brooklyn, New York)

Nov. 22, 2014: Tamir Rice (Cleveland)



Dec. 2, 2014: Romain Brisbon (Phoenix)

Dec. 30, 2014: Jerame Reid (Bridgeton, New Jersey)

April 4, 2015: Walter Scott (North Charleston, South Carolina)

April 19, 2015: Freddie Gray (Baltimore)

...

All unarmed. All killed by police. This isn't all of the names. Not even close. Listing any more makes my sadness unbearable. Most, including those not listed, are not known to the white communities. That's how little stories of black folks murdered by cops penetrates those communities.

Until this time. The video of George's murder set something off. Bigly.

That's a good thing. We now have to face the fact that the Universe just handed the adults living right now the test. It's pass-fail.

Here are some of the test questions:

Are we finally ready to do whatever is necessary to reconfigure our society to conform to norms of true equality, justice, inclusion, embraced diversity, and equal access to opportunity? Are we ready to own the out and out hypocrisy our nation has lived with since its founding and make amends? Are we ready to tear down all unjust systems and institutions and replace them with new systems and institutions that truly deliver 'life, liberty, and the pursuit of happiness' to all Americans equally? Are we?

I'm not sure. Not sure white people are ready for that fight. Read on.

What white people are up against in this country, maybe in other northern European colonized areas of the world as well, is race-based socialization, bias input and programming that is so profound, yet so subtle and deeply embedded, that the truth

is maybe only a few in a hundred of them can actually root it out and make permanent changes when it comes to how race and race calculations figure into and control their choices, their lives, and how they create or not, their intimate, personal relationships.

As an observer of white people in this culture, (As a black man wanting to succeed in this culture, I had to be) I finally got that it will take a 1,000 acts of courage for them to change this stuW in themselves and in their key personal relationships in work, family, and life.

It will be the most difficult work most white people have ever done on themselves. It will involve family, close friends, neighbors, work mates, personal relationships, and others that they care about today.

They will have to put at risk friendships and relationships that today matter to them. The great majority of them will not want to do that. Not at that cost. For them, that's too high a price to pay. Period.

As part of an organization called The Mankind Project (MKP), I've spent almost two decades working with and supporting mostly white people, white men, in MKP circles. Those MKP circles are about deep, permanent transformation of ourselves and our lives and I use to think that MKP was probably one of the few places on the planet where this race "stuW" had some chance of being seen, spoken to and about, owned and transformed in white people.

The thing about the race kerfuffle, though, is there is no "okie doke." There is no automatic. There is only shit-tons of hard intellectual, emotional, spiritual, and soulful work that must be done to root it out and permanently transform it.

It's not enough to simply believe that because you're in MKP or your Forum or your company and it's filled with courageous and conscious men and women...folks who work diligently at transforming themselves and help others do so again and again...birth, death and rebirth incarnate...people willing to constantly and passionately work on vision, mission, emotions, shadows, and blind spots of all kinds...is all it will take.

Notwithstanding the fact that some folks have a place, an Integration Group, a Forum, a sister circle, a men's group, a weekly court, a meeting, a support circle where they can go and do the "burning and transforming."

Just because all those conditions exist and support changing those most difficult parts of ourselves on many levels...doesn't mean it WILL change them.

Especially so when it comes to the soul rootkit call racism. BTW, if you are unfamiliar with the word 'rootkit', here you go:

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They will have to let go of the stories and myths of white people culture in this country as racially benevolent and be willing to create new stories that include People of Color in prominent places in and about their lives. A recent study indicated around 70% of white people in this country do not have any POC in their close circle of friends.

They will have to forsake much of what they've been taught to believe about themselves and other white people and much of what they've relied on their whole lives. That whole meritocracy thing comes to mind. That somehow everything they have, they've earned through merit, value, hard work and self-sufficiency. They built it! Rather than

they installed the rootkit in everyone...and the rest is, as they say, history.

And this is not to take away from the fact that many have worked hard to create what they have.

Sometimes from nothing. But that's only half the story in a race-based culture. They'll have to get interested in the other half now if change is going to happen.

They'll have to abandon entire centuries of old histories and stories that always have them at the top of any pyramid you or they can conceive of at any time. They will passionately deny, not out loud all the time, but in their thinking and self-talk, any such "ranking" exists in their minds or in this society. Even as they stand at the top of that self-same pyramid and proclaim all of this...and keep telling the People of Color "It's just not that bad." You must work harder!"

They ultimately, as a group, will not want to do this. Any of it.

Years ago, MKP, as an organization supporting men's work, sought to answer a particular question: "Why are there so few men of color coming to their trainings?"

Instead of specifically addressing that issue in leadership, training staff, and organizational culture, they decided to "x" all the '-isms and issues' all at once.

I saw the de-focusing away from the issues keeping People of Color from being bigger participants in MKP and knew immediately that nothing was going to change. This shotgun approach to dealing with why Men of Color were not coming to MKP diluted everything under the banner of 'xing everything.

The work of racial justice, equity, diversity, and inclusion and against racism is very specific.

Diluting it only delays things once more.

When I spoke to that in an MKP meeting way back then, folks looked at me like I was a Communist or something. They knew I was on to them. At least, their race shadow machinery knew. I saw it staring back at me from behind their eyes all around the room and laughing at me and the few other Men of Color in the room.

I could hear it whispering, "Ain't nothing going to change because we won't let them," and it got them to dilute their eWorts to deal with race from the get-go.

BTW, MKP is not an atypical organization around this race kerfufe. Dealing with race is one of the scariest things for white people.

So, nothing changed. Typical.

Just recently, I witnessed MKP men having the same conversation around People of Color and the organization as they were having 6–7 years ago, and years before that. This time, it was provoked by the murder of George Floyd.

They were having the same conversations that I saw them having way back then. Many diWerent white men, same conversation. That's the rootkit. It was, naturally, without much success. Again.

When this 'stuW' happens, stuW that brings a stark clarity to the race dynamic still unresolved in this country, white people get activated for a while, charging in oWering quick solutions without listening, throwing money at this and that, pushing others out of the way to be \rst. I'm watching individuals and organizations do that same thing every day in the news. Black squares on FB. Painting BLM on a local street. Hiring some high-powered black person to take over their diversity, equity and inclusion work. You see how the rootkit shifted the burden oW to black people again to

solved systemic and institutionalized racism once again. You see it.

White people would rather do that than the real emotional, identity, spiritual, and soulful work of confronting racism down to their DNA in themselves and other white people. And tearing down and reconstituting institutions and systems that favor white people and replace them all with more just systems favoring all people, regardless of color. Or anything else.

White people know that to change this stuW around race specifically will bring pain. Lots of pain. Pain will move in with them, become very intimate with them, and will be their companion for as long as they attempt to root this "stuW" out of themselves and make permanent changes throughout all their many lives and realities, both internal and external.

They know their lives will be filled with a lot of push-back, anger, sadness, and consternation. Much like the American Civil War, this work will turn family against family, parents against children, brothers against brothers.

Relationships with sisters, moms, daughters, sons, in-laws, and friends will be defined by contentiousness. They will exhaust themselves arguing with racist-ass kinfolk who have no intention whatsoever in changing. So exhausted that they have nothing left over for the real fight. With race-based injustice. BTW, they will want credit for those arguments with their peeps.

They sense it will require great courage, stamina, fortitude, and strength to combat those who continue to insist racism is just not that big of a deal anymore. And policing is just not that bad. Where they live. For white people.

Some individuals will have what's necessary...but the great majority of white people will not want

anything to do with this \ght. And it is a \ght.

When they get activated by horri\c events, white people speak of being allys to People of Color in this \ght to root out racism and injustice. I have no time for “allys.” We need \ghters now. Fighters, brawlers, and scrappers who are willing to, and will, ruthlessly tear down the old race-based systems wherever they encounter them. And will settle for nothing less than that.

This \ght takes Amazons and Warriors, \erce and courageous women and men, not “allys.”

“Ally” can be another comfortable way to say, “Oh yeah, I’m in the struggle.” The part that’s always unspoken with that utterance is “... but ultimately, if it’s going to cost me something, or be too uncomfortable, I might have to go home and rest”!

“Ally” is something you can safely say from your living room couch where it’s nice and comfortable. The \ght, which is oh-so- uncomfortable, is in them streets...even more so after Rayshard Brooks’ murder at the hands of cops in Atlanta. Shot in the back? Kicking him afterwards? Standing on his shoulders while he bled out?

The \ght is all over the world right now. Even folks in New Zealand and other countries are sick and tired of the US’s race-based bullshit.

Some white people will continue to protest loudly every time People of Color speak to examples of how racism still exist and how the USA is still not a safe place for People of Color. Nor has it ever been, in spite of the old “All (men and women) are created equal-thingie” we’ve proclaimed again and again over the centuries.

We, the USA, have so so much hypocrisy we are going to have to face to save ourselves. Like trying to ‘bring democracy’ to other oppressed countries in the world, when we haven’t even brought



democracy to Women, Blackfolk, Brownfolk, LGBTQiFolk, AsianFolk, PoorFolk, and more right here at home. Like putting up statues and nags to traitors who went to war on us to keep their racist right to own black slaves. So much hypocrisy.

So once activated, white people will get into their righteous indignation about how things have to change and NOW! There will be a great gnashing of teeth and shedding of tears. Some will loudly proclaim, "I don't need to change! You do!" They will self-nagellate publicly and privately, burdened with heavy loads of guilt. And shame. Which will mostly immobilized them.

They will do a lot of that white people pontificating on the subject and pointing their fingers at themselves for this and at others for that. They will claim no one knows the right answer. They will seek refuge once again in the belief that no one should not get to tell them what to work on and how to work on it. They'll speak of anger and sadness, guilt and shame, and shadows and blind spots.

Mostly they'll complain loudly about how hard it is.

You see, one of the greatest challenges with white people and the race kerfuffle is white people fatigue after a while. Even as they are trying to wake up, they hear the rootkit's internal voices whispering 'This isn't your fight'.

Hell, we've only been in the aftermath of the George Floyd state-sanctioned murder for three weeks or so — and the recent Rayshard Brooks murder — and white people are already whining loudly about how hard this all is. For many of them, being less racist for just three weeks has been exhausting! Let alone tussling with their racist-ass kinfolk whose resistance is granite-like in the face of their newly found or newly renewed passion for social justice and equality.

Dealing with this race stuW in this country takes stamina. A lot of stamina.

White privilege has gifted white people with comfortable lives in this country for centuries now, at least much better lives than black folk during the same timeframe. People of Color have been \ghting for scraps for centuries. People of Color know giving in to fatigue means no scraps. No scraps means the kids go hungry. No scraps means death. To them. And everyone that looks like them.

Not \ghting is not an option for many black folk. It continues, it appears, to be optional for many white folk.

I was joking with my brother Mitch and telling him “Imagine just for a moment if black folk, years, decades, or even centuries ago, had said ‘Fukkit! I’m too tired to keep \ghting this racism stuW. I quit!’”

Hell. We’d all still be slaves”.

For white people, fatigue is a way to say, loudly, so “allied” white people and People of Color can hear, “Well, I did the best I could! I gave it the ole college try! But I need to get home now.”

But not really. Fatigue is a way out of the 24/7, 365-day discomfort of the \ght. A way to get back to those safe, white, comfortable lives, patting themselves on the backs for being in the struggle for a little while anyway.

Somnambulism.

This \ght has gone on for centuries now. You can spend your entire life in daily \ghts against racism. Just ask Ida B. Wells, W.E.B. Dubois, Rosa, Martin, Thurgood, The Little Rock Nine, Malcolm, Huey, Angela, Harriet, Nat, John Brown and a million more. Ask the real deal Black Lives Matters movement folks today.

The fight is long and hard and nasty. The other side is filled with folks controlled by a race socialization program, which makes them mean and vicious. That dastardly racism rootkit tells them to defend their God-given right to be racists and treat all People of Color like shit with everything they got. You owe them nothing! It screams again and again.

It tells them to use all known forms of trickery and oppression! Get the military! Get the lawyers! Get the politicians! Get the dogs! The hoses! The tear gas! The rubber bullets! The bankers! The redlining! The militarized police! The voter suppression x10! The ongoing segregation! The unequal access! The less-than-equal opportunity! Hell, get the real bullets too!

The programming will drive white people to use all the forms of racism in the fight against racism: Systemic. Representational. Institutional. And more.

The white people's "allys" will face shit they have never had to face from neighbors, family and friends, work mate and life.

More than likely, they will be exhausted pretty quickly. How long did they last after Eric Garner? Mike Brown? Trayvon Martin? John Crawford III? Tanisha Anderson? Tamir Rice? Should I go on?

I can go on for a long, long time.

Those white people trying to wake up and be allys are not used to this kind of fighting. Ding! Round 237!

And they'll get trapped once again. They will say they're tired and it's no use. Nothing is changing anyway. They will say they are powerless to do anything about any of it. They will wallow in their shame and guilt. Again.

And, curiously, then, they will speak of that powerlessness. Again. And again.

Imagine that. White people, in this culture, without power...according to them. That's actually the race program running right there. Do you see it?

What else could be powerful enough to convince white people who live in a race-based culture of their own creation that gives them ALL the powers in this and many other countries...social power, economic power, political power, academic power, legal power, legislative power...all other possible powers...convinced that they have no power when it comes to this?

It's the race program. Tricky little bastard, no?

Then...wait for it...some will threaten to do this training and that meeting and make sure this, that, and the other happens. Then they will feel good for a while as if just being publicly indignant about this situation or ninging their hard earned resources at it...is action enough.

"We showed that racism what for, didn't we?!"  
they'll yell proudly.

Somnambulism. Then they will quietly go back to their very white lives all over the United States and continue to do what they've always done once they are back home. Meet, know, socialize and build relationships with mostly with people who look a lot like them.

Sometimes they feel shame about the whiteness of their lives and commit to broadening their social circles. At some point they will claim "I don't know where to meet and get to know any people of color." As if we have some fucking cloaking device on all the time. That's the race program running...again. They will angrily state where they live there are no People of Color. As if now that they are ready to work on this "issue," People of Color could be a lot more considerate of them and their eWorts and move into the house next door and say, "Hi, neighbor!"

White people want this to be easy when it's not going to be. There is no "easy" in this fight. There is only fight. And more fight.

It would be interesting to survey white people and ask them something like:

"In the last 10 years, tell us how your ordinary, daily life, relationships and social circles have changed when it comes to race/ethnicity and who you associate with on a regular basis. On a social and extended family basis. Be specific."

Or "On a scale of 1–10, how 'white' is the circle of the 20 folks with whom you have the most regular and ongoing contact in your personal life?"

Most white people continue to use the few People of Color they know, most likely from work, to validate for themselves that they aren't the ones. They KNOW black people. Some, I'm pretty sure, use me or have used me for that. Stop it! Also stop using me to support your racist meritocracy arguments. Thanks.

These patterns have become disappointingly consistent and predictable.

The subconscious and unconscious parts of their race socialization and programming, the racism rootkit as I called it years ago when coined the term, is persistent, tenacious, unbending, and immovable in all but the most courageous.

Privilege lets white people be blind to all of this and ignore the entire mess.

Privilege is a great thing. Why trouble the waters?

The fact that we still have so far to go in the United States around finally breathing life into the 'equal' part of our centuries old constitutional documents doesn't inspire much hope in me. Not anymore.

While I've remained connected white people that matter to me, I also remain cynical, sad,

disappointed, disillusioned, angry...and without much hope that ole MKP or the United States will ever fundamentally change around People of Color. At least not in my lifetime.

By change, I mean according to the measuring stick of People of Color — “How far do we still have to go to ‘equal’”. Not the measuring stick of white people — “Look how far we’ve come! We’re not lynching black people anymore!” “It’s just not that bad!”

Me: And George? And Rayshard? White people: Never mind.

Policing, racist militarized policing, brought the spotlight to these issues again. By killing non-violent, unarmed black folk. Again.

Policing will have to be reimagined in this country. What many don’t know is policing comes out of historical slave patrols and legal and extra-legal enforcers of the Black Codes. And Brown Codes. And Native Codes.

Too many police still seem to think that’s the job today when it comes to black folk. Too many of their peer police are still will to let them think, and act, that way. And not report them. And unarmed, nonviolent black folk keep dying at the hands of police in this country.

I used to think this race shadow stuW stood no chance against courageous white people truly committed to doing their inner work on race and race socialization. No chance at all.

I was wrong...naïve even. The race shadow has kicked their sorry white asses again and again and again. It will most likely continue to do so well into the foreseeable future. Each year there’s another generation of white people unconscious of the racism rootkit running full speed in their unconscious minds supporting and sustaining

existing racist structures and institutions. The rootkit controls their reality before they get out of high school.

Let's add another piece to this puzzle. If black folk want to have a real shot at the American Dream (We still calling it that?), we have to be willing, by and large, to dramatically increase the amount of contact we have with white people in this society. White people running a race- based rootkit that the great majority are mostly unaware of. Black folks suspect they are all running it as per the well documented history of this country. That if white people are in the room...so is the rootkit.

White people don't get that in order for People of Color to have ongoing contact with the largely white United States of America, there is a price we as People of Color will pay...in our hearts, in our minds, in our souls, especially in our identity as we wrestle with the incessant questioning of ourselves about all that contact all the time. Consorting with the enemy if you will. And a very dangerous one.

Not the white people per se. The rootkit.

There is a constant trade-oW that has to be made inside all of us to not only participate but to rise in leadership in this culture. Find a copy of Ellis Cose's *Rage of a Privileged Class* and read it.

This extracts something, something important, every time we look around in work and life and, once again, we are surrounded by folks who looked nothing like us. We are surrounded by white people who don't get us or our story or our people.

White people who have had little curiosity about such things and are, by and large, completely unaware and unconscious to their own deeply-hidden race socialization. They just keep on being happy, living their comfortable white lives.

In their eWorts to reach out and make us more comfortable in those largely white settings in work and life, some invariably say one of the expressions that will cause me to immediately mistrust a white person:

“I don’t see you as a black man. I see you as a man.”

I can’t tell you how many times I heard that in my life. Makes my belly ache just thinking about it.

To actually see me as a black man coming out of a black experience in this race-based country, this white supremacist country that includes centuries of horrible shit, lands a devastating blow to white people’s egos, to their self-perception about the kind of white people white people actually are. And their families. And friends. And work mates. And their ancestors.

It would mean questioning all of their lineage all the way back to the beginning. And truly seeing a lot of those white-people myths and stories crumble as they realize again, and again, how those ancestors were products of their race-based times. By and large, most were completely OK with it. They don’t say that in the history books do they?

“Why can’t we all just be human?” they’d wail again and again. Why indeed.

There they were, still thinking that somehow the answers reside in me and not in them.

I see you Rootkit!

Men and women who are still looking outside of themselves, their own lives and their stories for the answers on how they will reinvent themselves and their choices to include more...many more...People of Color in their very ordinary lives. People of Color who sit in their living rooms, hold their kids lovingly, speak to them as old, dear friends. Men of Color



and People of Color who are part and parcel of the familial fabric of their lives right where they live.

I become sad thinking of white people who still believe they can live primarily “white” lives, not knowing any People of Color at a depth level or have People of Color to their homes to break bread on a regular basis. And still call themselves “allys” in the struggle against race-based injustice.

I used to believe I could use some of my talent and skills at building bomb-ass transformational workshops to create one that would help white people to finally break free of the gravity-like pull of the race socialization machinery and give them a fighting chance to beat it back once and for all.

And take a look at the obvious and very subtle forms of race influenced behaviors and choices. Working on implicit bias comes to mind. And micro-aggressions.

As you might imagine, it didn’t work. Not like I thought it would anyway.

I lost hope that most would ever really “get” the message and would ever really make changing that stuW inside of them the work of their current lifetimes.

That’s pretty true for white people in general in my experience. My proof. We’re still in this “anti-racism” struggle in 2020. 2020?...2020. And still getting our asses kicked.

My hope was that they would change. Not only to save themselves, which for most is not a compelling enough reason, but to be more appropriate to all People of Color in their line of sight and walks of life...which is even a less-compelling reason for many if not most. The race programming let’s them fool people of color into believing they are one of the ‘good white people’.

The unfortunate fact is there is simply no big enough “WHY” for white people to figure out the “HOW” when it comes to race, justice, equity, inclusion, diversity, and People of Color. Without a big enough “WHY,” nothing changes...especially around this very difficult and challenging area of society.

I keep trying. Building workshops. Writing posts and articles. Engaging in live conversations re: this ‘stuW’. I so need white people to change and help change the systems and institutions so that all the damage being done to People of Color in this country lessen dramatically and eventually end, centuries after the promise. And none of it can change without the full and complete enrollment of white people.

White people have life experiences sometimes that wake up some of them up for a brief and shining moment...then the race program, temporarily dormant and snickering to itself the whole time, \res itself right back up and takes over their consciousness again...and they never even know. It lulls them right back to white sleep. Somnambulism.

Many get exhausted pretty quickly holding the tension of staying aware, awake, and conscious, “woke!” all the time, to race and racial injustice issues around them in work and life. Pushing back against the race socialization machinery, the rootkit, every waking hour. 24/7.

They get exhausted. Again. It is, admittedly, exhausting work.

They do want things to change. They don’t want to have to change...to change things. Not around this race stuW. Too scary.

They just go back to doing what they always have done, hanging with those they’ve always hung with.

They never even know they have quit on themselves...or People of Color...again.

That's how subtle the race consciousness programming, that deeply embedded racism rootkit, works. They never feel themselves drifting away from that passionate stance they took just a short while ago to make a difference. They just drift, then poof! They go mostly right back to their "old normal."

White people still don't get that becoming fervent and passionate anti-racists, all over their lives...everywhere (which, by the way, we should all be all the time) was about THEM getting THEIR freedom finally as well. Racism has imprisoned all of us for the hundreds of years it's played out violently and daily on the public stage. Black folk and People of Color get the deadly, violent end of the stick, but racism requires a party of two.

The race and racism kerfuffle is a bitch of a master.

We have gone in a full circle on race so many times in this country only to arrive back at Square One again. For the umpteenth time.

We are there again after the vicious George Floyd, Breonna Taylor, Ahmaud Arbery, and Rayshard Brooks murders. We've circled the block on race in this country only to arrive back...here.

And some white people are still saying "They should have obeyed/not resisted/not run/not...not...not...In other words it's not police culture that's soiled and killing unarmed, nonviolent black folks.

It's black folks' fault that police keep killing black folks.

Who was it that said, "It feels like déjà vu all over again?"

Jim Mitchell

Educator.Facilitator.Trainer.Teacher.Executive  
Coach.Presenter.Guide.Mentor.

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