

THINGS WE CAN DO FOR THE BENEFIT OF OUR PEOPLE

Below is a compiled list of ideas from B.A.M Open Discussion participants in regards to things we can do for the benefit of our people and community.

- Speak only Positive; Be solution orientated.
- Be critical without criticizing; Never strip a person without giving them something to hold on to. Keep your neighborhood clean; pick up trash never trash your neighborhood.
- Define Divine Love, and make it a practice of life.
- Be vigilant and never hold resentment; “Disease of the Heart, damages our perception.
- Practice the Art of listening, the main component in true communication.
- Always identify your motives in each interaction
- Define (Spiritual) Pride and denounce it.
- When your brother is in adversity assist him, when your sister is in trouble forsake her not. Identify your elders and cultivate them
- Speak through your language; never leave your brother with a harsh word.
- Always nurture positive healing affirmations; God forgive me for expecting out of humans what’s only found in the Divine!
- Be such a person and live such a life, if every person were such as you and every life like yours; this earth would be our paradise.
- Always, Support Black Business.
- Practice gratitude as a way of life.
- Eat to live.
- Study Self (Body, Mind Spirit)
- Be vigilant over your thinking; (think about what you’re thinking about).
- Learn how to breathe...

- Always speak life, not death...
- Speak and live principles, not doctrine or dogma...
- Express gratitude
- Come up with Black theology and getting back to the correct concept of God
- Gain knowledge of self (including our body)
- Gain power of mind (innerstanding and overstanding)
- Know exactly what is happening (know the traps to avoid them)
- Start creating our own things instead of complaining
- Understand the Universal Laws
- Focus on Chakra energy
- Create educational system
- Create a self governing system
- Return back to nature
- Resource management
- Document our own STORY (as opposed to HIStory)
- Know thyself: difference between know thyself and know yourself: know our history and ourselves, we are spirit...know yourself: astrological signs, etc. -- realize who we are as individual human beings
- We have to build the family back up (and get the man and the woman back up)
- Use art/talents to give our people information and inspiration
- Create tangible information to help our people understand what is going on
- Help our people understand the importance of healthy eating
- Create a platform for Unity
- Hold free community events to give people information and resources
- Give useful information as social media
- Support black businesses as much as possible
- Define Freedom in a way that everyone can understand
- Connect with other black organizations

- Provide food and resources for our people
- Create homeless shelter/housing for those without it
- Encourage and provide healing for our people
- Provide SOTC Training (Skills OutsideThe Classroom)
- Provide a Safe Haven for Children
- Educate or Tutor a Neighbor's Child or Children
- Help a Struggling Neighbor or Neighbors
- Give Excess or Unwanted Items / Clothing to the Less Fortunate
- Provide African and African American History, Events, Trips, etc.
for
- the Community
- Start a Carpool (for school children, college students, young adults
who
- need a ride to work.....)
- Start a Legal Class or Survival Seminars for the Communities
- Start a Neighborhood Watch
- Start a Committee to Open More Recreational Activities for the
African American Children and Young Adults
- Start A Class Teaching About the African American Families, and
the African American Relationships
- Start a Community Garden and Provide Health Classes
- Start a Chain of Black Businesses Connecting With the
Communities To Provide More Jobs
- Become a Chronicler of Family History: As individuals, we can
speak to the elders in our family and record their stories of
struggles against oppression and their triumphs in life. Just as
importantly, you can record the history that your family is making
today. Brothers and sisters and cousins---not just elders--are
creating history too. If we take it upon ourselves to preserve family

history, this can encourage the entire family to engage in ongoing conversation about Liberation and strengthening the family.

- Encourage the Teaching of Black History: Although public schools will not promote Black history, we can do so in the social spaces and the places of worship in which we commune with other Black people. One example: If you attend worship services at a church or a mosque, ask worship leaders if it is possible to dedicate "Bible Study" classes to the study of Black history. Perhaps this might spark an ongoing program where worship is a place to study Blackness and not just religious texts.
- When discussing the advancements of Black people, discuss a broad range of Black thinkers and leaders: We all know of Malcolm X, MLK and Marcus Garvey. But in our discussions of Black history, we can make sure to uplift our foremothers as well as our forefathers, and to elevate Afrocentric thinkers/leaders as well as those who operated in the mainstream.
- Never Put Down Other Black People Even When You Are Critiquing Their Ideas: Often in discussions of Liberation and Enlightenment we have a tendency to speak in negative terms about Black people (e.g. "Black people don't get it"; "Black people are ignorant/need to wake up"; "Black people need to stop acting like slaves"). We need to challenge ourselves to speak about our challenges in CONSTRUCTIVE ways. We need to be careful not to perpetuate white-constructed stereotypes of each other as we promote "uplift" and "advancement" as a collective.
- Invoke the memory of elders/ancestors in social gatherings and discussions: Beginning assemblies/gatherings with a moment of remembrance for elders in your life who have passed or historical leaders can be a good way to generate an ethic of respect in

conversations, particularly conversations about the Black political struggle, spirituality or Liberation.

- When possible, give to your brothers and sisters in need when you are asked to give without asking questions or placing conditions: We have to be smart in protecting ourselves, yes, but sometimes when a Black person is in need, its good to cast of Euro-normative conceptions of "every man for himself" and just give when you are asked to give. Its one way to practice resisting capitalist ideologies AND at the same time help a brother or sister.
- Listen to and Respect Elders, but also Listen to Black Youth: Honoring the ideas of younger members of the community is just as important to mending intergenerational divides as respecting elders.

For more information, please email **blackawakeningmovement@gmail.com** or visit **www.blackawakeningmovement.com**