



Inter-generational Wisdom: an Interactive Workshop

Dr. César Cruz

MIHA
Mental Health America
B4Stage4

Ofrenda/Offering



Ancestors

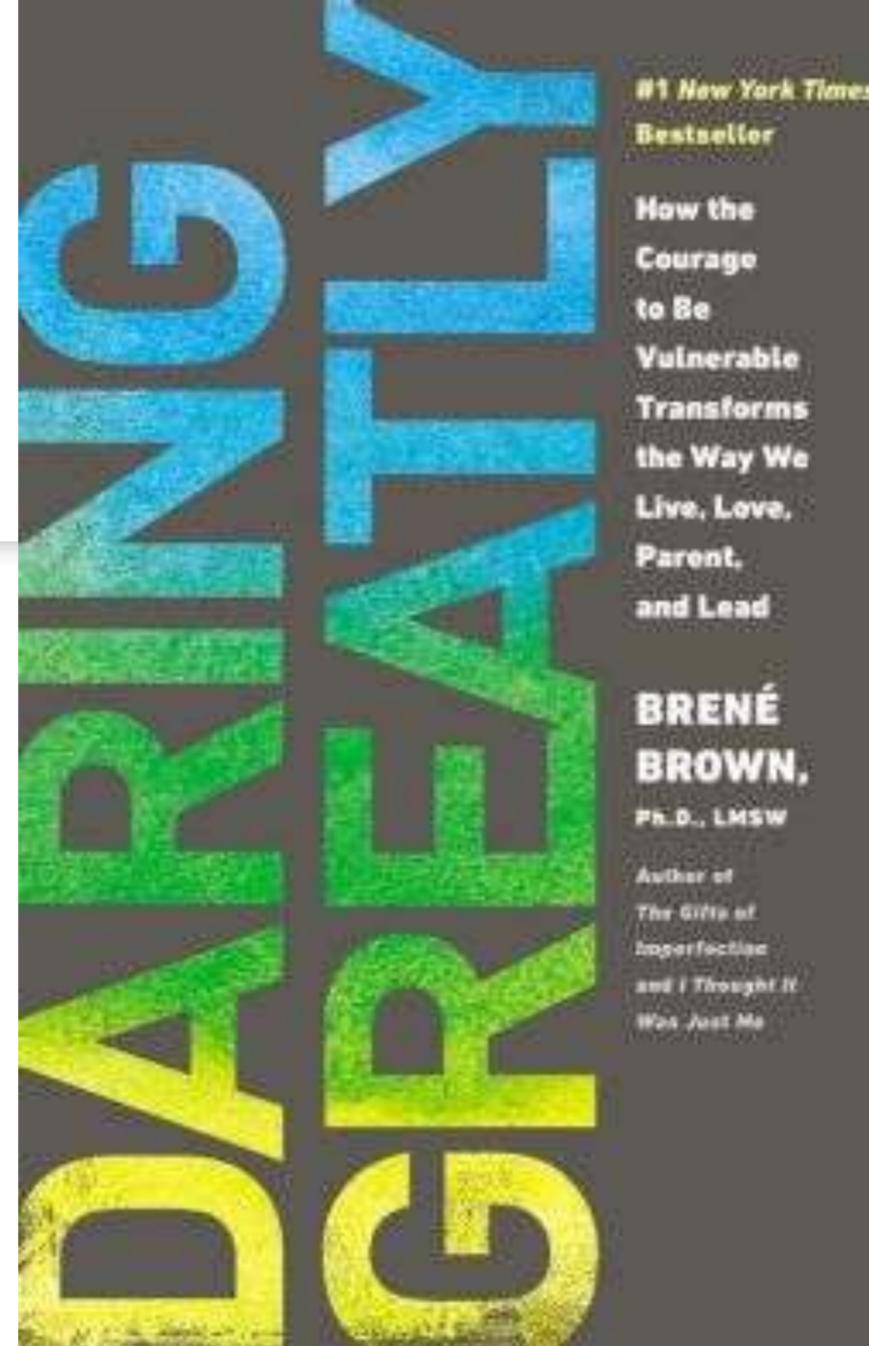
Permission to speak

Invitation to channel
your own
intergenerational
wisdom



www.HomiesEmpowerment.CO

Our stories...



Road Map



Intergenerational Wisdom



Our Sheroes



An Intergenerational Letter



The Generations Speak –A spirit read

RUBY IBARRA feat.
ROCKY RIVERA, KLASSY & FAITH SANTILLA

U.S.

What do you **see/hear** that relates to **intergenerational wisdom**?
Where do you **draw connections** between **Pinay/Pilipino culture** and your own?

On the chat

What did you **see and hear** that relates to **intergenerational wisdom**?

Where do you **draw connections** between **Pinay/Pilipino culture** and **your own**?

*If we carry
intergenerational
trauma (and we do),
then we also carry
intergenerational
wisdom. Its in our
genes and in our
DNA.*

– Kazu Haga

©TherapyCoyle

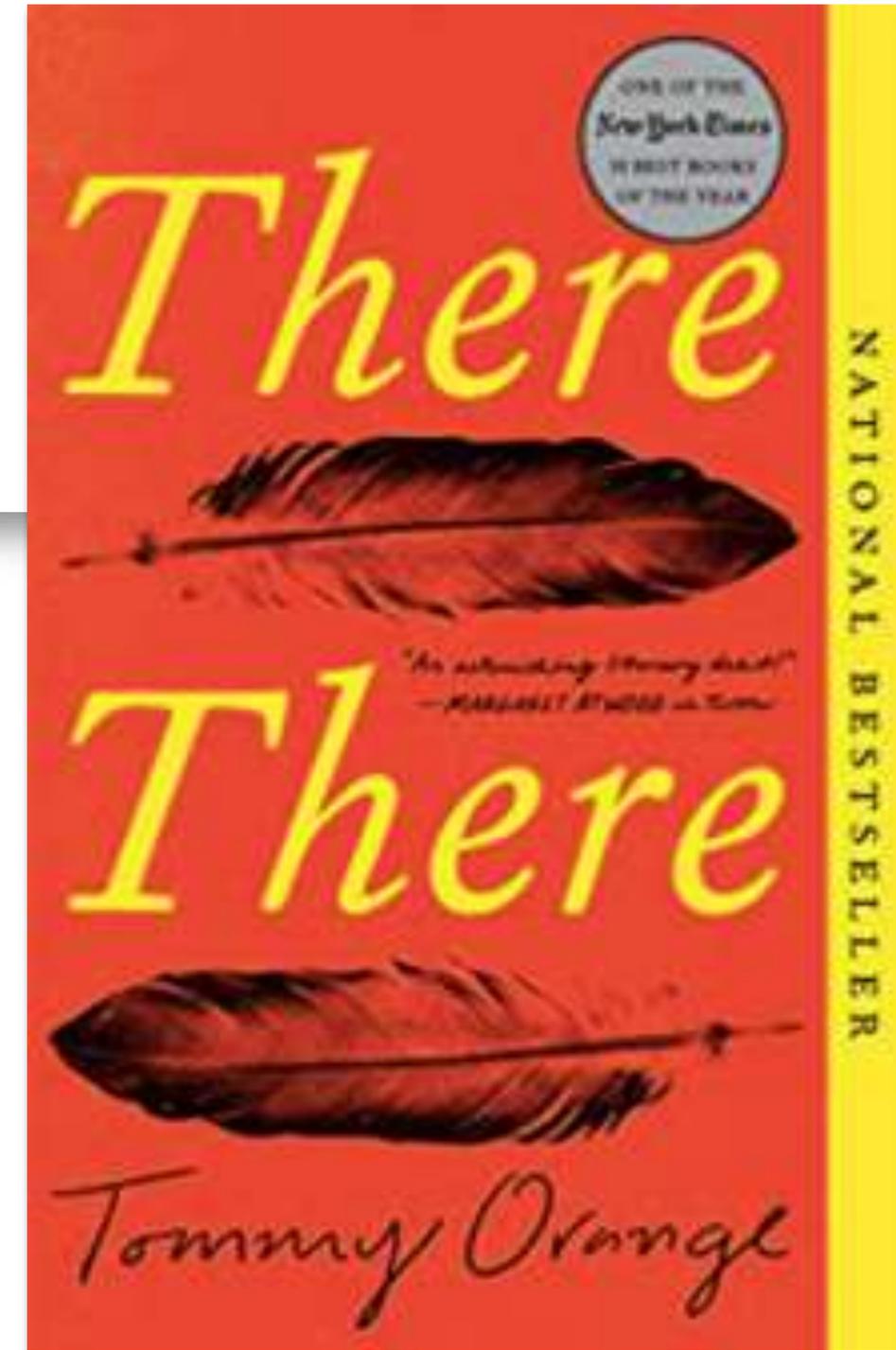


Victoria
to
Socorro
to
Martha
to
Me



Intergenerational Wisdom still there “There, There”

“ We are the memories we don’t remember,
which live in us,
which we feel,
which make us sing and dance and pray the way we do,
feelings from memories that flare and bloom unexpectedly in
our lives like blood through a blanket from a wound made by a
bullet
fired by a man shooting us in the back for our hair,
for our heads, for a bounty, or just to get rid of us.”





We have to
write
right

Think about an elder and their wisdom

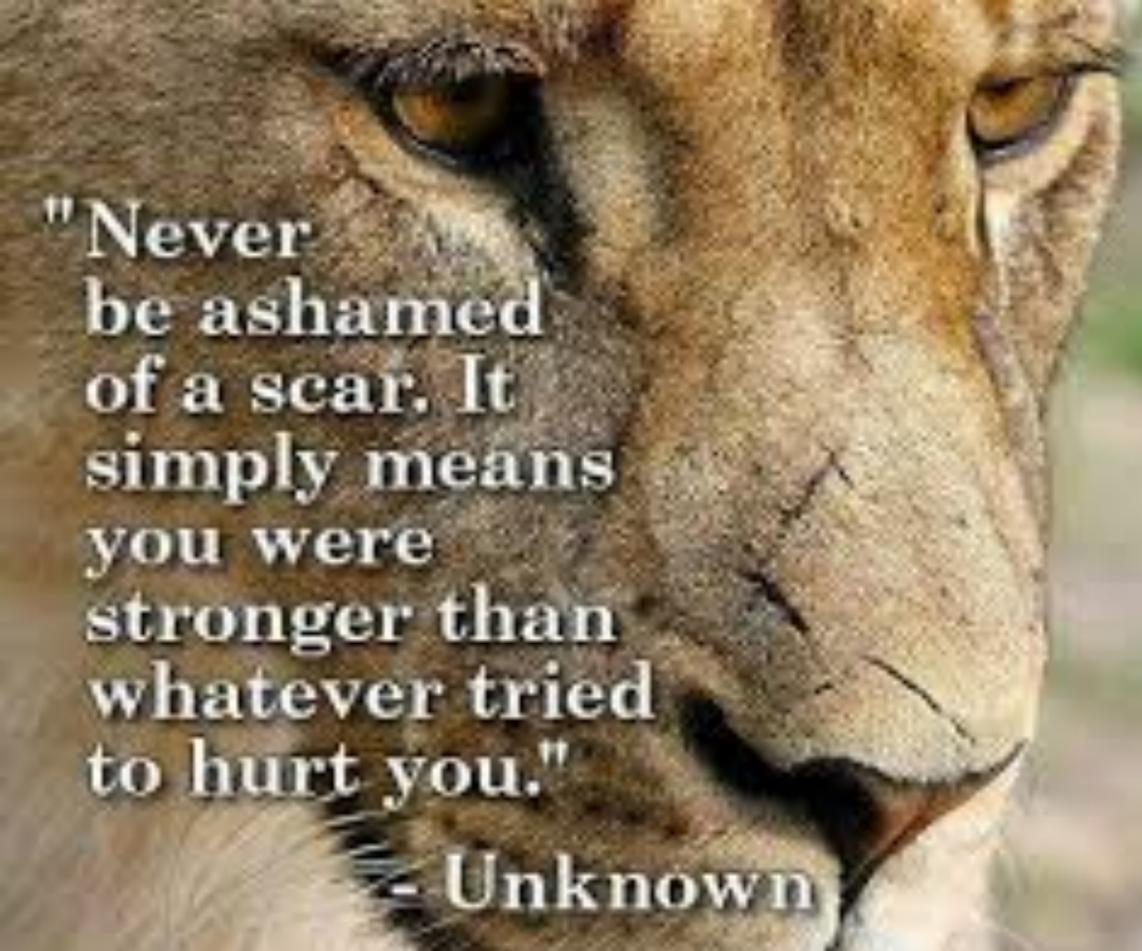
Grandma/Abuela

Elder

Teacher/Mentor

Leader

Shero



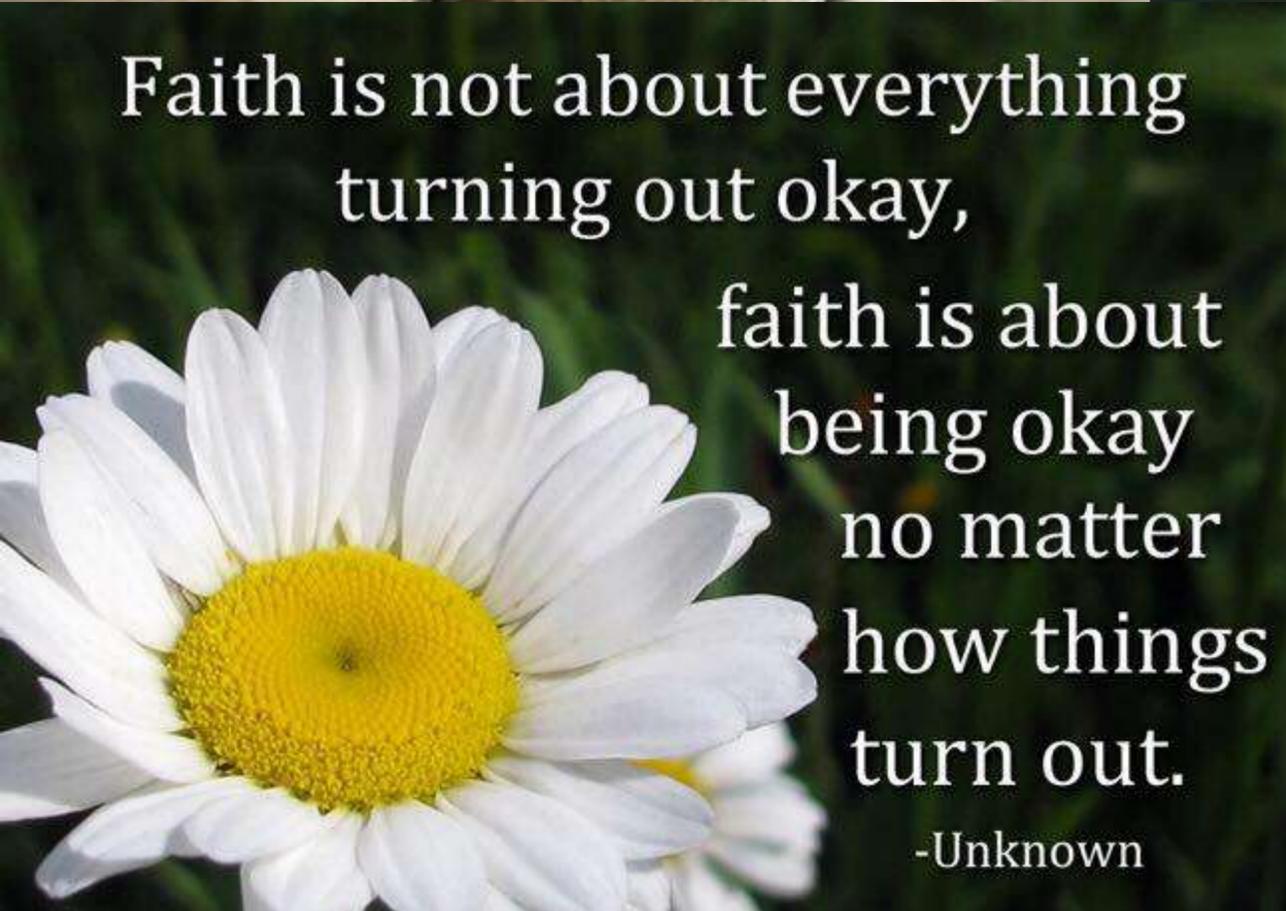
"Never
be ashamed
of a scar. It
simply means
you were
stronger than
whatever tried
to hurt you."

- Unknown

Your strongest muscle
and worst enemy
is your mind.
Train it well.

You were given
this life because
you are *strong*
enough to
live it.

Unknown



Faith is not about everything
turning out okay,
faith is about
being okay
no matter
how things
turn out.

-Unknown

faith and
fear both ask
me to believe
in something
i can't see.
i choose
faith.

YOU CAN'T START
THE NEXT CHAPTER
OF YOUR LIFE
IF YOU KEEP
RE-READING
THE LAST ONE

Recalling Intergenerational Wisdom Journal Moment



Recall a time when you brought up a memory/dicho (saying)/wisdom/quote to help yourself or someone else.



What was it?



What context did that help you or someone else?



As you look back, where did it come from?

Homies Empowerment/XITO

Re-braiding Our Wisdom through Dichos

Write down 7 dichos and where/whom do they come from!

•



Dicho/Root

• •

Dicho/Root

•

Dicho/Root

• • •

Dicho/Root

• •

Dicho/Root

•

Dicho/Root

Dicho/Root



Share your dicho/quote on the chat.



Collect as many as you can.

Road 1

Intergenerational Wisdom

Our Sheroes

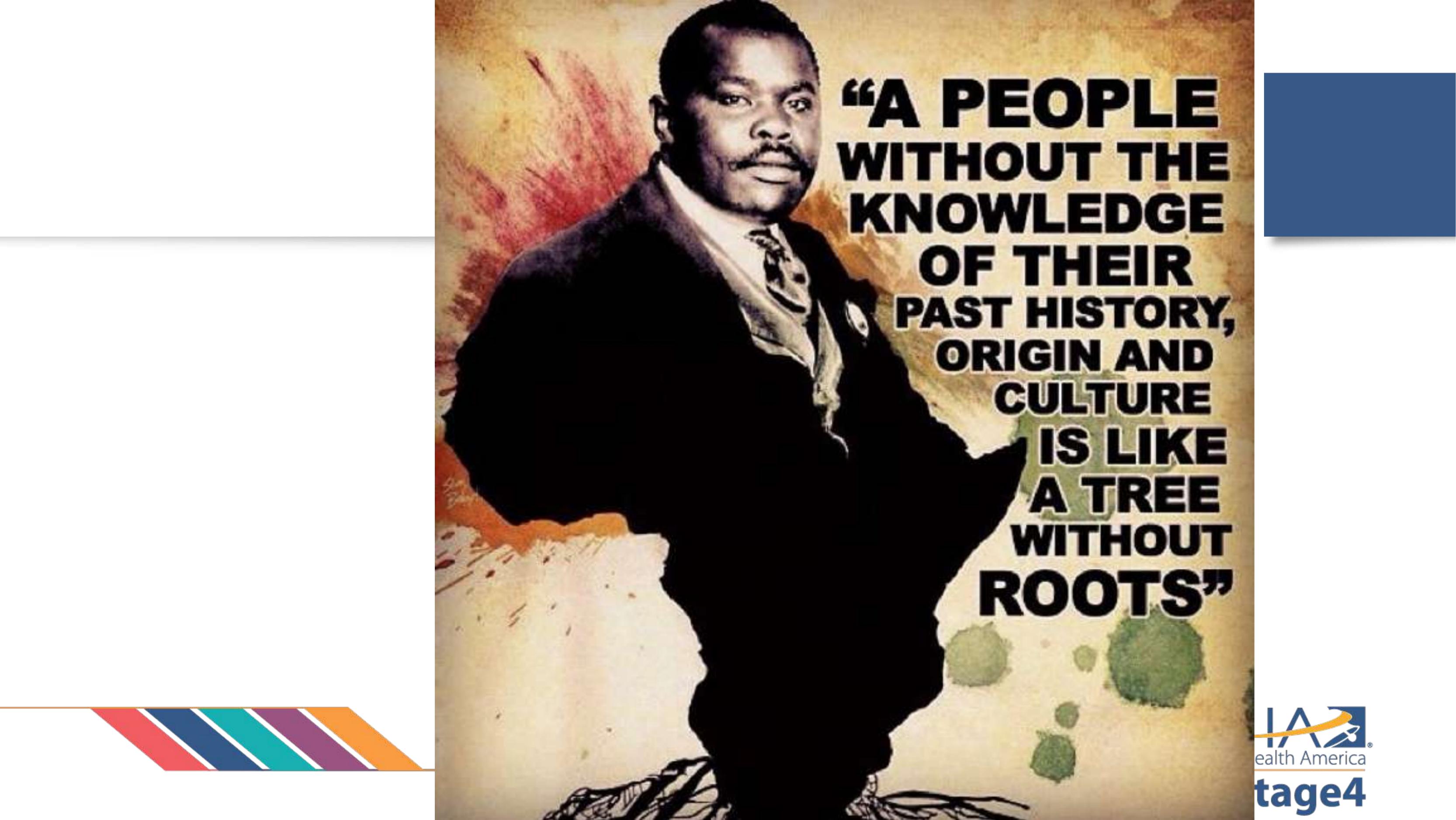
An Intergenerational Letter

The Generations Speak –A spirit read



Mirrors, Windows and Sliding Doors

Strategy for reclaiming Intergenerational Wisdom



**“A PEOPLE
WITHOUT THE
KNOWLEDGE
OF THEIR
PAST HISTORY,
ORIGIN AND
CULTURE
IS LIKE
A TREE
WITHOUT
ROOTS”**

The words we carry

Carrying 5 words



Mom left: Migration





Deported (MOM)





Perdido : LOST



Who are we before “conquest”?



Re-rooting as healing from root shock



Re-rooting as healing from root shock

go

*Proclama
al
Pueblo de California.*

Los Delegados del Pueblo, reunidos en convencion han formado una constitucion que se os somete ahora para vuestra ratificacion. El tiempo y modo de votar sobre esta constitucion y de celebrar la primera eleccion general, estan claramente explicados en el Apéndice; todo el asunto pues se deja á vuestra despreocupada y deliberada consideracion.

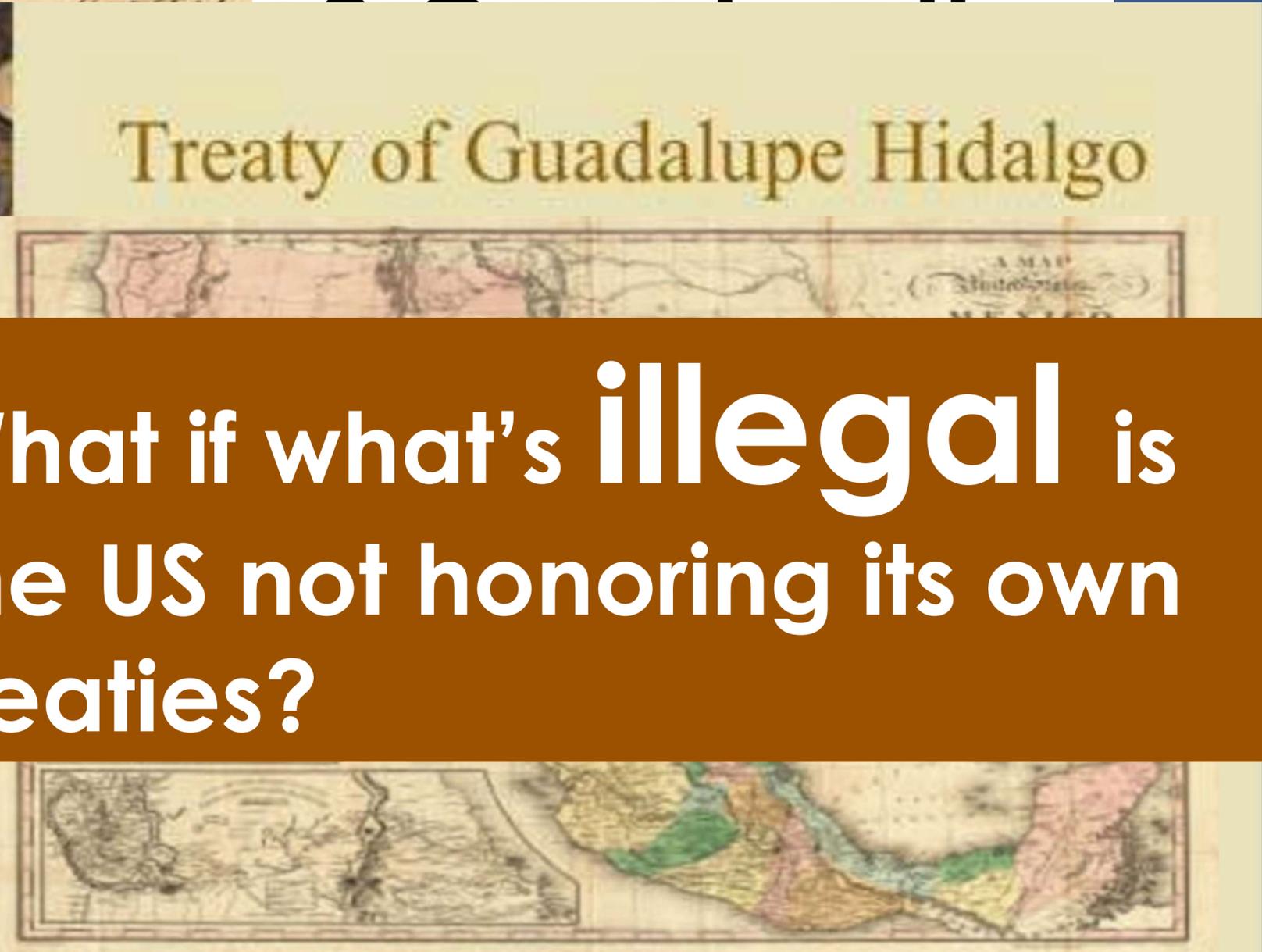
El Jefe de cada distrito designará los lugares en donde se debe convocar para votar, y dará el debido aviso para la eleccion en conformidad con las prevenciones de la constitucion y del apéndice.

Se desea ahora que el Pueblo establezca un gobierno para si mismo, y nombre los empleados que necesite para hacer y ejecutar las leyes. El Ejecutivo actual desea sinceramente que nuestra eleccion sea acertada y que el gobierno que va á establecer asegure la felicidad y bien estar permanente del nuevo Estado, y si llegare á ratificar la constitucion tendrá mucho gusto en transmitir sus facultades al individuo que el pueblo elija para su sucesor.

Dado en Monterey, California á los doce dias del mes de Octubre de 1849.

*Firmado por B. Riley
Gen. de Brig. del Ejerc. de los E. U.
y Gobernador de California.*

*En Oficio
Firmado por W. Hallack
Capt. y Sec. de Estado*



What if what's **illegal** is the US not honoring its own treaties?

California, Texas,
Nevada, Oregon
"Nuevo Mexico"





Rootstraps



Re-mem-bering as healing



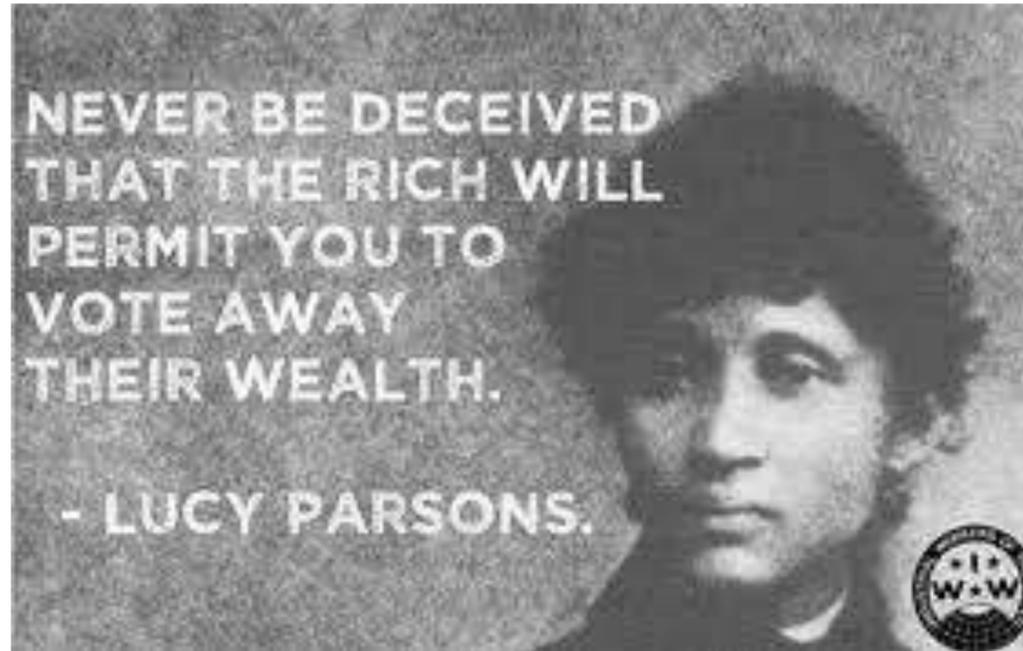
History as healing



LUCY PARSONS
1853-1942

**“more dangerous than a
thousand rioters”**

- Chicago Police Department



On May 1, 1886, Lucy and Albert led 80,000 workers on a march to launch a general strike. A rally to protest police brutality was called for May 4 in Haymarket Square, Chicago. When police ordered people to disperse, a bomb was thrown and killed one officer. Probably involving use of a provocateur, this incident became the excuse to arrest 8 innocent men including Albert Parsons. He was hanged with 3 other leaders.

**Re-member:
Harriet Tubman
Organizing:
The Underground
Railroad**



Madiba:

The BBC NEWS logo is centered on a dark red square. The letters 'B', 'B', and 'C' are each contained within a white square, and the word 'NEWS' is written in white capital letters below them.

BBC
NEWS

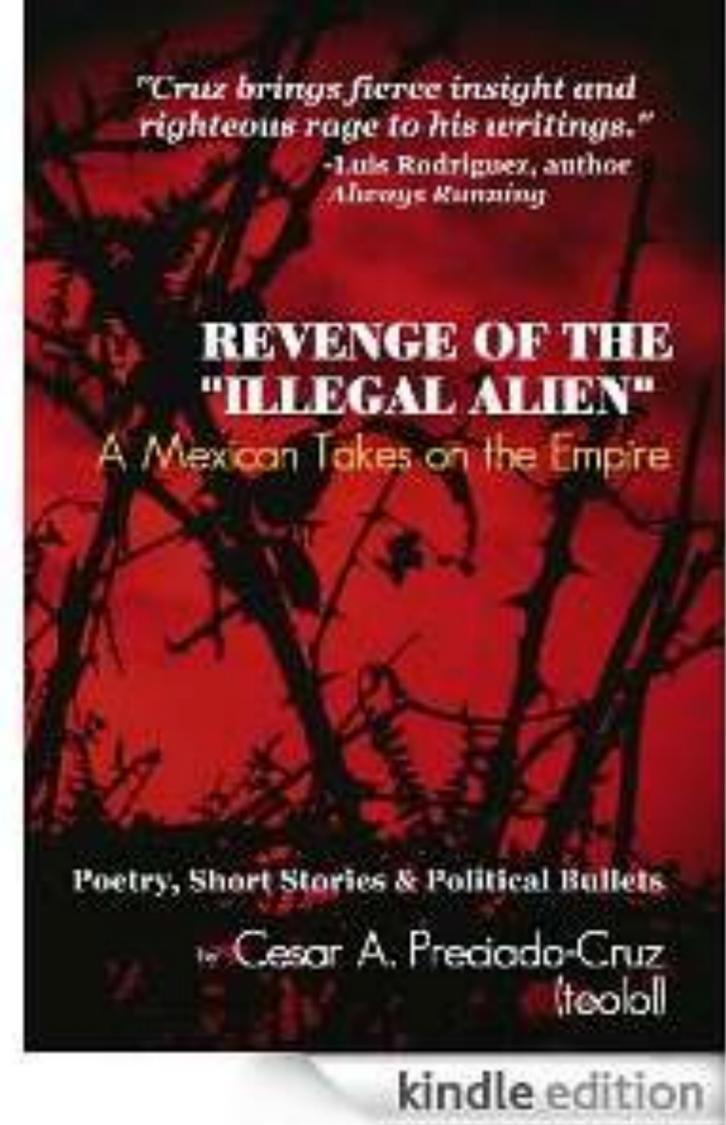
What would an elder say to us about balance?

“Ashamed that I got busy with politics that I forgot the people that were kind to me (family).”

-Nelson Mandela (Madiba)

Release to not implode, to breathe, to share
what has been passed on to you

Dear César,
You have been their illegal
and wetback for far too long.
You don't know me, but I know
you and your spirit. I was named
Joaquin Murrieta. I know
that you have that poster — when
they cut off my head, but who
would take the time to share with
you who I really was, and what
I stood for. I know that you
worry about getting your head
cut off, but that fear
is always going to stop you from
radiating your divine light.



**When writing (righting)
finally matters!**

See the *invisible 21 foot ladder*,
not just the 20 foot fence.

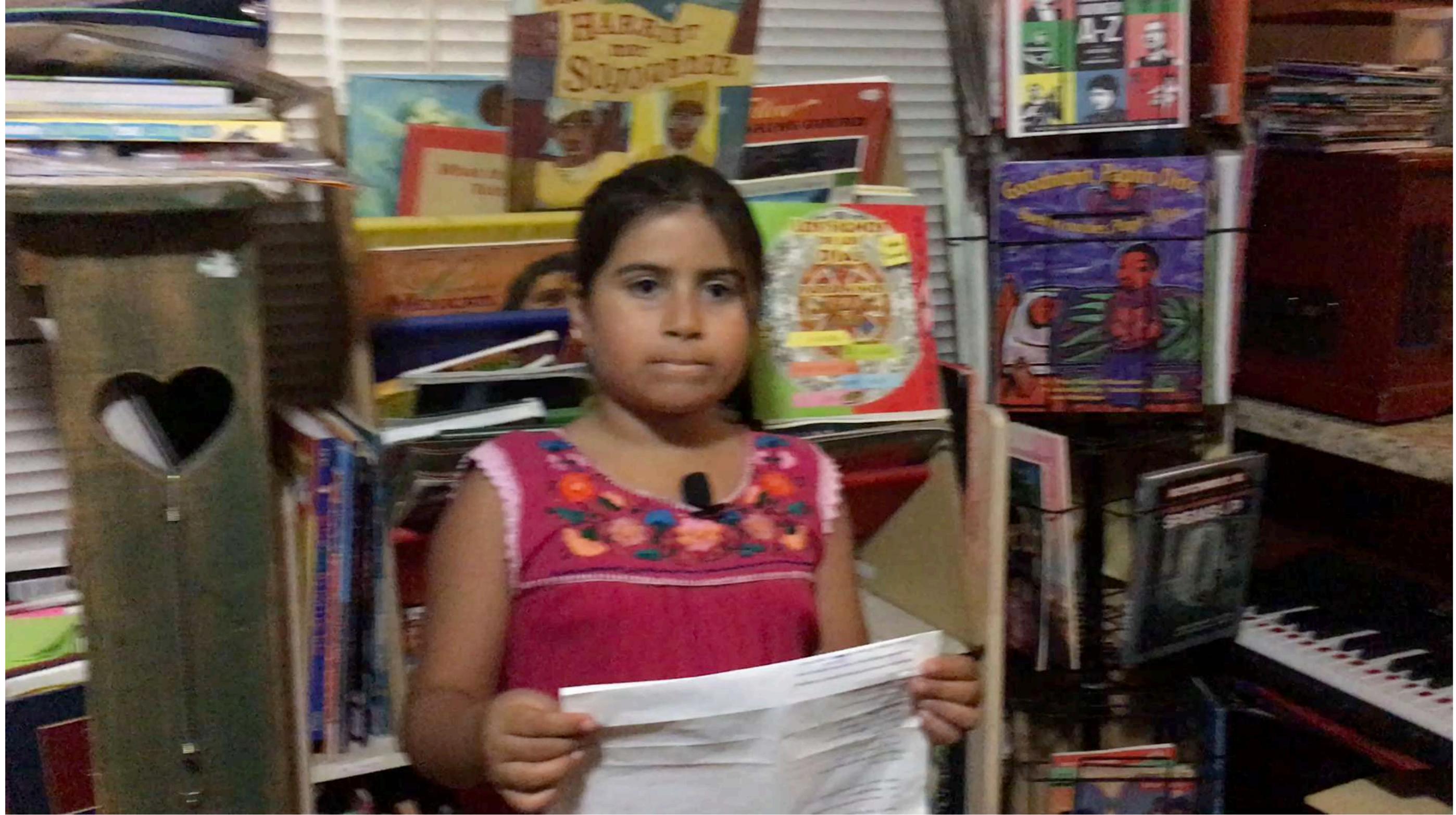


Road Map

Intergenerational Wisdom
Our Sheroes

An Intergenerational Letter

The Generations Speak –A spirit read





"There was one of two things I had a right to: liberty or death. If I could not have one, I would take the other, for no man should take me alive. I should fight for liberty as long as my strength lasted."

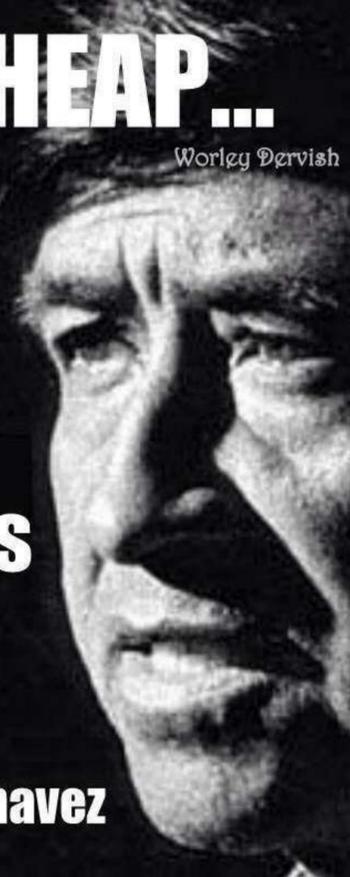
~Harriet Tubman

"TALK is CHEAP...

Worlgy Dervish

It is the way we organize and use our lives every day that tells what we believe in."

-Cesar Chavez



THE SPIRIT OF CRAZY HORSE



CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION AND THAT IS AN ACT OF POLITICAL WARFARE.

AUDRE LORDE



Please take a few minutes and have an elder/ancestor, some who gives you hope, write to you in these times.

The ancestors are offering advice, strength, lessons, and they know your assets and fears! They know the core of you. Please begin with;

Dear _____,

Upon suffering beyond suffering: the Red Nation shall rise again and it shall be a blessing for a sick world. A world filled with broken promises, selfishness and separations. A world longing for light again. I see a time of Seven Generations when all the colors of mankind will gather under the Sacred Tree of Life and the whole Earth will become one circle again.

--Crazy Horse--

Road

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