



ARABA

J'S  
HEALING



# BLACK LIBERATION PSYCH



AYA EDUCATIONAL INSTITUTE 2023-24

COURSE | PERFORMANCE | TRANSFORMATION

Oppression, menticide, and injected oppression are real and growing. Integration was an invasion. Self-doubt, self-deprecation, and deference to oppressors were injected into our veins and psyches. This injected oppression exists within us and between us. We are responsible for countering, healing, and flipping it from defense to offense, making us better warriors, healers, and builders.

Starting with a foundation of Afrikan culture, Amos N. Wilson, and AYA's Warriors - Healers - Builders theory and practice, the course ***Black Liberation Psych*** extracts key ideas and strategies from Afrikan psychologists, thinkers, educators, writers, "ourstorians," artists, and organizers committed to Black liberation psychology. Once extracted, we study them and seek their application for today.

Here, we look at the work and the words of Ghana writer, ***Nana Ayi Kwei Armah*** through his character Araba Jesiwa

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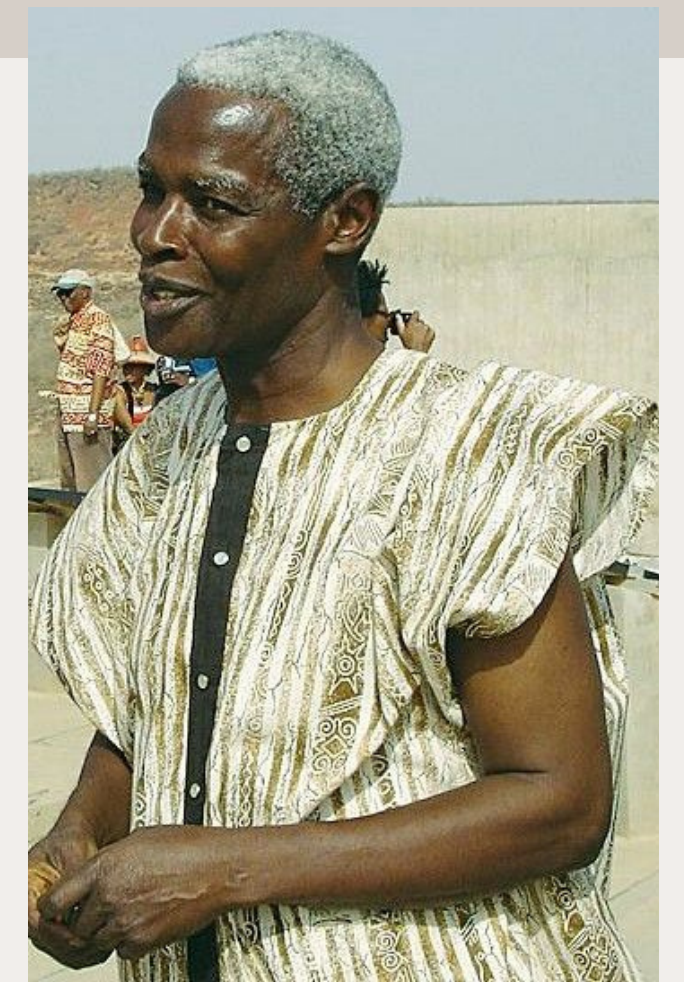
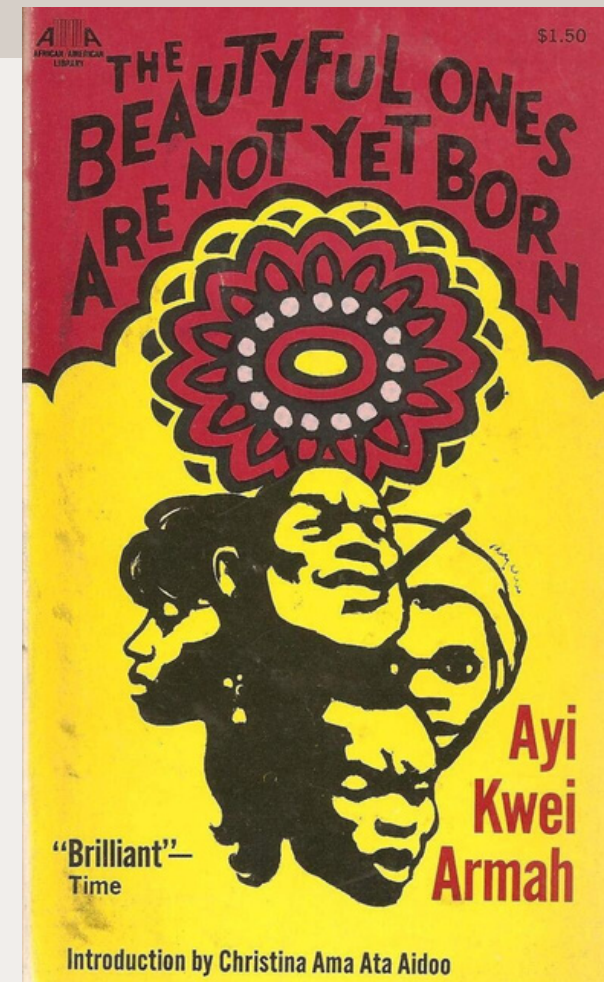
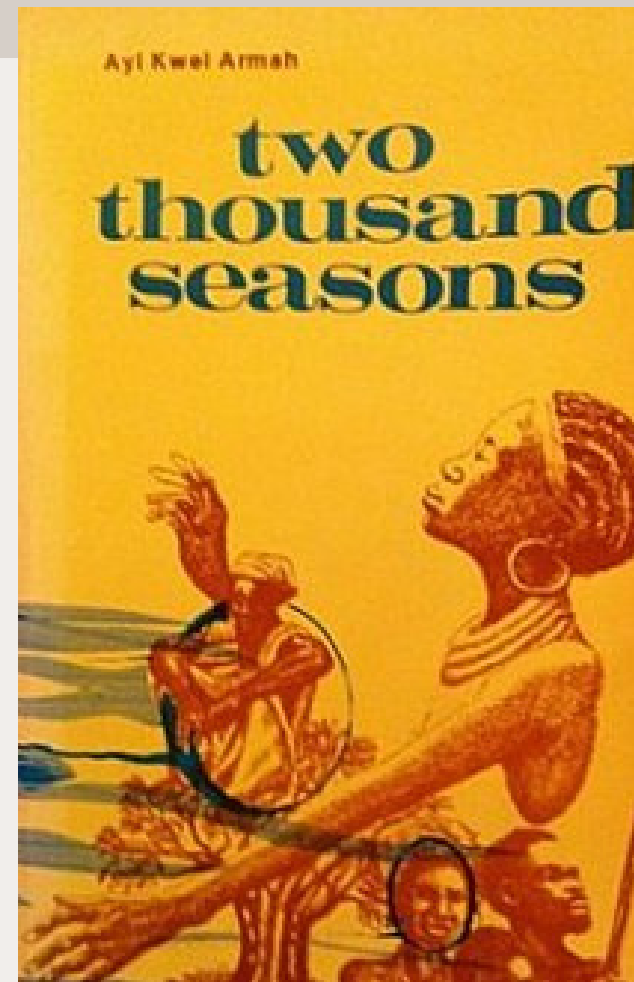
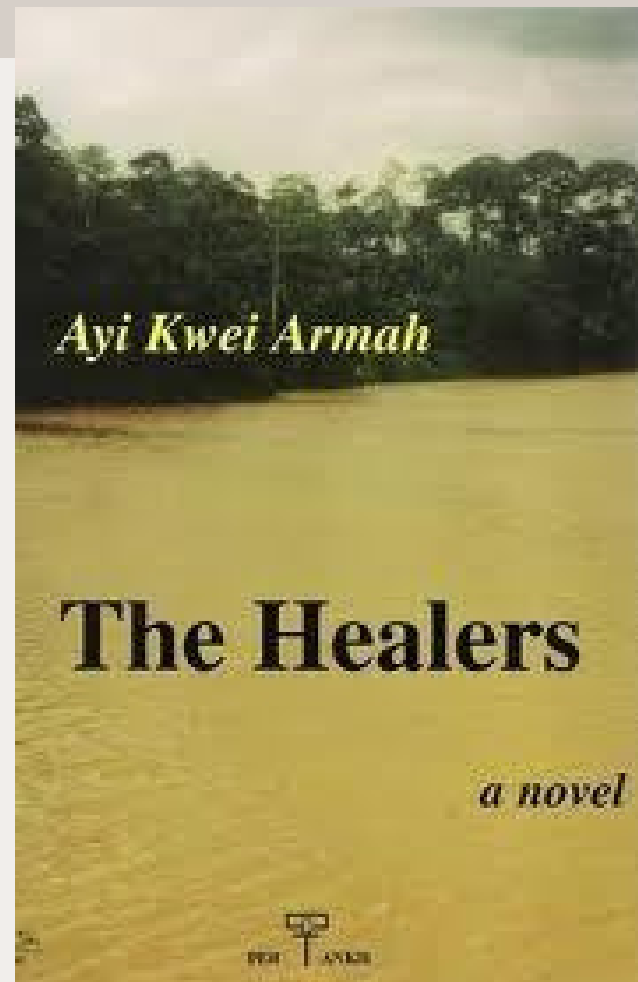
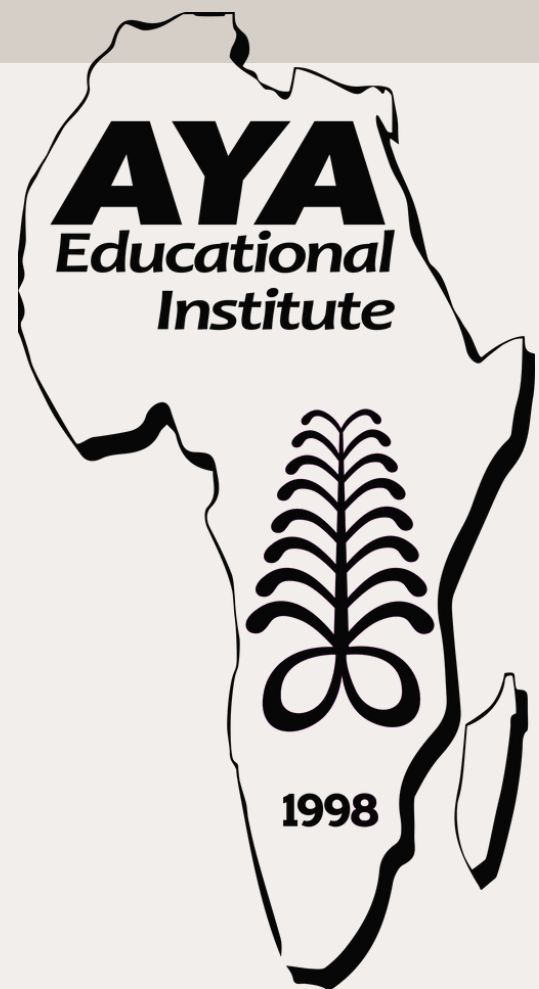
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HEALING



# THE HEALERS

In this course, Nana Ayi Kwei Armah and his novel, *The Healers*, remind us that our instruction for psychological healing from oppression, injected oppression, or menticide will flow from the many rivers of our culture. The book is dedicated to illuminating those in our culture who separate themselves from the fragmenters, exploiters, and destroyers, and who live and represent the healing and unifying forces. In *The Healers*, Nana Armah, speaks through many characters - Densu, Damfo, Anon, Araba Jesiwa, and others. It is Araba Jesiwa's reflection on her healing journey facilitated by the healer, Damfo, that provides some insight and direction for healing psyches and souls damaged by separation, racial oppression, and other forms of abuse.



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It was a dark time. She was childless, maybe even cursed. Depression was her constant companion until she found her way home. These were her steps as she recounted them to Densu.

# 1. PURGING

- Of The falsehoods that come out of the abused self.
  - What are the falsehoods that come out of the abused self?



Purification  
Cleansing





- Flusing out poisons from the body and soul
  - What are the poisons created by living with the falsehoods?
  - Poison ideas, emotions, behavior, etc.?

## 2. FLUSING



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# 3. REGAINING CONTACT

Regaining contact with more authentic Afrikan self abandoned in the past because false selves had offered the illusion of being “better” and the illusion of greater convenience.

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- *HOW HAS ABUSE INDUCED OR REQUIRED US TO ABANDONE OUR AFRIKAN SELVES?*
- *HOW HAVE WE COME TO SEE THE OTHER – NON AFRIKAN AS BETTER?*
- *HOW IS IT MORE CONVENIENT IF WE ADOPT THE FALSE SELVES?*



# JOYFUL REDISCOVERY

of our authentic Afrikan selves

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We've been alienated from our authentic, unadulterated Afrikan selves for a long, long time. At this stage, with joy and curiosity, we rediscover the Afrika we've forgotten - our languages, our traditions, our strategies, our relationships, our deities, our science, our culture, our stories, our depth, power and joy.





# RE - MARRIAGE

to Afrikan culture and the soul of Afrikan people (soul mates) who are closer to our own authentic Afrikan selves.

Discovery is joyful. Marriage is a commitment to our culture, our asili, and our people to create a new foundation that extends into the future.





Carrying new Afrikan life. Carrying the asili - the cultural seed "I am because we are and we are because I am.

# CONCEPTION

umuntu ngumuntu ngabantu

EXPECTANT OF FUTURE  
GENERATIONS



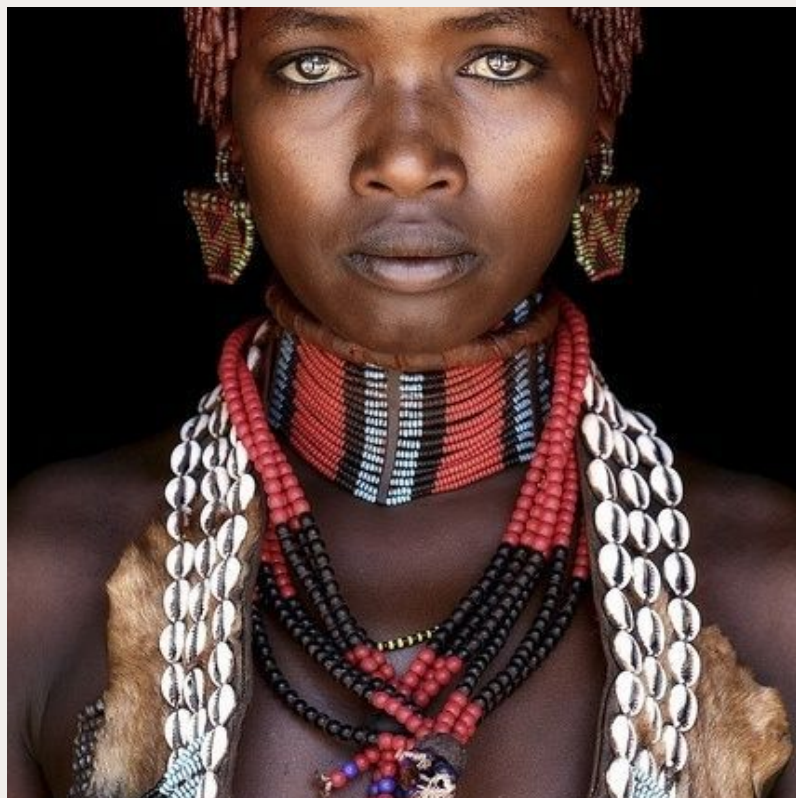


# DECISION & MOVEMENT

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to fight, heal, and build to  
protect and nurture that new  
life springing from awareness  
and fear that waiting and  
inaction will kill the new life  
and send us back into despair  
- the false European self.

&





A close-up photograph of a young child's face, showing their eyes wide open and their mouth slightly agape in a surprised or curious expression. The child has dark skin and dark hair. The background is a plain, light color.

So they

- Laugh at your locks
- Mispronounce this strange new name
- Ridicule your long drive to shop with your people
- Throw your resume in the trash before even meeting you

Sometimes, you wonder. Then you look at this new life and just laugh!

# JOY

IN THE PAIN OF BIRTH OF A  
NEW AFRIKAN LIFE