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

~~But its just how  
weve set it up.~~

If we organized our  
society around care,  
justice and healing  
the traumas of the  
last 500 years inst-  
ead of enriching b

# Decolonize your Mind Basics Updated

these are things to contin-  
uously reflect on, they  
arent 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 youve got stuff to  
unlearn.  
- Journaling is a good practice  
- So is meditation &  
mindfulness  
- learning to experience,  
process and resolve your  
shit.

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 learn-  
ing and growing much  
less exhausting. This is  
not work you can do  
by trying to shame &  
punish yourself better.  
13 Really, nothing is.

-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 heira/chys, make it  
really easy for the powerful  
to justify & profit from  
killing the most vulnerable.

\* Grocery prices doubled  
\* We're committing geno-  
cide & S (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 hous-  
ing and they become  
unaffordable

## It can get tricky at that point:

Some people punish them-  
selves when they've cause-  
d 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  
11 Harmed. It is spacia-

Thanks for reading!

This work is deeply personal, scary and joyful. It is the practice of unlearning the internalized white supremacy, ableism, sexism, classism, racism, violence. And we've just getting started.

### The already mega rich

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  
- Who we believe & why

of all sorts of problems

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

### so What's the issue?

- The ways that shame, anger, fear, disgust, jealousy show up in us and how we respond or react to them  
- How we cause harm with those learned behaviors  
- How we avoid discomfort emotionally and physically and often avoid the learning that comes from questioning harmful beliefs & patterns  
- How we react to authority  
- How biased toward violence we are

relationships

ly 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

\* 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 flaw.

competition and

As you start to gain better awareness of 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.

They do it a bunch of ways:

They're not convinced that this is normal.

### They're not convinced that this is normal.

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