

RACISM DEFINITION

The projection and acceptance of any feelings, thoughts, words and actions that are based on a belief that a person or group can be judged by the (color of their skin, gender, age, economic status, religion, etc), in an attempt to create a false sense of inferiority and superiority in order to justify and sanction mistreatment, inequality, injustice, mis-education, discrimination, ill-health, disenfranchisement, violence, economic disparity and the destruction of people, families, countries, ideas and institutions.

— Myeka

The Affects of Racism

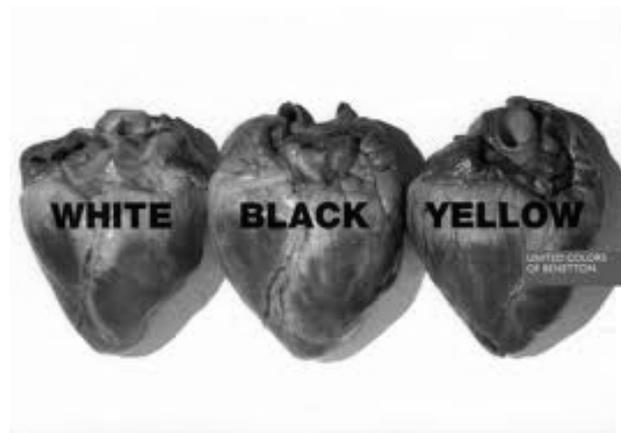
Racism affects our health by causing chronic stress among its victims. Researchers have found that people who experience discrimination are far more likely than others to develop high blood pressure and other stress-induced health effects.

—American Journal of Public Health 2001;91(6):927–932.

Racism poses a threat to financial viability and thus, impacts a person’s well-being.

Racism causes anger and rage which lead to increased crime and violence and thus higher crime rates and prison populations among those experiencing the effects.

Racism damages community cohesion, leaving broken families and homelessness.



Spiritual Growth Requires That We:

1. Discover and conquer our limiting programs, destructive impulses and toxic emotions.
2. Listen to the yearnings of our soul and value its expression more than any external distraction or superficial gimmick.
3. Find nourishment in truth, and satisfaction in discovery.
4. Maintain a positive attitude, seeking the good in all situations.
5. Strive to think, feel, speak, and act as our Highest Self would think, feel, speak, and act.
6. Give up attachment to any particular outcome.



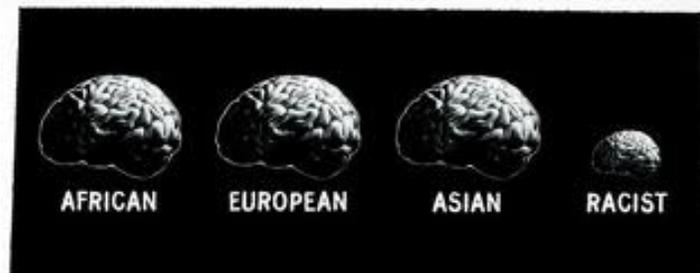
RACISM
WRONG

RACISM

Racism is one of the most pressing issues in the world today. Although, every nationality in America has been through some form of racism, we still seem incapable of understanding the damage it can and does do. Racism is a phenomenon that has been going on since Biblical times. One race or group of people believing that they are better than another. Any one with common sense can see that we are all humans and that color doesn't make us who we are. Our bodies are just vehicles for our minds and our spirit. When we set stereotypes based on color or other physical attributes, we only limit our self. It is a blessing when a person can be racist, see their error and correct themselves. When this happens their mind can expand to greater heights and they can mature. It is a shame that children are being raised in a society where racism still exists after so many years of war and pain. Racism stops harmony and joy, and as long as it exists in the world, we can never have peace.

“Racism is the belief that God created more than one race.
God created Man (male and female).”

—James Luther Bevel



Jokes

You know you are a racist when your house is on fire and you turn away the Black Fire Department.

You know you are a racist when you are drowning and you'd rather drown than be saved by a Black lifeguard.

You know you are a racist when you lock out a Black Angel and welcome a White devil.



See the butterfly likes me better than you.

