

SLAVERY

400 Years To Long

United States of America/Caribbean/South America

The Institution of Slavery

Inhumane
Cruel
Unjust
Sinful
Brutal
Barbaric
Non-loving
Genocidal

Human Bounty/Kidnapped/Enslaved/Forced Labor

Abused
Raped
Kidnapped
Murdered
Tortured
Hunted
Sold
Traded
Whipped
Child Trafficking
Guinea Pigs In Laboratory Experiments
Forced Breeding
Castrated
Brutalized
Chained
Cannibalized
Imprisoned
Sodomized
Branded
Hung/Lynched
Sexually Abuse
Mass Murdered
Victims of War

Stolen Legacy

Lost of motherland
Lost of Mother Wisdom
Lost of culture
Lost of family structure and relationships
Lost of inheritance

Purveyors of Slavery

England, Spain, Portugal
United States Federal Government
State Governments
County Governments
City Governments
Municipalities
Churches
Industry/Business
Medical Establishments
Schools
Prison Industrial Complex
Personal Slave Holders
Overseers
Ku Klux Klan
White Citizens Council
Upheld by Illegal Constitutions

Learned Behavior Patterns

Lying	Psychopath	Inability to grieve
Ignorance	Sociopath	Thievery
Inferiority	Un-forgiveness	Mimicking
Mean spirited	Adultery/fornication	Gossip
Self-hatred	Narcissism	Opinionated
No sexual boundaries	Attention deficit disorder	Trifling
Offender behavior	Multiple personality disorder	Judgmental
Cruelty	Cowardice	Homosexuality
No communication skills	Vengeful	Inferior feelings
Co-dependency	Lack of confidence	Unhealthy eating practices
Manipulative	Lack of integrity	Laziness
Schemer	Lack of will power	Hurt feelings
Vindictive	Lack of purpose	Fantasizer
Ill-intentions	Lack of positive thoughts	Selfishness
Violence	Lack of humility	Self-centered
Addictive behaviors	Lack of humanity	Petty
Distrust	Lack of discipline	Attention gathering
Shame	Lack of motivation	Unscientific
Fear	Frozen emotions	Disunity
Guilt	Ill health (physical)	Stress patterns
Incestuous behavior	Emotional imbalance	Complaining
Sexual perversions	Mental illness	

The Goal of Slavery

To create a race of people who would remain in a childish, dependent state, with no protection so that the greed and lusts of evil people could be pursued without visible consequences.

To exploit and misuse a race of people placed in a childish state so that economic goals could be pursued with free and forced labor, under the sound and the feel of the whip and the threat of torture and murder.

The Gains of Slavery

As a result of 400 years of slavery, Europeans amassed great amounts of wealth and built family empires as a result of free and forced labor and the theft of the creations of Black people. Not only were people exploited, but nature in addition, which led to the destruction of precious natural resources that have caused great environmental catastrophes that people of today are heirs of.

The Effects of Slavery

The internal scars, bruises and lash marks of slavery are still carried by people of color to this day. DNA, cellular memory and energetic systems continue to reproduce the crippling, frozen emotions, and mental and physical illnesses that are a by product of our ancestors slave experience.

People of color are still weak, dependent children in adult bodies who pretend to be something they are not. Constantly imitating white folks and seeking approval at the expense of others. Of course we can never measure up, no matter what we do, so toxic shame engulfs us, which makes us feel defective and incapable of conceptualizing, initiating, developing, maintaining and administrating viable institutions that reflect our true interest, nature and purpose for being.

People of color continue to re-enact the brutality of slavery on their children and family members. Beatings, name calling, put downs, and cursing are everyday practices behind closed doors. Incest looms large and is widespread among the masses and some of our most publicly successful and respectable families are not immune from this social disease. Unspoken, un-addressed, unhealed, this illness is carried from one generation to the next and is perpetrated by our preachers, principals, teachers, congressmen, stars, athletes and the common folk.. We have what appears to be socially rational, functional lives, but our personal and private lives are wrecked by stormy emotions which are a reflection of our unresolved pain.

We had no say about our lives during slavery. Like children we were always dependent (from the cradle to the grave) on our caretakers (slave masters) for survival. We had and developed no trust, autonomy, initiative, industry, identity or ego integrity. We developed instead mistrust, shame, doubt, guilt, inferiority, role diffusion, isolation, stagnation and despair.

Our feelings were bound in shame and we developed contempt for ourselves and others. To numb the pain we developed various addiction as escape routes. Our ego defenses became: projection (it happened to someone else, not me); dissociation (I don't remember that happening); denial (that's not really happening); repression (it never happened); conversion (I do something [eat, have sex, work hard, take drugs, drink alcohol] when I feel the pain); and minimizing (so it happened, its no big deal).

We are stuck in the reptilian brain cycle of repetition, constantly reliving the pain and suffering of our ancestors who are alive in us and our own present day misery and grief that keep us locked in the past. We are thus unproductive and incapable of generating creative solutions to our own and the world's problems. We exist, but we have no value, power or meaning.

The Outcome of Slavery

Slavery left a crippled and fractured nation. It has caused the destruction of entire cultures of people and the destruction of the manhood of the so-called Negro and the alienation of families. It has left females a mere

pawn in the dysfunctional family structure that has no real power to change the condition of herself or her family.

Continuing with the legacy of slavery the prison industrial complex has maintained a plan to fill the jails with Black males and females who suffer from the inherited ills of slavery which has never been treated. Slavery has caused all manner of social ills to be inflicted on people and continues to rear its ugly head in the lives of even our most distinguished citizens. Slavery has and still affects African, European and Indigenous American families.

Slavery has left a stench that continues to affect future descendants of American males and females, evidenced by the over flowing prisons and jails nationwide.

Slavery has left a divided and crippled American populace suffering from post traumatic stress syndrome.

Slavery has left two classes of people the haves and the have not's.

Slavery has weakened America from within, leaving her defenseless against the aggression of unfriendly nations who would prosper and gain through the annihilation of the people of the USA.

Slavery is not just a African and Indigenous American problem. Europeans likewise carry the disease. Obviously, Europeans are affected because they were participants in an unhealthy system of relationship.

SOLUTIONS

1. A therapeutic process designed to uproot the emotional toxicity of slavery.
2. A therapeutic process designed to eradicate the DNA programming and cellular memory of slavery.
3. A therapeutic process that fosters forgiveness.
4. A therapeutic process that awakens the creative generous of all Americans.

The following is a sample lawsuit that exemplifies the need for the United states government to invest in a process of healing the descendants of Africans kidnapped and enslaved in the Americas, and in fact even those who did the kidnapping because in truth they were sick and injured, which is evident by the nature of the act and subsequent actions.

UNITED STATES DISTRICT COURT WASHINGTON, D.C.

Helen L. Bevel and _____

Plaintiff,

-against-

COMPLAINT

The United States of America and the states of Virginia, Georgia, Alabama, Mississippi, Louisiana, Kentucky, Maryland, Arkansas, Missouri, Texas, South Carolina, Tennessee, New Jersey, New York, North Carolina, South Carolina, Delaware, Pennsylvania, Rhode Island, New Hampshire, Connecticut, Indiana, Illinois, Michigan, Massachusetts, Nebraska, Ohio, Wisconsin, Maine, Florida and Kansas.

President Barack H. Obama

Vice President Joe Biden

Attorney General Eric H. Holder, Jr.

United States Attorney Lanny D. Welch

Present day Congress

Present day Senators

Defendant.

1. At all times hereinafter mentioned, plaintiff was and still is a natural born citizen of the United States of America, State of _____.
2. Defendant, is the United States of America as represented by its chief of state and officers and states as represented by its elected officials.
3. The jurisdiction of this court is invoked pursuant to the:
 - Preamble of the Constitution of the United States of America
 - The Constitution of the United States of America
 - The Bill of Rights
 - The Declaration of Independence

BE IT KNOWN THAT