

**Collective Wisdom from  
An Embodied Conversation with the Internalized Colonizer Series  
convened by Lisa Iversen, MSW, LICSW, and Kate Regan, Ph.D.  
facilitated by Lisa Iversen, MSW, LICSW  
Session 2: March 1, 2014**

Participants in this second dialogue were asked five questions:

- Why are you here?
- What are your hopes, dreams, prayers for our children and future generations regarding our work with the internalized colonizer and colonialism?
- What would you say to invite others to join us in this work?
- Who/what are partners/resources in this dialogue with the internalized colonizer? (organizations, books, movies, people...)
- If you were at the first Internalized Colonizer session, what have you noticed about unfoldings between then and today?

Here's what participants in this second dialogue had to say:

Q: Why are you here?

To see and own parts of myself and my ancestry that I have excluded or tried to avoid seeing in the past.

Understand the pain and pressures passed on through my ancestors.

Wanting to be strong when you feel weak and small (America) does not justify taking others' humanity away (e.g., slavery).

To help my nephews (and their mom).

I'm here to embrace the colonized and colonizer in myself and to stop participating in this process for myself and future generations.

To remind me about my work and why it heals.

To learn. To see. To connect. To give and receive attention—to heal. To experience my humanity more deeply.

To find constructive ways to channel my guilt over my privilege and my colonizing.

Yes, echoing statement above. To experience constructive ways to work with this topic instead of continually beating myself up with depressing information that only seems to make me more disconnected and “numb.”

This work brings the humanity of the perpetrator and colonizer into perspective ... it does not aim to exclude or condemn them ... it simply let's truth be seen and shows how hard it is to see truth that a family/country has tried to hide for so long out of shame, guilt, and survival.

To learn how to heal, to heal, to see how injustices, like slavery, hurt everyone.

Strengthen compassion, love, unity.

Connection to ancestry, how colonization has impacted humanity.

Building for my grandchildren.

Q: What are your hopes, dreams, and prayers for our children and future generations regarding our work with the internal colonizer and colonialism?

That we are able to show how this is done, how to turn and look at the truth AND to create real opportunities to do this with those we/I colonized, and opportunities to speak to and be seen by those who colonized me/us.

That we will recognize the colonization and the effect that it has had and not pass it on so they can be free.

That we are able to acknowledge our history to the fullest, the grief, anger and sadness, as well as the courage, love, steadfastness, and honesty.

That we can see and acknowledge the complexities of humanity and give a place to each person within our ancestry and our history...so that the future generations will not have to hold the "frozen" state of denial that our country seems to be in regarding colonization and its effects on current life and social relationships.

A world which runs on empathy and trust in which there are no strangers, only relatives we have not yet met.

A hope that this generation does the work needed and not unconsciously passes it on to our children to do for us.

A hope we can show up, be present.

May we collectively acknowledge what is here for us to see, to release, to burn through, so that we may all recognize our innate freedom: we are free, we are one, we are love.

That they learn about it accurately as history, and that it actually is history, in the past, done.

That patterns of colonial domination end.

That they don't repeat the patterns, that they never feel disconnected, that they can cry and laugh and rage when it's necessary that they do so, that they conserve land.

Q: Who/what are partners/resources in this dialogue with the internalized colonizer? (organizations, books, movies, people ...)

Worldwork, process work developed by Arnold Mindell

*Cracking the Codes*, Shakti Butler (documentary film)

Color Commentary with Barbie-Danielle DeCarlo on KSER Radio ([www.kser.org](http://www.kser.org))

In Conversation with Melissa Harris-Perry and Michaela Angela Davis (topic: understanding whiteness) <http://www.youtube.com/watch?v=BeVzDSGrOZI>

*A People's History of the United States* by Howard Zinn (book)

"The more beautiful world that your heart knows is possible." Charles Eisenstein

*Sacred Economics* by Charles Eisenstein (book)

*Roots* by Alex Haley (book, movie)

*The World We Used to Live In: Remembering the Powers of the Medicine Men* by Vine Deloria (book)

*Living in the Shadow of the Cross: Understanding and Resisting the Power and Privilege of Christian Hegemony* by Paul Kivel (book and website: [www.christianhegemony.org](http://www.christianhegemony.org))

*Constantine's Sword* by James Carroll (book and movie)

*The Power of One* (movie)

*Follow Me Home* (movie)

Moon Lodges/Red Tents as sources for feminine wisdom, love, and knowing

*Wild Politics: Feminism, Globalisation, and Bio/Diversity* by Susan Hawthorne (book)

Ecstatic Dance and 5 Rhythms Dance and all dances: a meditation in body and vibrations of music

*Dark Night, Early Dawn: Steps to a Deep Ecology of Mind* by Chris Bache and Stan Grof (book)

*The Great Irish Famine* by Cathal Poirteir, ed. (book)

*Bury My Heart at Wounded Knee: An Indian History of the American West* by Dee Brown (book)

*Connecting to our Ancestral Past: Healing through Family Constellations, Ceremony and Ritual* by Francesca Mason Boring (book)

Q: What would you say to invite others to join us in this work?

It is a way to get at truths that are otherwise nearly impossible to see.

A way to face what is true about our individual and collective history, facing guilt and shame to go to a new place.

Attention is healing for you ... for me ... for all.

There is support here to look at what you have not wanted to or been unable to look at and to start the movement toward healing.

The power lies inside, the answers to questions brought about by our ancestry lives on within us.

Turn your gaze inward.

The truth can set you free.

Connection to and understanding of the past and the pains of our ancestors' humanity (both colonizers and colonized) can bring freedom and grounding of the self.

Everybody belongs.

Q: If you were at the first Internalized Colonizer session, what have you noticed about unfoldings between then and today?

Compassion, love in relationships, open to what wants to be seen and paying attention.

Deeper understanding of ancestral connection held in us.

Feeling compassion more quickly and strongly for others in passing in the street.

Humanity we all share.

Enslavement as a theme I'm seeing in many, many places.

Strengthening belief and understanding of the presence of our ancestors—their connection to our body and spirit. They have so much to teach us.

Coming home to self as part of history.

The personal courage to own my slaveholding ancestors.

More aware of harsh stereotypes of white people – acknowledge all our suffering, our unseen stories and pain.

I'm paying more attention and drawing others' attention more to patterns of colonization and appropriation for the purpose of healing and release—reading, seeing films, talking, seeing, etc.

My immediate family is closer to wanting the lives we have rather than yearning for the lives we want.

*All are invited to the remaining First Saturdays of Spring—April 5, and May 3—to join in "An Embodied Conversation with the Internalized Colonizer." Contact Aysha Haq, Project Coordinator, at [ayshahaq@mac.com](mailto:ayshahaq@mac.com) for registration details.*