

**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  
February 1, 2014

Participants in this first dialogue were asked four questions: Why are you here? What are your hopes, dreams, and 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, etc.)

Here's what they had to say:

Q: Why are you here?

A:

To acknowledge theft, privilege, suffering, and harm done; to give gratitude, to commit to healing for all.

To receive support from the ones who came before us.

To face 'what is' with compassion and love.

To open to the possibility of true freedom by accepting and holding "my" colonizer with compassion. To understand myself more deeply.

To see, feel, heal, and connect to my ancestors.

To LEARN and continue to better my ability to bring love to the world.

To acknowledge my roots from Ireland and Germany.

To have meaningful conversation in an unlikely place.

To begin looking at this topic through a healing perspective instead of a shame/blame perspective.

Healing.

For all the children, healing generational collective trauma. Love for all of humanity and to receive the blessings.

To love my body, to love humanity, to continue to love nature.

To acknowledge truth and bridge back to love, strength, and wisdom.

To recognize the internal colonizer and hear what it has to say.

To identify other ways of living in the world.

To deal with guilt.

To heal trauma and connect to earth and sky.

To find out who I am, where I come from, so I can be in right relationship with the Earth and other peoples.

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

A:

To all learn to heal, love, and forgive one another in community.

Space to be as you are and do, share, be what you have come here for.

To better understand generational trauma and learned/taught/forced qualities of colonialism.

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That they will be able to acknowledge truth more readily than this generation and know how to give back what is not theirs to carry.

That indigenous people's cultures and languages still exist and thrive because we as a whole decide to resource their comeback.

Freedom, creativity, joy, wholehearted living.

Embrace the return to indigenous wisdom and experience.

That our hearts are so tenderized we inoculate our children against inequality and domination.

They will walk the earth with an internalized, "I am beauty, you are beauty, and we walk together."

Love the earth, allow it to speak to you.

Know that there is always enough within you and within the earth.

To know we belong to each other.

Love, inclusion, and compassion.

That fifty years from now people won't understand the question.

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

A:

Heal invisible wounds we feel but don't acknowledge.

Receive deep sense of love and support.

Face "what is" and take the fangs out of truth.

Come and explore a new country.

This work is an amazing process of deep connection to humanity.

When truths are spoken and acknowledged, the body relaxes, the heart rejoices, then healing is possible.

Whole-hearted connection, journey of love and belonging for all.

Experience heart-centered possibilities of decolonization.

I'd tell them: It is a place to look at the source for all the "isms" of our society and a place where the road to healing and solution is made visible—both on a personal collective realm.

Neutralize the inner colonizer, love it, and allow it to speak to you in its own language.

Expect a surprise.

If money is the obstacle, let's talk.

Come play with us!

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

A:

Restorative justice circles

ToolsforChange.org

Nature

CARW (Coalition of Anti-Racist Whites)

Books/essays by Paul Kivel

*Decolonizing Methodologies: Research and Indigenous Peoples* by Linda Tuhiwai Smith  
(book)

*Bad Medicine* by Judge John Reilly (book)

Holistic massage

Co-counseling

Marcie Rendon

Vandana Shiva

*Ancestral Blueprints: Revealing Invisible Truths in America's Soul* by Lisa Iversen (book)

Mother Earth wisdom

*Love's Hidden Symmetry* (book) by Bert Hellinger, Hunter Beaumont & Gunthard Weber  
*12 Years a Slave* (film)

Kindred spirits

*Gather at the Table: The Healing Journey of a Daughter of Slavery and a Son of the Slave Trade* by Thomas Norman DeWolf and Sharon Leslie Morgan (book)

ComingtotheTable.org

*Post Traumatic Slave Syndrome* by Dr. Joy DeGruy (book)