

# DEFY THE LIE AND EMBRACE THE TRUTH

JOIN THE MOVEMENT  
FOR THE EMOTIONAL EMANCIPATION OF BLACK PEOPLE



*“Somebody told a lie one day. ... They made everything black, ugly and evil...”*  
—Dr. Martin Luther King, Jr.

## THE LIE AND ITS CONSEQUENCES

For nearly 400 years, we have been fed toxic lies about our history, worth, and value as people of African ancestry. We have been told lies about our looks, intellect, spirituality, culture, morals, and humanity. These lies are all rooted in one Big Lie: the *Lie of Black Inferiority*. That lie was created to justify the enslavement, colonization, and subjugation of African people. And it is still very much with us today.

The lie contributes to the pain that so many of us feel when we look in the mirror. It contributes to health disparities, to the Black-White academic achievement gap, to the epidemic of violence among our youth, to the mass incarceration of Black people, and many of the other challenges facing us as a community.

According to the American Psychiatric Association, “racism and racial discrimination adversely affect mental health by diminishing the victim’s self-image, confidence, and optimal mental functioning.” A study published recently in *Psychological Science* found that “experiencing discrimination increases risk-taking, anger, and vigilance.” According to the Association of Black Psychologists, centuries of living with the burden of the *Lie of Black inferiority* and continuing trauma have left the Black community in emotional distress.

We have been burdened by the *Lie of Black Inferiority* for far too long. It is well past time for us to free ourselves and our children from it.

## JOIN US FOR A WORLDWIDE MOVEMENT!

**Make your commitment**  
to defy the *Lie of Black Inferiority* and embrace the *Truth of Black Humanity* by taking the Pledge to Defy the Lie and Embrace the Truth at [www.CommunityHealingNet.org](http://www.CommunityHealingNet.org)

**Mark**  
your calendars now to celebrate Community Healing Days and Wear Sky Blue to take a stand for emotional emancipation, on October 18, 19, and 20, 2013.

**Visit**  
[www.CommunityHealingNet.org](http://www.CommunityHealingNet.org) after August 28, 2013, for resources to help you sponsor a Community Healing Teach-In and establish an Emotional Emancipation Circle in your home, faith community, and/or neighborhood during Community Healing Days 2013.

**Help us**  
build the movement. Encourage your family and friends to visit [www.CommunityHealingNet.org](http://www.CommunityHealingNet.org) and take the Pledge to Defy the Lie and Embrace the Truth.

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*“The Negro will only be free when he reaches down to the inner depths of his own being and signs with the pen and ink of assertive manhood his own emancipation proclamation.” —Dr. Martin Luther King, Jr.*

## THE SOLUTION: A GRASSROOTS MOVEMENT FOR COMMUNITY HEALING

To reverse the negative trends in our community, we must fight for our emotional emancipation—freedom from the *Lie of Black Inferiority*.

Community Healing Network is working with the Association of Black Psychologists, and leaders in Tuskegee, Alabama, and New Haven, Connecticut, to build a grassroots network of self-help groups focused on emotional emancipation, healing, wellness, and empowerment for Black people. Tuskegee and New Haven are just the beginning; join us for a worldwide movement!

Community Healing Network has put into place key elements to build this movement, including:

- the annual celebration of **Community Healing Days/Wear Sky Blue Days** on the third weekend of every October, to put “time for healing” on the Black community's agenda, and to show our collective determination to move **“beyond the pain of the blues to the sky blue of unlimited possibilities!”**;
- the **Defy the Lie and Embrace the Truth** Pledge campaign, to raise awareness of the continuing negative impact of the *Lie of Black Inferiority* and to encourage Black people to make personal commitments to emotional emancipation, healing, wellness, and empowerment;
- the **Community Healing Institute**, which brings together Black mental health professionals to develop resources and trainings to help local leaders establish and sustain emotional wellness initiatives; and
- the development of the concept of **Emotional Emancipation (EE) Circles**.

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***“We need a mass-based movement for mental health patterned after AA... .” –bell hooks***

## EMOTIONAL EMANCIPATION (EE) CIRCLES

A team of Black psychologists led by Drs. Cheryl Grills and Daryl Taasogle Rowe, president and president-elect of the Association of Black Psychologists, working in collaboration with Community Healing Network, has developed a ground-breaking, research-based Emotional Emancipation (EE) Circles Toolkit and Curriculum that is being piloted in Tuskegee, Alabama, and New Haven, Connecticut.

EE Circles are safe, flexible gatherings in which we as Black people can come together to share our stories, deepen our understanding of the impact of historical forces on our emotional lives, detoxify our minds and spirits, revitalize ourselves and our relationships with each other, and learn and practice essential emotional wellness skills.

These Circles offer a unique opportunity for fundamental personal and social change. They are designed to clear the space and generate the energy and momentum to help us be at our very best—as individuals and as a people.

***“We are going to emancipate ourselves from mental slavery because whilst others might free the body, none but ourselves can free the mind.” –Marcus Garvey***

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***“Take a day to heal from the lies that have been told to you, and the ones you’ve told yourself.” –Dr. Maya Angelou***

## JOIN THE MOVEMENT

Community Healing Network's goal is to engage a critical mass of Black people in the United States in the movement for emotional emancipation by the year 2019, the 400th anniversary of the forced arrival of Africans at Jamestown colony.

Four hundred years is enough. It is time for us to be completely free—in body, in mind, and in spirit.

Join us by going to [www.CommunityHealingNet.org](http://www.CommunityHealingNet.org), taking the Pledge to Defy the Lie and Embrace the Truth, and staying connected with us on the journey to emotional emancipation, healing, wellness, and empowerment.

## ABOUT CHN

Community Healing Network, Inc., is a national 501 (c) (3) nonprofit organization working to reduce violence, improve health, strengthen families, and transform conditions for Black people by inspiring the creation of a global grassroots network of self-help groups focused on healing from the emotional legacies of enslavement and racism.

## ABOUT ABPSI

The Association of Black Psychologists is organized to operate exclusively for charitable and educational purposes. The Association sees its mission and destiny as the liberation of the African Mind, empowerment of the African Character, and enlivenment and illumination of the African Spirit.

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SERVICE MARK NOTICE: The Emotional Emancipation Circles concept was conceived by CHN and developed by the Association of Black Psychologists in collaboration with CHN. Emotional Emancipation Circles, EE Circles, EECs, Community Healing Days, Wear Sky Blue, Beyond the Pain of the Blues to the Sky Blue of Unlimited Possibilities, Defy the Lie and Embrace the Truth, and all related marks and logos are service marks owned by CHN.