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Okay, before we keep talking, let's just get started. Myisha T Hill. Welcome to the Herstory speaks podcast.

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Thank you so much for having me.

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Myisha you were on the podcast about two years ago. We probably recorded in April of 2020 because your podcast was actually released May 15, of 2020. I was trying to think my mind because I was looking at the timeline, the great white Awakening was kind of just starting. George Floyd was May 25, when he was murdered. We did have Breanna Taylor and a Ahmad Arbury around the time of our conversation. Usually when I have a guest back, I just do it as a bonus episode. But this is not a bonus, I feel like you and I both are two completely different people than we were two and a half years ago. So really, I think this is just like a brand new conversation of where we are now. Like, I don't even want to listen to myself in that conversation. I know, there's no room for I, shame or embarrassment. But I think I was just starting my own journey then., I knew nothing.

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That's the part of healing your way forward, though. Andrea, right. Two years ago, that if the you have today looked at, you can have compassion and grace for your who you were, as you evolve into who were conscious, we're constantly becoming. So it's actually beautiful. And if people are listening, I would actually say go listen to us two years ago. Look at the healing journey, the inner work we've done, and the grace and compassion that okay, we're still growing. And we just keep going forward.

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You're right. You're so right, because that is a tool of white supremacy that used to keep us like, embarrassed and ashamed of that for yourself.

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I think that's, that's the beauty of this book is like, Okay, you didn't know what you didn't know, your parents might be racist. All right, guess what? You get to take responsibility for your life, and you get to choose. And yeah, no shame.

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And that is what I love about you. Not that you're like, oh, make me feel good. And you are very grace filled. And you look, you realize those are tools of white supremacy, to want to shame people or cancel people. And that, I think, is why your book really spoke to me, as I shared with you, before we started recording your new book coming out in August is called 'Heal your Way Forward', the co-conspirators guide to an anti racist future, I have it so marked up. But as I told you, I think that's why it just really spoke to me because you hit on those things like shame and vulnerability and grace. And where we've come not like is an easy, make it all comfortable for us. But you're very much leaning into the discomfort you very much give us freedom to like, mess up. That's just part of it. And there's no end spot and we're healing and it's not linear. And so anyway, it's just it's a, it's spoke to me so much I should. So thank you for your work that you continue to do. And you share, you share your own journey, you mess up too, you fall under white supremacy.

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Like even as soon as today. I think what we forget is we're all in entanglement every day, right? Like we know, we shouldn't shop at Amazon, but our sense of urgency and the need to want to tomorrow, we keep shopping on Amazon, not to guilt or shame any of us. It's just our human nature, like a lot of this is really about human behavior. I barely like since even writing the book, I don't say anti racism, I don't lead with that I lead with healing and liberation, abolition, restorative and transformative justice. Like those are like the keywords that I felt into my personal brand now because after you know, being a deacon, and on the path of ordination, there's really, you know, a lot of people have said, You're so merciful. And I'm like, What are you talking about? I'm human, like, I just look at people as human beings. I don't understand this merciful, like graceful. I think if we just take a step back and look at all of us as human beings, not dismissing white supremacy or racism at all, we actually would be able to say this is really just behavior change and giving people space to you know, there's something called the cycle of change where you're constantly relaxing, it's let people have a relapse, no need to like oh, you white person, oh, you black person, like everybody's just relapsing trying to figure out how to survive in this matrix of oppression.

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I'm gonna pause and put a pin in that because I want to dive into those parts of your book. But I feel like we have to backtrack. I think I'm really eager to get into your book. But I want to backtrack with people that don't maybe know who you are. Can you just tell us just not your your story to start with, but just in a nutshell, who you are, where you live in this world, what your day to day life looks like just those sorts of important things and then we'll dive A little bit of your story and then more of your book.

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Yeah, no problem. Myisha Till I reside on Southern Paiute land which is the home of the Moab tribe of the Southern Paiute. here and also known as Las Vegas, Nevada. I am partnered with three children. My day looks like deep cleaning, jumping on a podcast, going into more meetings, doing admin work for check your privilege, getting ready for a conference, like my days are really almost pretty packed. But most of our days are right like we're living in a COVID world and just trying to figure it out. So I'm an imperfect partner, mom of three raising children with autism ADHD myself neurodiverse high functioning autistic people don't know that about me.

How old are your kids? 17,11 and nine.

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So it is a busy house. I've got a 19 and a 13 year old so that's busy enough and then you've got one more in the mix and

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do it so much. Yeah, football and horse camp and just never dull moment,

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trying to balance that. And I think again, we'll dive into your book but how you talk about trying to balance that career and meeting money to provide but then also your family is part of it that we don't think but that's that's part of this healing journey of figuring that out, too. Yeah,

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The last two years I definitely had two and a half years has definitely been like family is over everything- check your privilege can wait he was on can wait, every other thing can wait. Because if my family's not happy and peaceful and joyful and nothing else matters.

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Do you definitely share that in the book that you had to work on? realigning that because as your business and check your privilege grew, family

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went down the list? Oh, yeah, family was at the total bottom.

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And it does. I mean, it does for all of us once we start getting caught up in what the world wants and white supremacy says matters. So let's talk about let's go back farther in your story, though, with the start of your family, because I want to share it if you don't mind sharing a little bit about your mental health journey that brought you here because you say my breakdown led to my breakthrough. And this was very early in your book, my greatest pain, birthed my greatest awakening and led me toward the path I am on today. So when you had three little kids, I think you said your youngest was like 12 days old, you had a breakdown, like you felt like you're done with this world. We're thinking thoughts of suicide. Would you mind just taking us back a little bit to that time? And then how are you able to say that breakdown led to this breakthrough?

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Yeah, you know, at that time, like 10 years ago, I was heavily into Christianity, I'm a Christian defect at this point. right there with you. right there with you. Yeah, yeah, just like I'm done. I am on welfare and all the systems. No one sees any value in me, I don't see any value in myself. So it's time to go to plan, a friend made a call, my mom came and got me, took him to the hospital, and got sent to the mental health institution. And then the very first day I was there with a waking day because I got there in the middle of night there was a Bible, and you know, your personal face. And you see that Bible, you're like, there's a plan here. I mean, I think that's the coolest thing about any spiritual practice is that when you see a text or something, a statue or something that reminds you of faith and hope, it can kind of take you back to purpose. And I was

actually kind of raised like that, you know, this idea of, you know, what you go through doesn't end you like, you're resilient. And there's a real difference in my opinion between the resilience that I heard as a child and the strong Black woman stereotype. Um, so yeah, I saw the Bible. I was like, Okay, I was in this hospital, like writing sermons. Literally, I still have them. writing speeches, writing, writing. If I were to look at that book, now I can actually see how I teach what I teach and check your privilege. If I go back and look at all the things that I journal and write about and, and even today, I'm like, I'm actually living that I like, it's like, I wrote myself in my healing into existence. So yeah, that happened. A pastor came and I was like, hey, you know, we need to start talking about mental health and the black church, I want to start a thing. He's like, "Well I support you". I got a diagnosis and a 55 minutes diagnosis. And I was just like, what, how do you do that? And 55 minutes -like that didn't feel normal. I was heavily medicated. And then after seven days, I missed Thanksgiving of 2011 So after that, I went back home and still struggled. I tried to call my brother- my oldest brother Calvin said, What are you doing? I said, I'm looking at the pill bottles. I'm gonna take them off. And my daughter here, my son was like drawing on the wall. My oldest was in second, third grade. And next thing I know the police came knocking on my door like the sheriff, Sheriff, not like the person who works for the sheriff. Hey, how are you doing? I'm doing great. You know how we mass gotta fall. Call from your brother who said you have some pills? Yeah, in the pills. I want to let you know I called your mom. And I get choked up when I tell this part. So you know what I'm supposed to do. Like now he's like, I'm supposed to take your kids, put them in foster care, medically arrest you, essentially. But looking at you, there's something about you. And I think you're going to be okay. And after that I had a couple more episodes. And then finally, I think I talked about this in the book, a mom's like, get it together, you sign your kids over to me, or you figure out your last place of happiness. You go back there, and we'll figure out the kids' situation. So I grew up in California, and in August of 2012, I had actually had a job as an instructional aide at a school. I took that very last paycheck for the summer, which was like \$300, and I bought a 200 and some odd dollar train ticket from Naperville, Illinois, to Emeryville. I left my kids with my mom because California was like happiness, joy. That's where I remembered everything. You know, my cousins, let me stay with them in their basement. I got to California and had a full time job in a week. And four weeks later, I flew my kids into the Bay Area. My mom brought them had our own apartment in two months, got them all their diagnosis within the first year, all the things that the doctors told me that oh, they're fine. They're out of it. You know how you have the medical system is something else, got them all diagnosed within a year, I have them all service and really was living my life the best I could as a mom, I was single at the time a single mom at the time. So yeah, my journey with mental health has just been always pushing up against the medical system. And Andrea wasn't until I saw a black psychotherapist, or a sci fi the one who could prescribe medication and Chi actress. Yes. Psychiatrists, yes. He was like, tell me about yourself. I'm like, I'm black. I'm a single mom. I work full time. I have a part time side hustle. I have three kids with all these disabilities. I gave him my whole history. And he said, What was your diagnosis? And I said bipolar? He's like, No, you're not, you're not bipolar. Think of everything you just said to me. All the hats you have to wear all the trauma you've experienced in the world as a black woman and taking care of these black kids. Like he just broke it down and he's like, you've been misdiagnosed your whole life. That's PTSD, anxiety and

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depression. And did that lead you then on a path towards real healing when you got

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I think I'm saying that to myself, like opened up the door because after that, I was like, okay. You know, prior to that, I was also in school, and I started my brown sister speak was the former project I had. So between having brown sister speak in like 2015 2014 2015, and then seeing this psychiatrist. It was like, alright, what does healing look like for you? Yeah. And it wasn't until actually my brother died in a car accident. My mom, my dad's side of the family, and my mom introduced me to BTS. As crazy as that sounds. That's actually what my healing started. BTS helped me heal from a lot of mental stress. It helped build a really better relationship with my mother. BTS is like a center of healing so even if I am depressed or anxious, you know, my mom will send me a BTS song she's always done. So, yeah, my real healing started I think, after the psychotherapist, I think the healing started when I got on the train, when I left to California in 2012

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And you know at that time, you were immersed in the white world, the white the church, all the things. So how, as a black woman did you realize like, No, I'm worth healing, I'm not going to give into this I'm not going to take my life. That's what they want. I'm going to build healing in my life and move forward.

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I think when I first got the confirmation that my son was autistic because I knew it, I just needed the doctor a black woman from what I knew. That's what I knew I was worthy that system. Something's not right with these systems. So I started getting training and parent advocacy and supporting families with IEP .I had a resume you guys would be like "God you have all of this.. Wow."

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Oh, I know I was reading your book. I'm like I think she's a doctor or something by now like you Yes, you are. You have you've had but you've had to learn. I've had to learn your your healing and survival and your family's you've had to learn all of this. Right?

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Right. I've had to learn about alternative medicine like Reiki right. I had to learn about the coaching industry and life coaching. I had to take what I knew about marketing and event production and restorative and transformative justice. And there's so much there, you know, and it's evolved me into where I am today.

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So you really developed a passion not just for your own healing, but other women who are black indigenous, and people of color.

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I was looking and I was like, something's off, something's not making sense. I couldn't put the pieces together. But I became passionate about that. And then the way that check your privilege was birthed was an interaction with a white woman. Where I was questioning my mental health but she was not okay. And I'm like, There's something off here. So then I recognize now, four years later, I started check your privilege, that we all need healing. It's not Black people need healing. Indigenous people need healing, white folks, we all need it.

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Yeah. And I think that's what clicked for me a lot with your book because it's not this, either or. You are very much an advocate why people need this mental health healing because their mental health illness is affecting us.

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Yeah, essentially. That's really what it is. And that's why I no longer say and I'm not anti anything To be honest with you. I am pro healing, pro liberation, pro community, pro harm reduction, pro restorative justice, pro restorative. Like I, I cannot have the binary hyper focus on racism. When I know at the core of everyone is an inner child who was wounded by parents whose parents wounded them. And then in the DNA and all of us, we carry trauma from way, way back when this is a lot deeper than just the Oh, you're white. So you're just inherently racist. I remember, like when I think about teaching that in the first breaking addiction of privilege, I am so grateful that the community, not me, called me in and said, We need to change this because you don't operate from shame. Oh, yeah, you're right. Let's do this together. We are so caught up to say, Oh, you're racist. Oh, you're oppressive. But Rachel Ricketts said it best. And I believe it came from Paulo free air. We're actually all oppressed oppressors. The race, racialized privilege is just one of multiple privileges that all of us have. But we tend to hyper focus on it, because actually, that is what keeps us the way this shit is functioning is not leaning into healing is by just hyper focusing on white people are bad Black people are lazy. Asian people are quiet, like the whole dynamic is so harmful, we don't, we're not taking a step back to say, oh, okay, actually, that person has PTSD from their enslaved African ancestors. And what they're carrying is a residual reaction to having to survive in a white supremacist system. Or that white woman behaves that way. Because she has a father wound, her father was heavy, and the patriarchy made her feel like she had to win at all costs. So the way like we said last time, the way her father treated her, not just the white man at the workplace, the way a white woman's father treated her was probably how a white man at work treats her. So of course, she's going to take that oppression and oppress other people. As I understand that there's a healing she needs to do, literally a unpacking of the inside stuff that we don't talk about, which is why when white women or white men or whoever says it, I don't even want to label it anymore. Burn it all down. And F men and I'm sitting here like, No, you're not saying F men from a good space, you're saying it from a father wound from an oppressive system that's rooted in patriarchy. And no one wants to see this as anything deeper. We just want to memorize the words and keep it moving. And that's why we can't have any sustainable change.

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So many things are going through my mind. First of all, I'm tearing up because I think you are so spot on to the healing that we need. And that is what sets your book apart from all the other ways anti racist books. You are so much about collective and individual healing. And I think that's why it spoke to me, somebody that's finally gotten herself in therapy this last year. And with an ifs therapist.. That's why we're trying to prove like, I am a good white person. I am because we're working in this binary. And we've been told no, you're bad. Okay, fine. I'll just prove I'm good. And that is not what it's about.

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I prove my virtue, I prove my virtue by sending you a Cash App. I'll prove my virtue by taking your course and never letting myself be in community. So yes, I am for individual and collective healing and liberation, but we're on like, I'm teaching from the lens of we got to be in community, we got to be creative and figuring we don't. I don't know what the hell I'm doing. Can I just say that? Do you know how liberating it is to tell people I don't know what the hell I'm doing. I hire sources who give me information and we just go and if it doesn't work, we don't beat ourselves up. We just keep it's just it's really a healing work.

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And that's liberation in itself. I mean, like you were saying at the beginning, how we've changed each of us in the last two and a half years you have as well in your, in your teaching and liberating and healing style. One of the chapters in your book that I want to touch on is the white tears, one because I was surprised. And again, your book is so different, because I'm like, wait a second, she's saying white tears are okay, there. I think the whole title is The chapter "There is room for white tears" Now, we need to explain that a little bit. But that's what I'm talking about that your book is framed so differently, but I think leads to real healing and accepting grief and moving through it.

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So there's weaponizing -Ruby Brown has a great book that's called "white tears, brown scars", she breaks it down. Very amazing, beautiful. There's a notion of the damsel in distress syndrome, which is where a white woman can basically cry wolf and a white male, because that's the protector will go to believe her and everyone around her gets harmed. The best example of this is Emmett Till. We had this woman who's still alive today and has admitted that he didn't do anything wrong. But a 12 year old Black boy from Chicago was murdered based on what she said happened. And so that was a weaponization of an experience and of her tears for her own benefit. And now we see years later, it benefited her, and they're still no case to justice. And we see that in the workplace, we see that in really any relationship, the relational dynamic Bell Hooks talks about this in Teaching to Transgress, until Black women and White women sit together and confront each other, and talk through the fear of being in community that's rooted in patriarchy, and the servant served role, right servant serve your role that exists between Black women and white women. And so the goal is, is that who I am?, because I am not speaking for any other anti racist educator, because people don't, they think I'm crazy, because I said it. And I'm okay with folks. Excuse me, that was ableist. I'm okay with people labeling me for seeing somebody else's humanity. We can't teach humanity and then tell people not to cry, we can say, Hey, why do you keep repeating that behavior, because you're not making space to grieve, to cry to let it all out. And the reminder is not to weaponize that grief against people of the global majority. And so I think it denies full autonomy, and it denies humanity constantly telling anybody Don't cry, suck it up. And let me tell you something. I heard that as a child. So if I hurt as a child, suck it up, you don't cry, you got to be strong for everybody. And that didn't come from my grandmother. My mom said it out of frustration and anger. You know, I know why people said the things they said when I was younger, because I've done I'm on my healing journey. And I can forgive that. But if someone told you that growing up, and then you're trying to do this anti racism, quote, unquote, work, and you're told you can't have feelings, and you can't cry, dissenter, yourself, so you want me to be a robot, you want me to basically deny myself as a living, breathing, movable entity, so that you can exert power that you have not had, that your ancestors did not have because of my ancestors, colonization, you want me to sit and just shit and not be holding human? I have to say this real quick Andre of you are listening to this and you are in anybody's work, who shaming you for your feelings, who shaming you for not continuing after the Great White awakening, you need to run in the other direction, because no one should not be allowed to feel human as they build into wholeness and healing yourself telling people that you can't cry and this, you were just reinforcing what the oppressor did to us specifically for me, I'm not speaking for nobody else. But knowing that my Black ancestors, my African ancestors were abused the way they were. And we're told, see this, how deep this is Andrea, not to cry, suck it up. And then a lot of our parents reinforced it out of fear of the white man and the abuse endure during slavery. I don't have time to live that way anymore. None of us should. What we should be saying is cry. Just don't weaponize it. Don't weaponize your tears against people in the global majority. Also, not every person on the global majority can hold space for a white person's tears. It takes a very special and unique individual to do that,

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right. Don't go crying on the lap of your black friend all the time.

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Absolutely. That's another boundary. So don't weaponize it. Don't go crying to your black neighbor. I'm such a horrible person, please. No. Right. But that's the other piece of it. We don't know how to practice boundaries either. Because what has been enforced in us is harmful and punitive. And so to some people a boundary can feel punitive.

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So we've mentioned it a little bit, the greater white awakening, and I didn't know if I was gonna bring that up. But let's go there a little bit, because I think what you share about people shaming white people for like being awake for a little bit, and

then going right back into the routine, but you kind of have a different message to white folks who maybe at that time seemed awoken and then just went back to life. So we do want to talk about that a little bit, because I'm thinking the last time we recorded was right about when folks were starting to wake up.

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Yeah, I mean, I had a former friend, who always said once you see you can't unsee. And I've also been harmful. And I've also done some things that are just not appropriate to repeat. But when I think about an awakening, I think about my first awakening, which was I would say, the birth of my first child, and how I'm in college, and I'm going to be a better mom and yes to everything, the surrender that comes with the awakening, and then guess what happens? I'm human. So I go back to old behaviors. So an awakening does not necessarily mean that you're woke. And awakening is not permanent. And awakening is like, Okay, this happened. This is, this is big, this is heavy. Okay. All right. What happened was that we all got awoken. And some of us got awoken and rose to power. Some of us got woken and diminished our self worth and ourselves value, and became exhausted from both hands power over power under what happened with white folks is, so many mixed messages were being told who you should be and who you shouldn't be. There was a lot of mixed messaging. And for a person that is new to this-ghosting is part of the process. I know that I've you know, after doing this for years, it's like that's a human behavior. People don't know how to stay consistent. We only know comfort. That's why addictions are the way they are in the world today. Literally, we can be awakened. And yet, if we don't have the steps to stay on the journey, if we're not reminded like I'm gonna relapse, literally, that's why one of my most popular teachings is breaking the addiction of privilege, because it's normalizing the cycle of change. Yes, you get awakened, you pre contemplate, you contemplate, you take the steps, you got sustainable change going for, like 90 days, and guess what something happens. And what do you do, you fall back, you fall back to comfort, you fall back to what feels good, because this journey doesn't feel good. So we got awakened. So we're all still woke. But we've all just relaxed. And what I love about this, it's a social social psychology theory of the cycle of change, we should put it in the show notes. Every time you fall down, there's an upward spiral. There's an upward spiral every time you walk out of the work, every time you disappear. And then there's always the constant reminder to recommit. Which is for some people, it was these January 6th hearings. What else happened recently, a lot of things have been happening, right? I mean, school

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shootings, we've got Black men being shot still, like it's still going worse, I don't know.

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Because all of us were awakened. Okay. And we went back to comfort these events happen, then we move on to urgency. Okay, I gotta do something. I gotta fix this. I gotta do Oh, my God, oh, my God, oh, my God. And then after it seems fixed, we go back into comfort. So it's a constant like comfort, urgency, comfort, urgency. So that tells me it's a human behavior. And what it takes is constant practice. So it's the practice of, okay, well, we practice and check your privilege, something happens in the world, we give ourselves 24 hours, we then have a community grief circle, then we move into action while reminding ourselves if I lean back into comfort, it's all good. I can come back out of it. I think the word that we use in Christianity is affirmed. Sometimes people just need the affirmation that you're gonna go back to your old behavior, and that's okay. Just come back. Just come back. Just come back.

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And that gets rid of all this shame or like feeling bad about ourselves, or like, God, I can't show my face. Yes. Yeah.

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Yeah. And I think with the awakening, all of us were awakened as a Black woman. I was awakened to my power, like, Oh, this is what this feels like. I've never had this, you know, which, to that. I think it's the second to last chapter. I'm talking about my complicity with the system because I have power. Let's talk about that. Yes. Oh, my issue. You're so great. You're so wonderful. Your work and a lot of the shit I was doing was harmful because of anger. Like I look at Facebook statuses from when George Floyd was murdered. And I'm like, Oh, I was talking to people like that. And people were okay with that. I'm not even okay, but I've grown from there and it's okay. Mostly it's to shame me. So once you get the blue check, and then you get a taste of power, you start being like, Oh, I'm this shit.

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And a lot of followers, you have a lot of Instagram followers

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Overnight, it blew up overnight and it's like there's no one to walk you through how to stay humble. How to see people as holding human. I have definitely evolved in the last two and a half years because I had to go back to how check your privilege was started. This never started for me to get a blue check or a paycheck. This wasn't started so I could keep the hustle culture and keep demeaning my family and putting them on the back burner. Everything that I talked about that I had to own up to just find my family gifts so they would shut up and not complain because I worked every day from the moment George Floyd was murdered until last December, there was never a day off never day off because of the power because of the addiction to success. The addiction to will people see me as something valuable now because I have this blue check. And I was working literally for the blue check and the paychecks the booking engagements the the book, you know, amazing yes book like, oh, I tied my value to the productivity and success. While my family experienced harm. While I tried to buy their love, when they asked me to stop. They asked me not to go. I know. I was I had to learn to forgive myself. Right? And to keep showing up. And to go back to the original message of check your privilege, which was humanity, self compassion, and really recognizing how we're all impacting each other's mental health, literally. So last summer, as I'm writing this, you know, looking at work writing the book, I went back to one, I went all the way down the feed and I went back to see what I used to talk about to get back to center. And that's what I love about the sankofa bird, the sankofa bird from the icon tribe of Ghana is that the bird is walking forward. But it's always looking back to look at the lessons. And so for me, it's the practice of looking back. Where did that come from? What was the origin? Why am I doing this? So build this reparative future this book, you know, everyone's like, is it just for white folks? I've been saying this lately now because I share my story-any person of color who picks this up will be able to see themselves in my story. In my healing journey.

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And I highlighted that quote down and you said in your book, "my hope is that as a white person, but like you just said, I hope anybody that reads this book, you can see yourself in my story". And that's where you go into the last couple of years -as you are actively trying to dismantle white supremacy and heal,- you start lifting it up. And I appreciate your vulnerability with sharing this because I know this is emotional and it hits a lot of things because you just realize how each of us can so easily slip back into these patterns. The final thing I want to talk about is one of your quotes in the book that said I believe we are in the pruning stages of oppression. So when you look at you know, the great white awakening that we just talked about your own journey, how we ghost looking at where we are today, this is what you're thinking. We're in the pruning stages of oppression. So can you talk a little bit more into that for us?

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Oh, you pulled one out- okay.

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Are you good with that? I don't give you any indication of what I'm going to ask you.

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we're in the pruning stages and you know how you prune something you cut off the dead and I'm wilting parts, all of oppression is unwanted. But we're not there yet. That's the reality. But we're slowly just snipping away pieces of oppression. Hopefully to a point that we can compost all of it. It's all about composting. I always teach that we prune then we compost. You know a lot of people burn the system down. Don't save it. Don't compost it. Okay, that's fine. But I say pruning because we're getting rid of the unwanted parts that keep us from being in the whole community, that keep us from even seeing our own humanity. I think it's important for us to think about our journey and the tools, the pruning, the seeds, what needs to be composted, what doesn't need to be composted. And so it was important for me to speak to the idea that we're, we're not ready to like, throw the whole thing away because we've been talking about it so long. No one's ever done it. So We just snip off each piece, right? It's like, all looks like a tree of life, right? And then there's Kimberly, Crenshaw, intersectionality, where there's race and age and gender and ability and, and class, like all of these different branches on this tree that need to be pruned. Because if it is a tree of life, that needs to be cut off, so that something beautiful can grow. Yes. And you know, the thing is, Andrea, is that a lot of us and I have a note here that I actually want to share. I had a beautiful session yesterday with my counselor. One of the things is, when we're talking about building a reparative future, Andrea, we can't bring what does not exist with us. We think about pruning and growing as a tree and being in the foundation must be rooted in something that's, remembering that like, we're actually none of us know what we're building, right, which is why we say burn it down, but nothing changes. But the reality to repair the future is remembering that we're movement, we are a moving and breathing system, that things are going to change, but not according to the old paradigm of time. Like, nothing is rigid. And when I say pruning, like the limbs off of this tree of life, it means getting rid of something that's that rigid, that's that just has no more life in it. You know, we were working to build something different. And we can only do it through creativity and imagination. And we, I think what happens is we all think we have to know what we're doing. We all think we have to have it together. And we don't-none of us know.

36:41

And you talk very openly, we need to be okay with the uncertainty that we don't actually know exactly what it looks like. But we do know what it looks like to like you just said prune off the bad and the things that aren't working and that are bearing bad fruit. I mean, correct me if I'm wrong, but I think that's biblical(not that we have to use the Bible here at all. But it is.)And that's you know that a lot of that system is still in me, but the parts of the New Testament or to I'm not going to get into God and Jesus and all that today, but it's in me because it wasn't my ancestors. It's me, because my family has church, it's me, it's in me. So a lot of my work will have kind of share some of that messaging, you know,

37:21

that's right. And the emphasis, again, is on legacy building, non tearing and burning things down and fighting. But again, we're looking at the positive, the healing, the growth, the building, those sorts of things.

37:36

there are people who are actually building it, but because it doesn't look like what we're used to, we don't join it. Because there's no sense of urgency and perfectionism. It's like, oh, that's odd and different. I can't be a part of that. But what if that thing is the the thing, that's the healing and that like the Think of our CO conspirators Lounge is that thing

37:55

and want you to talk in our final minutes more about one thing that really stuck with me with your book, and I think maybe you had it in your first book, too. But this was such a good reminder that when we are healing ourselves, we're working on healing seven generations back and seven generations forward. And I needed, I needed that word, because I think that also heals us from shame, because we can look back and be like, I mean, I can't be like, I cannot believe that I raised my daughter in this or that I once said this or taught this, but But no, we're looking at healing, not only ourselves, but what we're doing that's going to affect our children and our children's children right now.

38:31

Yeah, I love this analogy that I've been using here lately: during the Civil Rights Movement, Dr. King and Malcolm X and Rosa Parks, Claudette Colvin and Shirley homestead, Dr. Shirley Caesar, she is a gospel preacher. Surely schism they let's say they had a bag of concrete and they were just pouring it in this bowl, and they're just mixing it up. You know, they existed to mix up the bucket, our generation if you're what I call the high end of millennial 40 and older, or I say 35. Our job is to take what they mixed up and pour down the concrete foundation so that the generations behind us can have something to build upon. And I think of a reparative future. I think I could see Dr. King and Claudette Colvin just everyone at this big pot, Malcolm X just thrown in this. We need this. We need that. Even I can bring in this . I just see everybody in this patch is Yep, compassion. Yes. Non judgment. Yes. Mindfulness. Yes. Calling out harm. Yes, holding the systems accountable. They're just stirring up this pot, right. And now we get to pour it out so that the foundation is set because after you pour out a foundation, I believe there's some workers that come behind you to set it firmly. I believe that's how this works. So we get to pour it. There's some people coming behind the seven generations. You got the people who are going to set the foundation, you got the kids who are going to start building the frames, you got the kids who are going to start looking at our relationship with the land and how we can be more environmentally friendly. There's just a lot that's coming. But we got to get clear in ourselves so that we can see it and see ourselves as building towards something new. But as Lettie says it the best "history shows us history has already shown us what works, what doesn't work. That's history. But then there's our own story, our individual story, if we don't look at ourselves seven generations back, and you can do this in therapy, it's called a genogram, I did it. It was helpful for my journey, if you could put your family tree out there. And you start pinpointing all the pain and sources of trauma, and you start pulling that out at the old family stories, you know, it starts with you. And the problem is, that no one knows how to look at the journey for themselves. They want to just bring all their friends. And this journey, the people who you coexisted with, if you're repairing, they're not gonna want to, they may not may or may not want to do with you, and you got to be okay with that. But it's important for us to look back, pull out all the themes from seven generations as much as we can. So that we can say, okay, it stops here, you know, if there was alcoholism, abuse, misogyny, whatever it was, that was in that bloodline, if you just even started with your parents, and grandparents, uncles and aunts, wrote down all the behaviors you see, and you stepped into yourself and said, this ends with me, I'm gonna take responsibility to heal this up. Once you know what stops with you, and you start practicing that, it gets a little easier for the generations after you. Because they'll see you as that lived experience of okay, my mom saw this, or my dad, or my parents or my partner had all this happen to them, I believe in their healing, I believe in what they want to stop. And it's going to start with me, and I'm going to keep on going. But it starts with making a decision and look back first, because if we're just gonna keep working forward, walking forward movements are just gonna stay moments,

41:54

I'm trying to hold back on sharing, sharing more than I want to, because I know the time we need to wrap up, but just know that I would love to hear what you're gonna say. It just speaks to me so deeply. And I could tear up with it. Because I feel like just looking at my own paths and where I am, as far as you know, removing myself from the white Evangelical Church and the regrets I have of time spent there. But I'm like, you know, the healing that I've already seen in my own daughters and getting my own daughters into therapy, and getting myself into therapy. And we can feel kind of not doing enough, but it's like, that is the work right there. In our own house, your own shit in order.

42:34

Yes. And I also want to give this reminder of indigenous wisdom and ancestral knowledge that here in the West, it's all talk therapy. But we also have to remember in other cultures, there's other practices and the biggest practice that I actually need to get caught myself into was movement, moving the body. That's you know, if the body keeps score, there's the energy that just stays stagnant. We're not moving, we have devices all day, we can just DoorDash or Instacart. We don't move our bodies the way that our ancestors did. We don't tap into energy healing, Reiki, acupuncture, acupressure, like when I say that this work has transformed for me and is building the repair for the future. You can't repair just by talking about that action. It's not just talk therapy. That's a big key part of it for a lot of us that are into it. But it's also integrating the Cymatics, the movement, the meditation, the breathwork, the mindfulness, the Reiki, the reading, and restoring humanity. We don't talk about that enough. And like I said, if I was able to rewrite, and I'm not rewriting, I'm writing a new book, I will say that I am looking forward to including that in the next book,

43:46

The embodiment healing, it is not just Yes, I'm glad you clarified that. Yeah, it's

43:52

whole body healing. I think that's when I was getting the kids diagnosed, there was a book called The Whole Brain Child. And I remember reading this book, and I'm like, Well, what about the whole brain adult, right? If we're all lifelong learners, we can actually learn to be whole brain, adults, social emotional regulation skills that we don't have, because we didn't learn them. Movement, Cymatics talk therapy, whole body healing, not just one way.

44:17

You do that in your book, because at the end of chapters, you encourage like, Okay, it's time to take a break and get out in nature or create something like you're very specific. And like I said, I need to go back through your book because I read it quickly for this interview, but I didn't have the chance to do that. And so although you wish you will say you would have written more you do a very good job of being like no, this is not just talking and reading like this. This is a full body and full embodiment of healing. So

44:46

yeah, thank you for your work. You're welcome. Thank you for having me.

44:50

Yes. Okay. We need to wrap up this segment, but we've chatted that I think we're going to have you back for part two to talk about the Master's tools and dismantling the Master's House because I have a whole page of my notes and I think we can have a whole episode on that. So we will have you back to do that. But for this first interview, tell us my show where you can be found on Instagram, your website, people can sign up if they're interested, buy your book, all of that.

45:16

Absolutely. So you can go to <https://checkyourprivilege.co/> can read a little bit about me there, sign up for courses, workshops, buy the book, the free gifts that come with purchasing the book, which is our niche down your journey journal, just a couple of bonuses for ordering the book. You can order it from bookshop or Amazon or your favorite independent or like national retailer

45:38

and your book comes out August 9, is that correct? out August 9, yes. Okay. And this episode will release probably just right around that time so the book will be just about to come out and then of course you're on Instagram

45:52

yes I'm on Instagram as Myisha t Hill and or as check your privilege,

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right and then check your privilege you have on that website different levels that people can sign up to commit to or recommit to like myself.

46:06

We have our one year immersion of breaking the addiction of privilege. It's a one year one year experience where we're really break the content down from that workshop. We also have our coconspirators lounge there are multiple commitment levels for the one cup of coffee at Starbucks a month you can be in community get your monthly masterclass there's we got so much more now monthly masterclass, nonviolent communication trainings, like two or three a week, we have a trauma release sessions, we have bi weekly grief circle, men's group. I'm just the mayor of the community. And we're really just trying to create whole body experiences for everyone.

46:51

You have a lot there. So I see why you probably weren't working round the clock in 2021. Because you have a lot that you've created. I'll make sure we put it in the show notes and advertise all of that. Okay, okay. Okay. Myisha. I know you have children to get to on a summer day. Thank you so much for giving another hour of your time and for your voice and your work and the healing that you encourage.

47:45

You are so welcome. Thank you for having me.