

Becoming Conscious and Well: The Path to Racial Healing

Session 2—Knowing Your Genuine Self

We invite you to use the following questions for reflection as you watch the session 2 video: "Knowing Your Genuine Self." Please note that all quoted material is attributed to Dr. Catherine Meeks.

1. How do you stay connected to who you are and your call and not just become who people want you to be?
2. Catherine says the work of racial healing is about individual people getting well. Who is she talking about?
3. What does it look like to get yourself in the "right place" before starting the work of racial healing?
4. "We are not as well as we could be if we were taking responsibility for how we are seeing the world and how we are behaving." How do you "get well" and let go of projections that make someone the "other"?
5. What would it look like if we took responsibility for what is wrong instead of blaming others?
6. Catherine talks about the inner community—the competing emotions and ideas inside of you that rear their head at different times. Catherine asks, "How conscious and how connected are you to your inner community?" Who is in your inner community and what are they doing? Are they helpful? Are they disruptive?
7. What parts of yourself are you pushing back that you don't want to acknowledge and confront?
8. Why is it so difficult for people to make changes? Why do we want to make someone else "less than" to make ourselves feel better?
9. "Don't make God responsible and don't make evil responsible. Take responsibility yourself!" "Don't assign your closet to someone else." Have you seen people do this?
10. "Once you choose to be conscious you can't stop being conscious." Do you think this is why people choose to not know more?
11. Do you look at people and make up stories about them without having all the information? Why is this dangerous? Catherine says that's why racism gets to stay in place, because we fill in the blanks and make up stuff. We project out of some part of us

that we don't know. How many times have you done this? Filled in the blanks about people and it has nothing to do with them at all?

12. "Projection causes people to lose their lives." Have you thought of projection in this way?
13. "The ego's job is to make you believe that the persona that you wear is really who you are, but that's only part of who you are." Why are we so scared to do the rest of the work to figure out who we fully are?
14. When doing racial justice work it's important to know who you are bringing to the work. If you haven't dealt with the negative of yourself, you may be doing more harm than good. Have you thought of this before?
15. "A lot of people who go out doing good don't understand that they are partially doing it to appease part of themselves. When you do that, you don't go as a gift. Be honest about the reason you do things. Don't make others bear that burden. Work on your shadow first." Have you ever "done good" that is more for the benefit of yourself than the person you thought you were doing it for?
16. Catherine says that our inner dialogue has much to do with our external selves. How can people who drive us crazy be our teachers?
17. "Just because you're unconscious doesn't mean you're not responsible." "Empowered unconscious people are flat out dangerous." Do you agree? Why do you think this is?
18. "Why is it we've done so much work to make the world better and the world is still in such a mess?" How much energy do you put out in a day that contributes to the pool of negativity that exists in the world? How can you manage that?
19. Catherine says that the only place you can find refuge is in another person's heart and it's important to let your heart be a swinging door. The more awake you are and the more work you have done on yourself, the more your heart will open and will become a swinging door. What is the first step you can take to do work on yourself?
20. Why does racial healing require an open heart?
21. Catherine speaks with some compassion about individuals who are bullies or who are drawn into organizations like militia. She says that being rooted in the fear of somebody just because they don't look like you, talk like you, or think like you is a huge burden to bear. What is the first thing you can do to let go of that burden?
22. Catherine asks "How do you let your soul catch up with yourself? How can you do that? Has COVID-19 given people the chance to let their souls catch up?"

23. Catherine says that when you try to kill off yourself then you need to find someone external to yourself to kill off and that doesn't work well. "I've got this little witch here I need to deal with, so let me not go looking for witches outside of myself but let me work on the witch inside of myself. Then I won't need to be so worried about witches I find out there." How can you make sure you are acknowledging the members of your community who are out of control instead of killing them off? How can you give them permission to live without letting them get out of control?
24. Much of what Catherine says in this session has to do with getting to know our core, our authentic selves. Does Jesus call us to be authentic? What are some of the ways that Jesus showed his authentic self?
25. What is the nature of fear in your life? What fear do you have to name? What is your relationship to the energy of fear?
26. What would the world be like if the church wasn't afraid?