

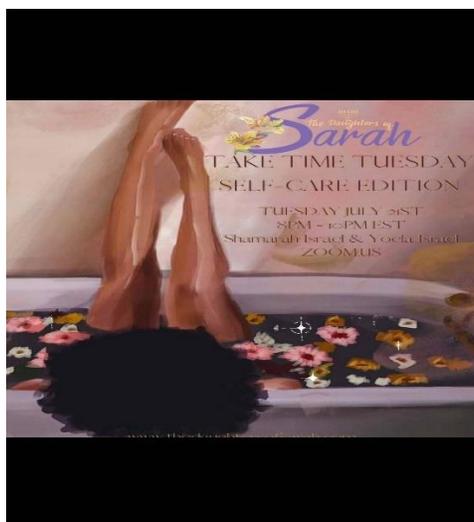
Date: July 21, 2020

Topic: Self-Care Edition

Event: T2 Take Time Tuesday

Host(s): Shamarah Israel &

Yoela Israel



Yoela Israel

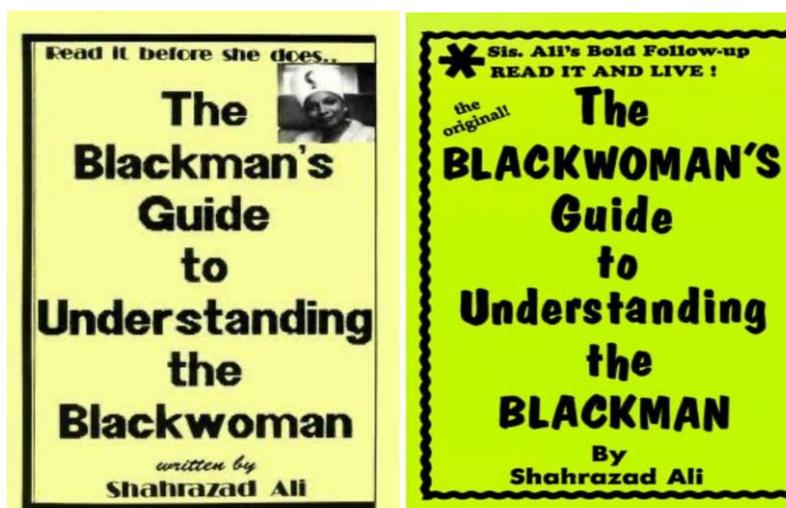
Introduction: Self Care is something that we can continue to go over. In this class we will point out how this is a generational curse and it stems from white supremacy.

YouTube Video: Malcolm X - Who Taught You to Hate Yourself?

<https://youtu.be/xaXPhR7aWvo>

- The Bishop always teaches that these men were taught by the Israelites.
- Malcolm X was teaching about loving our hair and skin which is the information that we learn from the Bible.
- The generational curse of not loving ourselves turns in to us not protecting our minds and our bodies.

Books:



Excerpt from: (The Blackman's Guide to Understanding the Black woman)

"From the very first moment she is born, she becomes attached to her first teacher, her mother. Her eyes study her mother constantly during the initial bonding process. She learns to smile and other mutual communication techniques. She as with any other cub is taught survival skills: how to eat, how to dress, how to bathe, use the toilet, general manners, and obedience. Most implied by a look or a certain tone of voice. She can understand the language long before she can speak it. She never stops studying her mother and she never stops learning from her. If she is raised by two parents, she studies both. Since she is with her mother or other females, she learns to tune into them emotionally. She learns to observe the other adults in the same way. She can detect when they are happy, at peace or sadly restrained or mad. She also pays attention to how her mother treats her father. She learns glances, body language and moves. The spoken and unspoken messages that her mother displays, that is what she learns. As the cub, she mimics and includes the practices, right or wrong as part of her survival skills from the very start."

Shamarah Israel

This is a great conversation to have about self-care and how it reflects to positive body image and what we think of ourselves externally and internally. If we learned from childhood and transgressing into Mrs. Ali's book what the expectation is and who the true author of beauty is, then we could appreciate the skin we're in and the beauty from the top of our heads to the soles of our feet. We were not taught that growing up.

Ezekiel 16: 44 (KJV) Behold, every one that useth proverbs shall use *this* proverb against thee, saying, *As is the mother, so is her daughter.*

- We have an opportunity right now in repented Israel to break those bonds of what is beautiful and what is acceptable as far what the image of attractiveness is.

Questions you should be asking yourself everyday:

Q. Who taught you to hate the texture of your hair?

A. Esau and what we see in the media.

Q. Who taught you to hate the color of your skin?

A. Esau, media, social media.

Q. Who taught you to not love your nose and the shape of your lips?

A. What we see in the media and what is virtually acceptable.

Q. Who taught you to hate the top of your head to the soles of your feet?

A. The media.

YouTube Video: IUIC: Unbeweavable: The Mentally Destroyed Black Woman
<https://www.youtube.com/watch?v=cZmUqgswCQ0>

- This class transformed a lot of things.
- Once the men accepts and acknowledge what the author or beauty is then the women will follow suit and begin to take better care of ourselves.
- Self-Care and Self-Image go hand in hand.

Titus 2:3-5 (KJV)

Vs 3 The aged women likewise, that *they be* in behavior as becometh holiness, not false accusers, not given to much wine, teachers of good things;

Vs 4 That they may teach the young women to be sober, to love their husbands, to love their children,

Vs 5 *To be discreet, chaste, keepers at home, good, obedient to their own husbands, that the word of God be not blasphemed.*

- Shahrazad Ali is like the **Titus 2:3-5** format, she was like a spiritual mother when she wrote this book.
- She was getting death threat and backlash for her book.
- The so-called black woman and native woman hated her for the things that she was saying.

Yoela Israel

Excerpt from: The Blackman's Guide to Understanding the Black woman"

"She overhears conversations that her mother has with her friends or relatives pertaining to her father. If all the mother's comments are supportive and positive, then good. But since the habit of gaming on the black man is a four-hundred-year-old tradition the inflection for the most part are negative. She listens and she records the first mental tapes translates into pictures and form and cannot be erased. At least not for many years.

- We learn negative traits about our men from our mothers, and they learn from their mothers and they learn from their mothers. (Many generations)
- We also learn how to treat ourselves negatively from our mothers as well.

Examples

"I don't care what you father said, I said..."

"I've got to cook and clean this house before your father gets home because, I don't want to hear his mouth."

"Your father don't run this house, I do!"

"He don't know what he's talking about, he don't know what I know!"

"Every mother is guilty of using these or similar terminology about her husband when she is exasperated or angry during the girl child's upbringing.

Shamarah Israel

Ask yourself:

- Have you been guilty of saying things like this?

- Even if you have not physically said, it you have probably thought it.

We must self-examine because it will affect how our children grow up and we have an opportunity right now through the application of the scriptures to change that.

Yoela Israel

- Certain references to the black man are made only behind his back.
- The woman has the option to choose what she wants to obey, and a man is a bother.
- After continually hearing these things as a child, what kind of grown woman does that produce?

Shamarah Israel

Matthew 12:36 (KJV) But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment.

- Those little innuendos that we say, they have power!
- This gives you the opportunity to pause and evaluate yourself.
- The inability to communicate with the opposite sex starts at home.
- A healthy nation starts with having healthy families and if we cannot establish healthy families in order, according to the structure (1 Corinthians chapter 11), what hope do we have?
- We should be working to correct ourselves daily as none of us are perfect and have things all figured out.
- We must rehearse the righteous acts.
- Children must see a man and a woman in the house who can effectively communicate so that they can apply it to their own family.
- The level of expectation are already set for us in the scriptures, but we must live it out daily in our own lives.

Yoela Israel

If you grow up in a house hearing these types of things you become a toxic and angry black woman, something that America has produced. We were all this at some point.

YouTube Video: The Negative Effects of the 'Strong Black Woman' Stereotype | AJ+
<https://www.youtube.com/watch?v=OIYSzI8fX9o&feature=youtu.be>

Shamarah Israel

Q. As a repenting Israelite woman, don't you get tired and wish somebody will just take it all away?

- We are taught that we can do bad all by ourselves and we do not need a man...but we do!
- If we would have listened to our foremothers and fell in line and let the man lead, then we would not have all these perceived responsibilities and the weight of the world on our shoulders.
- The superwoman persona in amongst repenting Israelite women is real.
- We cannot do everything on our own because we will get burnt out.
- We must have the love of the Sisterhood to battle these things a little at a time.
- We must be real with ourselves and have real conversation with other adult women in the truth.
- We must re-adjust some things in our lives that works into your favor

Ask yourself...

What is the use in being everything to everyone and doing everything for everyone and you are not there for yourself and you drop dead? You cannot even enjoy life.

Superwoman Schema

1. Appearance of strength
2. Suppression of your emotions
3. Not asking for help
4. Overwhelming need to succeed
5. Caregiver role

Mammy: Asexual grandmother type dedicated to fulfilling the needs of a white family.

Sirach 38:24 (Apocrypha) The wisdom of a learned man cometh by opportunity of leisure: and he that hath little business shall become wise.

- When you are so focused on your business and always working, you are not concentrating on studying, changing, and applying the things that you are learning for the Most High.
- We must slow down and realize that whatever role we play in the world, once we step in our homes our lords are the CEO's and we must remember our place.

Jezebel: Hypersexualizes and depicts the black woman as having inappropriate and insatiable sexual appetites. (ex: music videos)

Proverbs 31:30-31 (KJV)

Vs 30 Favour *is* deceitful, and beauty *is* vain: *but* a woman *that* feareth the LORD, she shall be praised.

Vs 31 Give her of the fruit of her hands; and let her own works praise her in the gates.

- The goal is to change the Jezebel mindset to a Susanna, Judith or Hadassah mindset and not focus only on what you look like externally because looks change over time.
- There must be a healthy balance with what you look like, self-care and self-maintenance.
- What is the reason why we cannot go outside without makeup on?
- Who taught us to hate our skin and natural hair?
- The Most High will shake things up and make you uncomfortable when you are not doing the things that He needs you to do.
- Self-care is willing to the things needed right now that will benefit your long-term.

Sapphire: Angry black woman stereotype. She is loud and emasculating and verbally abusive.

Superwoman: Black women can endure so much and still rise to the top. This can be empowering and detrimental to the black woman's psyche.

Sis Yoela Israel

Galatians 5:22- (KJV)

Vs 22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

Vs 23 Meekness, temperance: against such there is no law.

- Imagine if we grew up hearing the fruits of the spirit and not all the other things that we grew up hearing from our unrepented mother, what kind of woman would you have grown up to be
- When you find yourself patterning after those toxic behavior, remember the “Fruits of the Spirit.”

Why So Many African Americans have High Blood Pressure?

- Higher rates of obesity and diabetes
- Researchers think that African Americans have a gene that makes them more “salt sensitive.”
- High Blood Pressure is prevalent among our community because we are “angry.”
- While we were being plagued by salt and sugary foods and getting high blood pressure and diabetes, our children were introduced to sugary foods (cereals) and Ritalin medication. We stopped feeding them healthier options (oatmeal, grits, fruit, etc.)
- At the same time our black men were getting hooked on crack.

Summary: They gave our men crack, our children sugar, and our women power.

Shamarah Israel

Anger = Unexplained hurt that you are unable to get out.

Ask yourself:

Why are you angry?

What hurt you? Or what is currently hurting you?

Are you mad because...?

- Your mother and father never told you that they loved you?
- You do not have a husband?
- You do not like what you look like?
- You gained weight and do not know how to lose it?
- You are a single mother?
- You are in an unloving relationship?
- You are not able to financial take care of yourself?

*If you do not understand why you are angry and mad as hell, that is YOUR problem!
You must own it and figure out how to stop the internalized hurt.*

"Until you heal the wounds of
your past, you are going to
bleed. You can bandage the
bleeding with food, with
alcohol, with drugs, with work,
with cigarettes, with sex; But
eventually, it will all ooze
through and stain your life.
You must find the strength to
open the wounds, Stick your
hands inside, pull out the core
of the pain that is holding you
in your past, the memories and
make peace with them."
Iyanla Vanzant

Quote:

YouTube Video: I have been suffering in silence and I am not okay | ALYSSA FORREAL DIARIES #1

<https://www.youtube.com/watch?v=B8ELiycdVIU&feature=youtu.be>

- Women who put up a façade that they are a strong black woman and have it all together are usually the ones who are falling apart behind the scenes.

2 Esdras 16:76 (Apocrypha) And the guide of them who keep my commandments and precepts, saith the Lord God: let not your sins weigh you down and let not your iniquities lift up themselves.

- Whatever is ailing you, there must be someone (your counselor of 1000) that you can reach out to in case of an emergency.
- If it is serious you may need to speak to a physician and possibly get put on medication.

Sirach 38:1 (Apocrypha) Honour a physician with the honour due unto him for the uses which ye may have of him: for the Lord hath created him.

- Every woman should have a counselor of 1000.
- For married sisters...your lord should be your counselor of 1000.
- You must have someone that you can call in an emergency.

- *If a sister is calling because she has trusted you with her spiritual and physical health...PLEASE GIVE A DAMN...PLEASE CARE.*
- *Sister if you are the one in need remember, no one can help you if they do not know what is going on with you.*

Yoela Israel

Caring for others when you have not cared for yourself, causes illnesses such as...

- Fibroids
- Migraines
- Bad or unhealthy skin
- Hair loss

We MUST maintain self-care.

Ask yourself...

When are you going to get tired of making all the decisions?

When you are feeling overwhelmed and need a break, do you take it, or do you just keep going and going?

- You must be 100% honest with yourself, your lord, and you sister-friends.

- When you need a break you must verbalize it to your circle of support.
- You must be real with yourself, in the middle of this pandemic/quarantine and still take care of your mind.

Shamarah Israel

Some quotes to think about...



- Perfection will come when we continue to rehearse the righteous acts and then we are all still striving to get into the Kingdom of Heaven.

How do you help a friend?

- Offer emotional support, patience, understanding and encouragement.
- Talk to your friend or relative and listen carefully to feelings and be understanding to situations that may trigger them.
- Invite your friend/relative out for positive distractions (ex: walks, outings, and other activities)
- Remind your friend/relative that with time and treatment she can get better.

- Most things can be healed with prayer and fasting.

Yoela Israel

What does self-care look like???

- Self-Care is not a one-time occurrence
- Include it in your monthly budget (ex: personal trainer, massage therapist, acupuncture)
- Exercise
- Journaling
- Music
- Shower with lights off and lit candles
- Quiet bath with lit candles

Article: RADICAL SELF CARE: 25 TIPS FOR BLACK PEOPLE – AFROPUNK

<https://afropunk.com/2019/07/radical-self-care-25-tips-for-black-people/>

1. **Disconnect from social media** (it is not healthy for someone with low self-esteem every on social media is not real.)
2. **Develop a healthy relationship with food.** (We have a love/hate relationship with food) You are either feeding health or disease.
3. **Celibacy** (Women who are not married and are single, it represents the ability to maintain your purity)
4. **Eliminate stressful situations** (Figure out what your triggers are and manage them.)
5. **Buy Black-owned** (When you buy from an Israelite or Black business the funds go back into the Israelite or Black community.)
6. **Attend a local yoga and meditation class – or do it at home.** (Workout class online or sign up with fitness trainers in the congregation)
7. **Zen your home** (Your home feel like your sanctuary. It can be as simple as creating your personal sanctuary in your closet or bathroom)
8. **For vs. against** (Standing up for this Truth. Find your passion and/or purpose in this Truth)
9. **Reconnect with family** (Israel is your family...connect with the Sisterhood and your spiritual family)
10. **Make a “you” day** (Schedule some “me” time (mani/pedi, bubble bath)
11. **Attend a retreat** (Make your own home your retreat)
12. **Volunteer or donate** (Volunteer your time at another sisters’ home, give away items from your home that you no longer need)

13. **Release an old habit that does not affirm your humanity** (Examine yourself and things that you need to work on)
14. **Become a plant parent, or bask in nature** (Watch something grow)
15. **Take personal responsibility** (Work on you and stop blaming others)
16. **Read more books** (We should be reading our four chapters per day)
17. **Identify negative-self talk** (This is a learned behavior. Identify when it starts to come out of your mouth and DO NOT let it proceed out! Instead of saying something negative about yourself say something positive.)
18. **Create!** (What are you trying to create? A blog? A book?)
19. **Say yes to more positivity in your life** (The whole act of repentance is change and we should all be trying to become a new creature in Christ)
20. **Exercise** (Exercise is key, winter is coming we must exercise and eat right)
21. **Make time for solitude** (Go for a walk and have a conversation between yourself and the Most High to cry out for sins, peace, health etc.)
22. **Travel** (Take an inexpensive road trip with your Sisters)
23. **Give yourself a makeover** (Try new makeup, new hairstyle, and makeover your house to keep yourself busy and re-focused)
24. **Realize your worth** (Love on yourself, and always know that you are beyond valuable and are worth it)

Proverbs 31:10 (KJV) Who can find a virtuous woman? for her price *is* far above rubies.

Final Thought...

Wisdom of Solomon 13:3 (Apocrypha) *With whose beauty if they being delighted took them to be gods; let them know how much better the Lord of them is: for the first author of beauty hath created them.*

Once you recognize your beauty and self-worth you will take self-care more seriously that you are doing now. Self-care is a direct reflection of our health, the way we treat our lords, our children, and the sisterhood.

“You CAN NOT be a pillar of rest if you are not rested.”

~~~Shalom Most High in Christ Blessed~~~