



250 Years and Still A Slave

Ph.D. Janice Marie Collins

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"It takes a rainbow of individuals to make the world a better place...but your healing must begin with you. I encourage you to engage in Active Centralized Empowerment...and view yourself, your struggles and your opportunities in a different light. This book was written not to tear down African Americans, but to lift them up, to a higher level of understanding, existence and performance." Because of the many decades of being victims of constant racism and discriminatory acts, African Americans have developed what I call Internalized Colonization and Racial Fatigue. The symptoms and fallout from such a long period of being enslaved and being treated "less than" has been catastrophic for African Americans' engagement as a viable and productive group. As a result, in some instances, they have performed along the lines of a negatively, imposed Self-fulfilling prophecy. As a result, some African Americans (AA) have begun to engage in destructive and counterproductive activities that cripple their chances of performing and existing as "free" Americans. Active Centralized Empowerment (A.C.E.) is a groundbreaking, game-changing paradigm and module that has the potential to change all of Black America (this paradigm may also be used for anyone of any race, gender, sex, or ethnicity who feels marginalized). It will change how we view ourselves, consequently, how Others view and interact with us as well. I further assert that A.C.E. allows for deep introspection for Black Americans who have internalized the Oppressive message, indirectly or directly, subconsciously or consciously. I also argue that A.C.E. also allows for "racist" liberation for White Americans, by offering a new way to address and understand "White Guilt, White Privilege and Entitlement," that is transformational. Through the prism of A.C.E., we can all move toward creating an ideal world of mutual respect and love of one another as well as compassion and empathy. A place of peace and self-empowerment. - bringing us all closer to each other by developing our true, authentic, positive Self. I submit that everyone, of every race and ethnicity should do this to help build a strong and peaceful world where ALL people can flourish.

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