



The Wake Up Experience.

BLACKBALLIN'

THE WORKSHOP



BlakcBallin'

\BLAK-'BÒ-LÉN\ (adj, verb)

1. Flexin' an ostentatiously wealthy lifestyle
(To be Black and ballin' in America is a celebration of perseverance and overcoming stacked odds.)



2. To socially & institutionally reject discrimination
(To vote against. To boycott. To exclude from membership by casting an oppositional vote.)

3. To choose LOVE
("Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."
~ Dr. Martin Luther King)

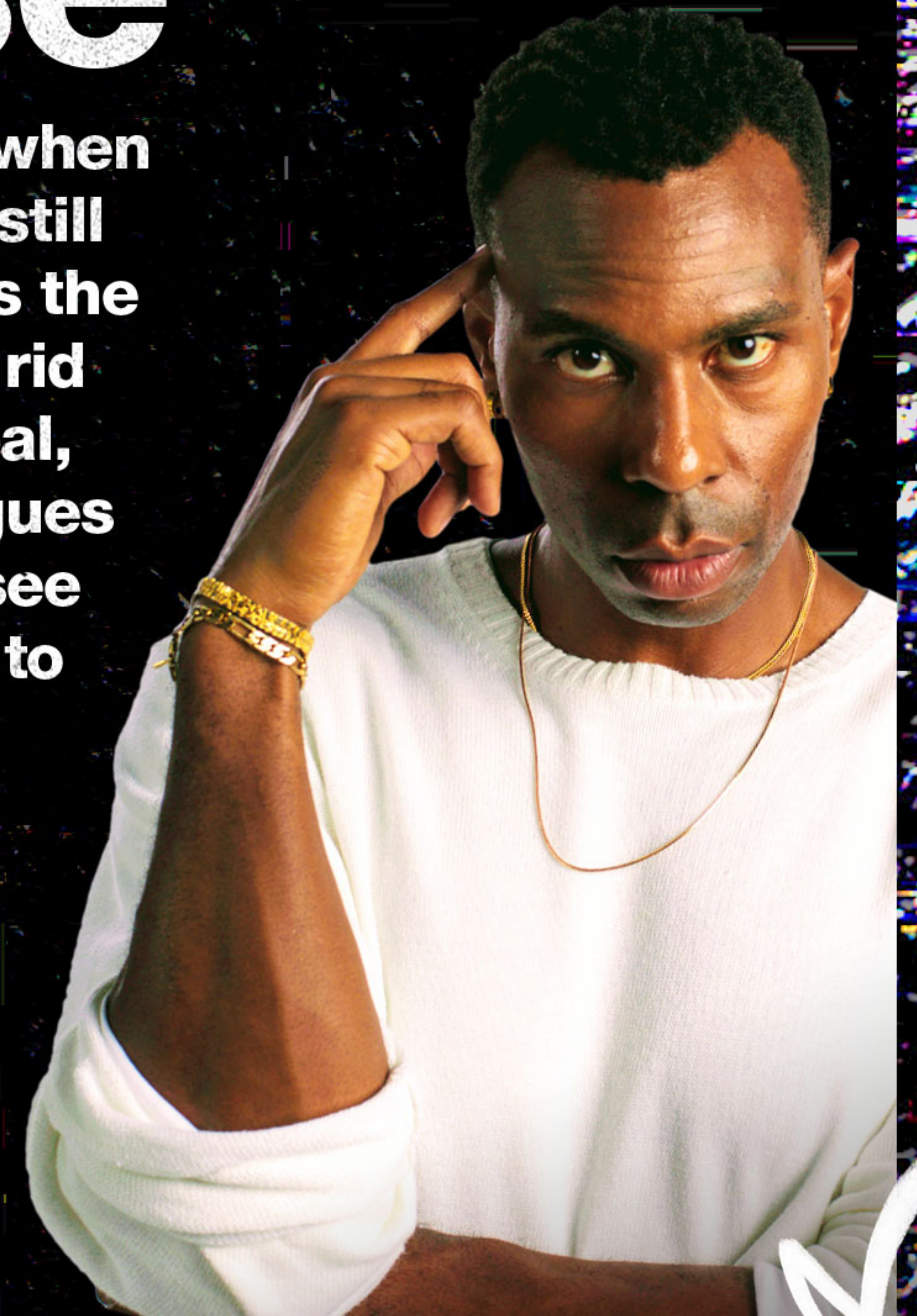
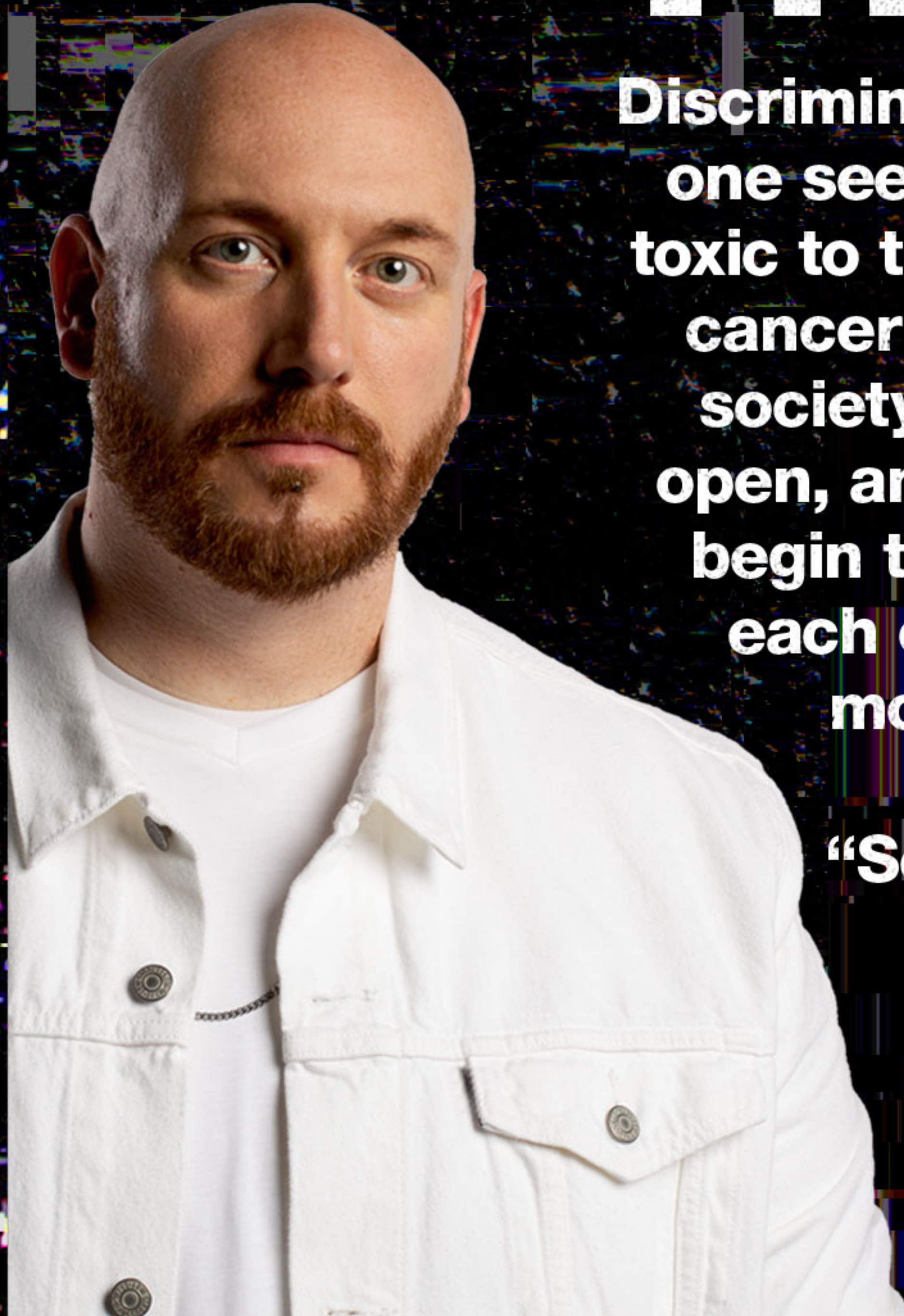


The Purpose

Discrimination is toxic and affects us all. Even when one seems to benefit from discrimination, it is still toxic to the being. Toxins cause Cancer. Hate is the cancer of human existence. We can begin to rid society of this collective cancer by having real, open, and honest conversations. These dialogues begin the healing process by allowing us to see each other as brothers and sisters, leading to more action, deeper healing and unity.

“So powerful is the light of unity that it can illuminate the whole earth.”

~ Bahá'u'lláh



The Method

The workshop uses the Blakcballin' Humanitarian Art Piece to critique the very idea of race. By addressing multi-layered issues through the lens of hip-hop music, storytelling, and the facilitation of dynamic group exercises, we promote self-discovery, community, and wellness. Our message encourages people to come together and use the power we have to create change.

Opportunities for Action:

- The Voting Process
- Collective Protest
- Leveraging Consumer Buying Power
- Group and Self-Healing / Awareness
- Interpersonal relationships
- Education
- Social Media
- The Power of Art

The Experience

- Screening of the Blakcballin' music video
- Open exchange about the emotional impact of the song and visuals
- Analysis of the lyrics and music
- Examining the many layers of Blakcballin's visual landscape
- Experiential exercises to awaken purpose, compassion and community
- The intention of Blakcballin' to inspire action
- Exploring different ways of taking action





“...No one of us can be free until everybody is free.”
~ Maya Angelou