

00:00:00 Ama-Robin

Hujambo beautiful people, or maybe I should say Hujambo powerful people! Because you really are powerful. But we're going to get to that in a minute.

00:00:43 Ama-Robin

Welcome back to the Espresso Talk Today podcast show, the show where we dive deep into the real and raw chaos of living black and predominantly white spaces and how to calm, control and curb that chaos. I'm your host, Amma Robin, and today we're talking about something that hits close to home for many of us, even if we don't know it.

00:01:14 Ama-Robin

It's the C word. Hmm.

00:01:18 Ama-Robin

Now, as a woman, when people talk about the C word, you know, I begin to cringe. But that's not the one I'm talking about today.

00:01:25 Ama-Robin

And no, it's not chaos, it's a part of it. Though the C word that we're going to talk about today is complacency.

00:01:38 Ama-Robin

Had you already guessed it? I'm sure you had, but I am having my Kurkuma Cinnamon Pepper coffee today for this uncommon show.

00:01:49 Ama-Robin

I've got a lot to say about complacency, the dangers it causes, and how to overcome it. So grab your espresso or tea.

00:01:57 Ama-Robin

Tea drinkers are welcome here too. Sit back and let's get to it.

00:02:03 Ama-Robin

We're going to dive deep and we're going to get real. And I hope that y'all are ready for this aquaba.

00:02:31 Ama-Robin

Welcome, my dear brothers and sisters and my beloved gender neutral and gender nonconforming folks. I am so happy that you're here today.

00:02:42 Ama-Robin

I'm so happy. I'm so grateful to have my community here with me today.

00:02:46 Ama-Robin

To talk about the C word, to talk about complacency. You might be asking, OK, I know what the other C word is, but what is complacency?

00:02:59 Ama-Robin

Great. Glad you asked.

00:03:01 Ama-Robin

Questions are always welcome here. And that's where we're gonna start.

00:03:06 Ama-Robin

Complacency is a quiet but powerful enemy. It's that feeling of satisfaction with the status quo where we think everything's OK, even when it's not.

00:03:22 Ama-Robin

It's saying, yeah, you know, it's all right. Things could be better, you know, but I'm OK with how they are it.

00:03:33 Ama-Robin

Is that really that satisfaction of Well, we've made progress, but I'm happy with this level. Sure, sure.

00:03:42 Ama-Robin

I wanna see things to be. I want things to be better.

00:03:45 Ama-Robin

But I can be happy here. Well, it's when we see injustices happening all around us.

00:03:53 Ama-Robin

Racism, sexism, poverty, voting problems, environmental issues. But then we choose to say silent.

00:04:03 Ama-Robin

We think someone else will handle it. Or we believe that just being aware of the problem is enough.

00:04:10 Ama-Robin

It's important, but it's not enough. It's, you know, when we think of when we think that this could be, this is good enough for me.

00:04:27 Ama-Robin

Now, you know, I am no, no enemy of good enough. But when I see an injustice, when I see something wrong, you know, my thought is to do something about it.

00:04:40 Ama-Robin

But complacency is to say someone else will do something. I don't have the power to do that.

00:04:47 Ama-Robin

It's none of my business. Well, you know, let's actually look at what complacency can look like.

00:04:54 Ama-Robin

Here's one example. One, a person living in an urban area affected by pollution might recognize the issue, but then does nothing to raise awareness or to advocate for cleaner air or better regulations.

00:05:10 Ama-Robin

They just think, well, this is just how it is, and then they leave it to others to fight for environmental changes or justice, even though they can see that the community's health is suffering. Yep, it's that That's just the way it is.

00:05:28 Ama-Robin

That is the mantra for complacency. Do you recognize it?

00:05:36 Ama-Robin

Hmm. Well, get ready for a few more examples throughout the show.

00:05:40 Ama-Robin

I'm not going to mention it right now, but they're going to be going to sprinkle them throughout the show. It's because complacency looks so many different ways.

00:05:50 Ama-Robin

You know, Martin Luther King, doctor Martin Luther King Junior once talked about the what will be remembered are not the words, even the hateful words of our enemies, but the silence of our friends. And he wasn't just referring to the absence of words.

00:06:10 Ama-Robin

He was talking about the absence of action. When we don't actively fight injustice, you know, we're not just being neutral.

00:06:20 Ama-Robin

We're being complacent, perhaps even complicit. We're allowing these injustices to continue because our silence and our inaction are seen as acceptance.

00:06:36 Ama-Robin

You know, we can see a lot of see this happen in a lot of different ways. You

know, my mother often talks about she grew up under legal segregation, and she thought, yeah, this is terrible, but what can I do?

00:06:52 Ama-Robin

Well, there's a complacency because people did do stuff about it. She was a child.

00:06:57 Ama-Robin

So, you know, I let that go. But now of course, legal segregation is over and but but yet there is still segregation in America in housing, in education, in healthcare, in economic empowerment.

00:07:17 Ama-Robin

Segregation is still very much a part of American Society. But because we've reached a certain level, we have that incredible Brown versus Board of Education Supreme Court decision and others that took away legal segregation.

00:07:34 Ama-Robin

We say, well, things are better now. They're not perfect, but they're better.

00:07:43 Ama-Robin

And so there's nothing for me to do. That is complacency.

00:07:50 Ama-Robin

You may be wondering now, OK, who am I talking to? Who is the audience?

00:07:54 Ama-Robin

Who is this message for? First of all, I think you know who you are.

00:08:00 Ama-Robin

You know, if you are just accepting this is just the way things, things is, things are, even though you know it can't be and you know it should be better, you know, if that's the way you think. I'm not trying to single out anybody.

00:08:15 Ama-Robin

So what I'm saying here is that actually I'm calling out everybody, everybody including myself today. I'm talking to everyone who decides to be happy, saying things like it ain't great, but things are better than they used to be.

00:08:35 Ama-Robin

Wow. Wow.

00:08:37 Ama-Robin

I cringe just hearing that. And, and I realize that that is complacency.

00:08:45 Ama-Robin

You know, I'm going to stop for a second because I just want to also point out that this is not any kind of a show where I am naming or blaming or shaming anyone. This is not that kind of show.

00:09:00 Ama-Robin

This is a raise awareness. Let's talk about this issue, then let's do something about it.

00:09:05 Ama-Robin

I'm not pointing fingers at anybody, not even at myself. I'm not shaming anyone, not even myself.

00:09:14 Ama-Robin

No way. Guess not what we're doing here.

00:09:18 Ama-Robin

This isn't about naming or shaming or blaming. This is about learning and empowering.

00:09:22 Ama-Robin

This is a black empowerment show. That's what we're going to do.

00:09:26 Ama-Robin

So when I say I'm calling out everyone here, that's means as a community, we as a people, we can do better. And you know, when people say, well, it ain't great, but it's good enough, You know, there is some truth in that.

00:09:45 Ama-Robin

There's just enough truth in that to keep us from demanding more and demanding better from this society. That's true.

00:09:54 Ama-Robin

Legal, legal segregation is gone, but de facto or America is still a very segregated society. But yet we are complacent because it's better.

00:10:07 Ama-Robin

Yes, we haven't. We have had a black president.

00:10:10 Ama-Robin

We might even have a second. Fingers crossed, you know.

00:10:14 Ama-Robin

But that does not mean that we have gone post racial or that racism is in the past, not post post racial does not exist. And racism definitely not in the past.

00:10:28 Ama-Robin

But because things are a bit better, you know, we've reached that level where we feel we can be complacent. And yes, many Black people hold high positions in companies, organizations and the government.

00:10:43 Ama-Robin

But tokenism is still a part of Black life. Isolation is still the norm.

00:10:50 Ama-Robin

John Henryism, which we, you know, work so hard that we end up damaging

our health. You know, we work harder than our white counterparts to succeed, and damaging our health has become accepted and even expected.

00:11:08 Ama-Robin

Racial battle fatigue caused by microaggressions and other repetitive racial stress injuries is still the norm. Racial violence against Black people by police, private security or other random people has been normalized.

00:11:26 Ama-Robin

In fact, violence against black bodies continues to be the norm. But because there's outrage about it now, you know, there, we do take certain steps.

00:11:38 Ama-Robin

It hasn't. It's not getting better.

00:11:40 Ama-Robin

In fact, I sometimes think it's getting worse, sometimes think it's regressing because we've become complacent, even losing reproductive rights. Our reproductive rights as women has been is that is in jeopardy now because after the Roe, Roe versus Wade decision way back in the 70s, we became complacent that we would always have these rights.

00:12:08 Ama-Robin

And all of a sudden they're being, they're slowly, they're being chipped away at. Then all of a sudden Dobbs, the Dobbs decision came down and those rights are gone for many women, for a huge number of women.

00:12:20 Ama-Robin

And you know it. They don't want to stop there either.

00:12:24 Ama-Robin

They want to take it away. Reproductive rights for all women.

00:12:28 Ama-Robin

They want to take away that way for all women and even start taking away, you know, birth control, all kinds of things because we've become complacent. We got comfortable and we let our guard down.

00:12:40 Ama-Robin

Now, you know, now we're back. We're we're back and we're fighting for it.

00:12:45 Ama-Robin

But we have a lot of a lot of work to do. Well, those were all examples of what complacency can do.

00:12:55 Ama-Robin

But let's read another example I have here. A white person sees news reports about police brutality against black people but believes it doesn't directly affect them.

00:13:07 Ama-Robin

The white person, they might express sympathy in private conversations, but they avoid joining protests. They avoid signing petitions.

00:13:16 Ama-Robin

They don't support policy changes that could address the issue. They might think, well, it's terrible, but there's nothing really that I can do about it.

00:13:26 Ama-Robin

That is complacency. That's let someone else do something about it or that's this doesn't affect me directly.

00:13:36 Ama-Robin

I don't have time for this. You recognize it.

00:13:42 Ama-Robin

As I said, I'm not blaming or shaming or naming here, you know, but let's just be honest and authentic today because that's what we need. We need to be

able to recognize complacency because it is our enemy.

00:13:56 Ama-Robin

It's our enemy in the midst that keeps us from doing things, keeps us from protecting our reproductive rights, from fighting racism, from attacking police brutality, from fighting for our rights, while the same time thinking, you know, being, you know, seduced into thinking that things are better now and they're good enough. Well, I have some other things I'm asking here.

00:14:23 Ama-Robin

Why is complacency so dangerous? I've answered that a little bit here.

00:14:29 Ama-Robin

But let's look about look at how complacency is a tool used by white supremacists and other impressive systems. Let's look at how the powers that be use complacency.

00:14:43 Ama-Robin

But we've had a lot of a lot of discussion here already. Let's take our first breather break.

00:14:51 Ama-Robin

This gives all of us a chance to breathe for a minute. You know, when things get intense, you know I like to breathe.

00:14:57 Ama-Robin

Sometimes I forget, but this is a moment when I'm going to intentionally watch my breath. I hope you will too.

00:15:06 Ama-Robin

I'll see you in a minute. And y'all know that I love this song.

00:15:11 Speaker_2

(song break)

00:15:38 Ama-Robin

Aquaba, backed by a beautiful and powerful community. I'm so glad that you stayed in the building with me today to discuss this issue, and I hope you don't feel that you're being blamed or shamed because honestly, that's not my intention.

00:15:53 Ama-Robin

I just want to open up discussion and get real today. That's what we do here, right?

00:15:58 Ama-Robin

Well, we've been talking about why complacency is so dangerous. And I also want to bring up now how the powers that be use complacency and encourage us to be complacent, you know, to have that satisfaction that things are good enough.

00:16:17 Ama-Robin

There's nothing more for me to do. They want us to think that way because they know that there's much more that needs to be done.

00:16:27 Ama-Robin

And they know that the stuff that we have, the rights that we have now and the powers we have now, that if we don't keep fighting for those, those are going to get taken away, just like it happened in the Dobbs case, You know, where a woman can't terminate a pregnancy. That's just the beginning.

00:16:44 Ama-Robin

OK, so let's talk about how white supremacist patriarchal systems encourage complacency. It's actually very basic, very basic.

00:16:59 Ama-Robin

And it's so basic that it's almost genius that we are rewarded for being complacent. Yep.

00:17:09 Ama-Robin

You know, when you want to encourage a child to do something, you give them a reward. After they've done it, what they do, they'll do it again.

00:17:17 Ama-Robin

That's, that's what you that that's normal. That's normal human behavior.

00:17:21 Ama-Robin

When you're rewarded for something, you want to keep doing it, keep getting more rewards. So we are rewarded, rewarded for being complacent.

00:17:29 Ama-Robin

That may be antithetical to what I just said. It may sound that way, and it is, but let me explain myself here.

00:17:38 Ama-Robin

You know, when you are complacent about things, you become part of the in crowd, You're acceptable. You're one of the pretty people.

00:17:47 Ama-Robin

You become the safe and acceptable and successful, you know, person in the crowd. When you are complacent, when you don't fight back, you know, it's a yeah, it's a way of making people do what they want.

00:18:07 Ama-Robin

When you start speaking up about stuff, that takes you out of complacency and that takes you out of the group. But when you can just smile and laugh at a racist joke, you know, or when you see the police brutality and police violence and you just kind of turn your head, well, then you are it become acceptable.

00:18:34 Ama-Robin

You get rewarded for that here. Here's a nice job for you for not speaking up

here, you know, here's a nice house for you.

00:18:43 Ama-Robin

You get a nice mortgage, you get a nice house. You're in a nice neighborhood because you don't talk about you.

00:18:49 Ama-Robin

You, in fact, you even chuckle and laugh at the racist jokes, you know, and you blame black people for police violence or you know, you, you don't complain when you see racism, when you don't speak up for yourself or when you experience racism, you just swallow it and you blame yourself. Then you get reward, reward, reward.

00:19:20 Ama-Robin

Now it's different when you start speaking up, taking a stand against injustice is punished. So see a very basic thing it does, you get the reward and then the punishment.

00:19:32 Ama-Robin

Let's talk about punishment. Well, you start saying that, wait, that joke was racist.

00:19:37 Ama-Robin

That's inappropriate. You know, you start marching at protests against police violence.

00:19:44 Ama-Robin

You know, you start writing articles about white supremacy. Then jobs might be hard for you to find.

00:19:54 Ama-Robin

People might begin to ridicule you. You might be isolated.

00:19:58 Ama-Robin

You might even be attacked. You know, I've been wearing this ever since October 10th because it took a few days to get it.

00:20:07 Ama-Robin

I've been wearing a patch about the genocide in Gaza that said stop the genocide, human rights for all and has a flag, a Palestinian flag on it. I have pledged to wear this every single day.

00:20:25 Ama-Robin

At first, until there was a ceasefire, No. Now until Palestine is free.

00:20:30 Ama-Robin

So that's what I'm going to do Now. I'm walking down the street wearing this patch everywhere, every day.

00:20:37 Ama-Robin

Sometimes, in fact, most of the time, I'm getting responses of thank you so much. I love that bat.

00:20:43 Ama-Robin

I love that sticker. Wow, Thank you so much for supporting us.

00:20:47 Ama-Robin

But there are other times when I'm getting really mean and angry and hostile looks or when people will not help me. Like like over at the store.

00:20:59 Ama-Robin

I was at the store the other day and the cashier refused to, to help me to, to check my, my groceries, you know, and I have to walk past a synagogue to get to this grocery store. Now, I have nothing about no problem with the synagogue, but there's security out front.

00:21:19 Ama-Robin

I can understand that they may need security. And the security guards, when

they see my sticker, they watch me very closely, very closely.

00:21:29 Ama-Robin

I mean, so there is, I know I knew that wearing this sticker, you know, that is basically saying that I'm opposed to genocide and to the killing and slaughter and, and rape and displacement of, you know, 100,000 people that that was going to have a reaction. And I didn't know.

00:21:49 Ama-Robin

I don't know when I approach people what that reaction will be. But there is a reaction and sometimes it's a punishment, you know, being watched by security is scary, you know, and not and then all of a sudden being refused service is scary is makes me anger angry, you know, but it's the punishment.

00:22:11 Ama-Robin

Taking a stand sometimes requires it means that you're going to be punished. You know, if I'm not wearing this with this, this sticker and I'm acting like it doesn't really matter to me what's going on in Gaza, you know, I'll be rewarded.

00:22:28 Ama-Robin

You know, I get the smiles and the service and I get the casual look, you know, glance from the security guards. No problem.

00:22:36 Ama-Robin

But I'm not the only one. You know, there was the, you know, at the Berlin of like, you know, Olympics when the black men put their hands up in the air, their fists up in the air.

00:22:47 Ama-Robin

Wow. I mean, we look back at that today.

00:22:49 Ama-Robin

Like, that is a powerful move. That was bold.

00:22:52 Ama-Robin

Yes, it was. But they also were stripped of their titles and their medals.

00:22:56 Ama-Robin

And one of them lost his marriage, and one of them, they weren't able to get jobs for taking a stand. You know, Martin Luther King's approval rating.

00:23:04 Ama-Robin

You know, we talk about him now like, oh, yeah, we'd love everything he said and wrote and did all that. Well, right before he was assassinated, his approval rating was about 20% because he was speaking out against militarism, against attacking, you know, the countries of people of color in Vietnam in particular, you know, against when he's talking about economic equality.

00:23:28 Ama-Robin

But then they said no, no, no, no, no, no, no. You are out of your lane here.

00:23:33 Ama-Robin

That's not what you're supposed to talk about. And because of that, you know, we're going to, you know, attack your reputation.

00:23:40 Ama-Robin

We're going to isolate you. We're going to take away your funding.

00:23:44 Ama-Robin

You know, we're going to, you know, paint you as this terrible, weak, you know, degenerate type of person instead of the brilliant, powerful, amazing thinker and man that he was. That was the attack.

00:23:57 Ama-Robin

And it made it, it cost him a lot. And in fact it isolated to the point where it cost cost of his life.

00:24:05 Ama-Robin

So activism does have its costs, but it does make a difference. Activism is actually dangerous to the system, which is why it is punished.

00:24:19 Ama-Robin

Now you know, if the system likes you, if the system is supporting and rewarding and accepting and loving you, something ain't right because the system isn't designed to work for most people. It's designed to work for very few.

00:24:35 Ama-Robin

And the system loves when you're complacent. The system will reward your complacency, but complacency is actually dangerous for us.

00:24:46 Ama-Robin

It may feel more comfortable. It may feel, yes, more comfortable, but we're not here to be comfortable.

00:24:52 Ama-Robin

But we're it's, it may feel more comfortable, but it's dangerous. And let me tell you some other ways that it is.

00:24:59 Ama-Robin

Complacency perpetuates injustice. As I was saying, by not speaking out or taking action, we indirectly support the systems of oppression, the system that are oppression pressing US.

00:25:13 Ama-Robin

Silence is interpreted as approval, and it empowers those who uphold the racist, patriarchal, you know, capitalistic system. A second way is that it creates a false sense of accomplishment.

00:25:31 Ama-Robin

Yeah, it's important to feel good about accomplishing something. And we might feel good about the progress that we've made as black people socially,

politically, economically, but we know that there's so much farther that this society where where we need to go and what we deserve to have and all of that.

00:25:51 Ama-Robin

But when we've, you know, made a certain amount of progress, it's easy to feel complacent and comfortable with just that. Third, complacency takes away empathy.

00:26:07 Ama-Robin

You know, it diminishes empathy when we repeatedly see injustice but do nothing. We start to become desensitized to it.

00:26:17 Ama-Robin

You know, in the beginning, we're watching the the films from and the videos and the horror from Gaza. When we keep seeing it and over and over and over again, all of a sudden when we're complacent about it and not fighting against it and keeping it in the forefront of our minds that we're watching a genocide and hap happen in real time.

00:26:37 Ama-Robin

Well, we're not thinking in that way. If we have the mindset of complacency, then we become desensitized to it, to to the horrors, you know, to the violence.

00:26:49 Ama-Robin

And it's the same way with seeing police violence in in America. You know, if we're not actively thinking and fighting against it and we become complacent to it, well, we also become comfortable with it.

00:27:09 Ama-Robin

And the next word from complacency to comfort the next one is complicit. We don't want to go there.

00:27:15 Ama-Robin

We don't want to go to any of these places. But complicit, that's the worst.

00:27:20 Ama-Robin

That is the worst. And finally, complacency it it, it hinders collective action.

00:27:30 Ama-Robin

You know, when you're not involved or engaged, you know, you're as as an individual and we are all all are just individuals. You know, you're not going to participate in the collective action and collective action is where the power really is.

00:27:47 Ama-Robin

You know, a complacent person is kind of the weak link and the chain is actually only going to be as strong as the weakest link. And that that weakens then our collective power, which is how we can make real, real, real change.

00:28:06 Ama-Robin

But I am going to be straight with you here. I think I always have been.

00:28:10 Ama-Robin

But complacency is being silent about the presence of injustice and poverty and discrimination and violence and all other forms of hardships. You know.

00:28:20 Ama-Robin

And you know, it does make make it seem that things are good enough and I can live with this. And that's what's happened with our reproductive rights.

00:28:34 Ama-Robin

And that's going to be a, and that's why now we are where we are. So collective action, though, is powerful.

00:28:45 Ama-Robin

It's sustainable and it's more sustainable in the long term, even in individual efforts. And remember, we are community in our collective action does create

change and it is an antidote to the illness of complacency.

00:29:03 Ama-Robin

Well, I know that was a lot. I do know that.

00:29:10 Ama-Robin

So I think now is a good time to take another breather break. Yes, that's a good time.

00:29:15 Ama-Robin

We're going to do that. So take a minute to breathe, think, stretch, do push ups, take a walk, grab some coffee or tea, whatever speaks to your soul.

00:29:26 Ama-Robin

This is some great stuff. It's important stuff, but it's difficult stuff and we all need a short break.

00:29:34 Ama-Robin

When we return, we're going to discuss ways to overcome complacency. I'll be back in a minute.

00:29:40 Ama-Robin

Take care of yourself.

00:29:44 SPK_2

Yeah, get a lot of dough and dirt, the water obstacles cause anything is possible. Oh man, I got a lot of gold.

00:29:53 SPK_2

Stack that bread and bomb my nose. Anything is possible.

00:30:04 Ama-Robin

Hey there, it's on the Robin and welcome back Aquaba back. I'm so glad that you stuck with me.

00:30:12 Ama-Robin

I know I got a little deep and heavy there, but I think this was important to say and important to remember. Now, before I get to how to overcome, you know, complacency, I want to just reiterate something that how complacency does erode empathy and takes away our compassion because we become desensitized.

00:30:38 Ama-Robin

Now, I do know that we all just can't sit around and look at all, you know, these terrible images, you know, all day long. That's just too heart wrenching, too gut wrenching.

00:30:49 Ama-Robin

It is, it is so painful. And I know I'm speaking from personal experience here, that sometimes I have to turn the TV off or turn the sound down or close the book or shut the newspaper or of course, turn off the social media and just take a break because it can be so overwhelming, you know, and then I can come back and I can still feel the empathy and, and feel the pain too.

00:31:21 Ama-Robin

So it is difficult and uncomfortable, but it's important. And I encourage you though, to be compassionate towards yourself and to do what you need to protect your mental and emotional health.

00:31:37 Ama-Robin

Take a step away when you need to, to protect your mental health and be compassionate towards yourself and the others. And that requires you, you know, to be compassionate towards others.

00:31:48 Ama-Robin

You really need to be compassionate to yourself and show yourself some grace too, you know, do that and do it unapologetically and return to fight another day, return to love another day. Just wanted to throw that part in.

00:32:06 Ama-Robin

So how do we fight the seduction, seductive pull of complacency? Kind of jumping ahead of myself here because I'm thinking about what I want to say.

00:32:21 Ama-Robin

How do we fight this seductive pool of complacency? And yes, I do believe it is seductive.

00:32:28 Ama-Robin

Just like in the movie The Matrix, many of us would prefer to take the red pill and just be happy with the status quo, be happy with our lives and how things are and be happy feeling that it ain't perfect, but it is good enough, you know? I would love that too.

00:32:49 Ama-Robin

But if you haven't taken that pill or you do actually want to make the world a little bit better and kinder and more just and a happier place, how do you resist the pull of complacency? Well, there are ways.

00:33:09 Ama-Robin

And, you know, moving from passive support to active participation is not a big step. It's not a big leap.

00:33:20 Ama-Robin

So I'm going to share with you some of my seven ways that I've been using to fight complacency. I don't use them all the time, each one all the time.

00:33:29 Ama-Robin

I but I pull out, pull this out of my toolbox when I'm feeling that I needed or that I'm sinking into, oh, why can't I just accept things the way they are? You know, then I say, OK, it's time to go into my toolbox and start fighting against the complacency that is seducing me in OK #1 Educate yourself continuously.

00:33:55 Ama-Robin

Read books, watch movies or documentaries. You know, keep learning in whatever way it is that you learn.

00:34:03 Ama-Robin

Education is a powerful tool. Tool.

00:34:06 Ama-Robin

I'm going to say the learning wrap rather, is a powerful tool. You know, stay informed about the issues that you care about.

00:34:13 Ama-Robin

You know, understand their historical context, their cultural context, their, you know, the economic, financial, the different contexts of it. Nothing happened in a vacuum.

00:34:23 Ama-Robin

Think about the current state of how things are and the experiences of those that are directly affected. Continuous learning keeps you motivated and aware and feeling that urgency of action.

00:34:39 Ama-Robin

Another one number two, reflect on your personal values regularly. Think about your values and how they aligned with your actions.

00:34:50 Ama-Robin

Think about the impact of your choices and whether they contribute to the change you wish to see in the world. You know this personal reflection can help you bridge the gap between your beliefs and your behaviors.

00:35:05 Ama-Robin

You know, sometimes that can be a big leap because when we're not aware of of what's going on, if we're not being reflective about this. A few months ago we examined our core values.

00:35:16 Ama-Robin

This was a difficult and lengthy, but it was a helpful exercise and it was empowering. You know, I had a whole list of core values, it is over 100 and really had to whittle it down to maybe two or three things that are really, really, really important to me, you know, and having done that work and that took a couple of months actually, and I do keep return returning to it and reviewing it.

00:35:45 Ama-Robin

Then when I knew it was important to me, I knew what I wanted to really focus on because let's face it, there's so much going on right now. We cannot do everything, but we, we can have to focus our energy and our time on the things that are most important to us.

00:36:03 Ama-Robin

Other people will focus on the things that are most important to them. And if we're all doing that, then things are going to happen.

00:36:10 Ama-Robin

Change is going to happen. If you want to look to look at that list of core values, you can find it on the Espresso Talk Today website in the Power blog.

00:36:20 Ama-Robin

And, you know, do the exercise. It's, it was actually a lot of fun, but it was difficult and I learned a lot about myself.

00:36:30 Ama-Robin

OK #3 set tangible goals, you know, avoid making vague commitments. Set specific achievable goals for, for your activism and whether it's volunteering or donating or attending protests or advocating in some other way for policy changes, just and having clear objectives helps you to maintain the focus and the momentum.

00:36:53 Ama-Robin

That's what I said. I wear this sticker, you know, every day.

00:36:57 Ama-Robin

My pledge is to wear it every day until there is, I just said, a cease-fire. But until Palestine is free, you know, and that is very clear and actionable for me.

00:37:09 Ama-Robin

But, you know, you can't do everything, you know. So maybe pick out when you've had your core values, pick out two or three issues or maybe just two that are very important to you.

00:37:20 Ama-Robin

Heavily commit time and energy and focus into one. And then maybe the other one other issue, say, yeah, maybe once a month or several times a year I'll get involved or maybe I'll make a donation to that.

00:37:32 Ama-Robin

You know, it doesn't have to be all, all, all, all, all, you know, or nothing, nothing, nothing. It can be, you know, a whole lot here and a bit there and some there too.

00:37:41 Ama-Robin

And that all makes a difference. A third one is join or support grass roots movements.

00:37:48 Ama-Robin

Engage with the grass root organization that's actively working towards change. These groups have established an effective strategies that can make opportunities for meaningful involvement.

00:38:01 Ama-Robin

You can support their efforts. As I said, maybe you want to, you know, try to spend a day there volunteering once a week or maybe that's too much.

00:38:10 Ama-Robin

Just decide what you need to do for you and what how you can best help them, you know, in a way that works for you. And like I said, it's not all or nothing.

00:38:19 Ama-Robin

It's a whole lot of in between. Now this is one of my favorites here #5 challenge your comfort zones.

00:38:27 Ama-Robin

Growth and change often requires stepping out of comfort zones. You know, it's, it's easy to to say to get into and stay in the comfort zone and complacency really doesn't help you to get off the couch.

00:38:45 Ama-Robin

You know, it doesn't help you to get out of your comfort zone. So, you know, get engaging in difficult conversations, challenge prejudice behaviors, confront injustices even when it's uncomfortable.

00:38:59 Ama-Robin

But you know, that's for me as an anti racist and black empowerment person. That's what I'm focusing on.

00:39:04 Ama-Robin

Maybe your focus on the issues may be different, but find ways to get out of your comfort zone with those. Pushing these boundaries is essential for personal and societal progress.

00:39:15 Ama-Robin

You know, I've never done this before, but when I started making those stickers, you know, saying stop a genocide and human rights for all and then wearing the Palestinian flag, this is a very, very, very important issue to me. Genocide's been called the crime of crimes.

00:39:31 Ama-Robin

And I committed myself to wearing these stickers every day and doing more until there's a permanent ceasefire or beyond. But what I'm saying is that I have don't really announce my my thoughts and activism to anyone who sees me.

00:39:50 Ama-Robin

So it was definitely stepping out of my comfort zone and still is. You know, to, to wear the sticker and let everyone who sees me know this is what I believe, OK, I was out of out of my comfort zone #6 Hold yourself and others accountable.

00:40:10 Ama-Robin

Accountability is the key really to combat combating complacency. Mm hmm.

00:40:15 Ama-Robin

That's right. This is where community comes in.

00:40:18 Ama-Robin

You know, holding yourself to high standards of action and encouraging others to do the same. Yep, our community.

00:40:26 Ama-Robin

Constructive accountability can create this culture of active engagement and continuous improvement. And for me, accountability on the Gaza issue means making myself accountable to never accept genocide, ever, for anyone, and for making other people accountable for their views about genocide.

00:40:46 Ama-Robin

I'm not up in people's face, but I'm saying, look, if you're interested in, let's say voting rights, well then what are you doing for that? What are you doing to help promote voting rights?

00:40:58 Ama-Robin

Are you? It can be, you know, being out there working voter registration, it can

be all kinds of different things.

00:41:04 Ama-Robin

Or even just checking in with family members to make sure that they vote, driving people who have trouble getting to, to the polls, driving them to the polls on voting day or helping them to, to, uh, to mail their, uh, their ballot. There's so many different ways to get involved and to make others accountable.

00:41:28 Ama-Robin

And when you're asking people that I voted where the, the sticker I voted today. Did you, you know, that's accountability too.

00:41:37 Ama-Robin

And finally, the last one, number seven, practice consistent advocacy, You know, umm, consistency could be twice a year, consistency could be every single day. Decide what's going to be consistency for you and it should be a consistent effort rather than sporadic.

00:41:57 Ama-Robin

This response. I mean, sometimes you're going to need to respond to maneuver, yes, but that shouldn't be the the strategy.

00:42:04 Ama-Robin

Committing to regular actions, whether it's social media, community involvement, or political engagement, consistency ensures that the fight against injustice remains active and visible, and the fight against complacency is continuous. Just focus on the consistency, not complacency.

00:42:26 Ama-Robin

Keep doing whatever you're doing and don't stop until the goal is realized. I have another example now of complacency.

00:42:35 Ama-Robin

And I said, I'm not targeting any anyone or any group here, but I'm going to use this one. An Asian person witnesses anti black racism in their workplace but chooses to stay silent to avoid conflict.

00:42:49 Ama-Robin

They might overhear discriminatory remarks or see unfair treatment of black colleagues, but decide not to report it or to stand up against it, thinking it's not my place to get involved. I think a lot of us think that, you know, from every ethnicity and, and from every, you know, every group, you know, that we see something happen to another group that we think is not my place to get involved.

00:43:20 Ama-Robin

That is complacency. Well, as we think about reflect on that one, let's take one last breather break, then we're going to wind it down.

00:43:31 Ama-Robin

This is really been intense, you know, but I think we're going to start lighting it up a bit, lighting it up a bit. I, I promise we're stronger together.

00:43:40 Ama-Robin

You see, there's no need to name or shame or blame anyone. We're all out there doing our best.

00:43:46 Ama-Robin

But sometimes we all need to make a little bit of adjustment and that's what we're doing today. But let's start to wrap this up and take some, you know, breathe, relax, you know, do a body scan and I will see you in a minute.

00:44:27 Ama-Robin

Yep, we are winding it down now, and I want to just actually wind it up just a little bit, just to look at one more example of complacency. A Latino person might be aware of efforts to suppress the votes of people of color, but then doesn't take any action to combat these measures.

00:44:52 Ama-Robin

They might avoid volunteering for voter registration drives or educating the community about their voting rights. Thinking voting has always been tough, It's not going to change.

00:45:06 Ama-Robin

Mm hmm. I think the thing that I really get from these examples is the behavior a little bit, but it's really the mindset when I think about this, voting has always been tough.

00:45:17 Ama-Robin

It's not going to change. You know, violence hasn't happened to anyone I know, so it's not that big of a deal.

00:45:25 Ama-Robin

You know, economic inequality is really too complex for me to to make any difference. Or, you know, I have enough to deal with regarding racial issues.

00:45:36 Ama-Robin

I don't want to get involved, you know. Oh, this is one too.

00:45:40 Ama-Robin

I hear a lot. I've got my own problems and then they just ignore other people's realizing that all these are our problems too.

00:45:49 Ama-Robin

Or I just said not my place to get involved. Here's one.

00:45:52 Ama-Robin

It's terrible, but there's nothing I can do about it. That's often often said, you know, and of course, and this is just how it is not means just how it's always going to be See.

00:46:07 Ama-Robin

So it's really the mindset of complacency more so than the actions, although of course, 1 follows from the other. OK, so winding it down, let's just realize complacency and its evil sibling complicity.

00:46:24 Ama-Robin

We're going to get into that later. Another another show are subtle but dangerous adversaries in our fight, you know, for justice and equality or fighting for any issue that's important to you.

00:46:38 Ama-Robin

By recognizing these dangers and actively working to overcome them, you know, we can transform passive support into meaningful action. And as I said, I gave you those, you know, seven ways to do it.

00:46:54 Ama-Robin

It's a small step. You know, it really takes place really within in your mindset.

00:47:00 Ama-Robin

And then the step is a small step, but it's actually a giant leap, As Doctor King reminds us. In the end, we will remember not the words of our enemies, but the silence of our friends.

00:47:15 Ama-Robin

Hmm. Let's choose action over silence, engagement over apathy, and become active participants in the fight towards justice and equity.

00:47:28 Ama-Robin

And yet environmental justice and voting rights and reproductive rights and all these things that we say we want, but we want, but we think we don't have any power to do it and we expect others to do it for us, you know. So remember that our actions today shape our tomorrow.

00:47:51 Ama-Robin

And please just think about how do you want your world to look tomorrow.
Asante Sana for joining me today on Espresso Talk Today.

00:48:04 Ama-Robin

If you found this episode meaningful, please, please, please share it with your friends and family, your crew, your community, your tribe, everyone. And let's spread the word and inspire others to take action.

00:48:19 Ama-Robin

A Santisana to all people working towards making this world a better place.
We stand in solidarity with you.

00:48:29 Ama-Robin

And so remember, my fellow warriors, know this deep in your soul, you are powerful beyond measure. And together we are invincible.

00:48:41 Ama-Robin

And the problem, the real problem with society is white supremacy. Black people are not the problem.

00:48:49 Ama-Robin

If you want to keep discussing or just reading about these issues, then please subscribe to my weekly Black empowerment newsletter, The Normal Beat. We discussed lots of different issues there, so get your dose of Black empowerment and liberation every single week.

00:49:07 Ama-Robin

That's never a dull moment, but lots of powerful, uplifting and liberating moments. You can subscribe at the Espresso Talk Today website, espressotalktoday.com or on Instagram at AMA Robin L.

00:49:24 Ama-Robin

That's AMA...AMA_Robin ROBIN_the letter L. You can also find me on Facebook at my newly opened Espresso Talk Today Black Liberation Lounge.

00:49:39 Ama-Robin

This group is a safe space for us to hold discussion, share thoughts and ideas, feel joy, express sadness, or just breathe. You can also join us on Instagram, where I hold a live discussion every week, usually on Wednesdays.

00:49:57 Ama-Robin

DM me to get the weekly schedule but join me on Instagram at AMA Robin L. I'm Ama-Robin for espresso talk today and remember now more than ever strength, soul and reparations.

00:50:16 Ama-Robin

Ashe community.