

WEBVTT

NOTE duration:"01:19:14.8160000"

NOTE language:en-us

NOTE Confidence: 0.8773392

00:00:00.000 --> 00:00:02.250 Everybody to the Department grand rounds.

NOTE Confidence: 0.8773392

00:00:02.250 --> 00:00:06.180 This is a musical grand rounds.

NOTE Confidence: 0.8773392

00:00:06.180 --> 00:00:08.661 We're almost at Thanksgiving.

NOTE Confidence: 0.8773392

00:00:08.661 --> 00:00:11.416 And every year at Thanksgiving,

NOTE Confidence: 0.8773392

00:00:11.420 --> 00:00:13.919 we as a Department and as a

NOTE Confidence: 0.8773392

00:00:13.919 --> 00:00:16.449 community try to reflect on the

NOTE Confidence: 0.8773392

00:00:16.449 --> 00:00:19.203 things that we're most grateful for.

NOTE Confidence: 0.8876165

00:00:20.140 --> 00:00:21.680 I can't think of a

NOTE Confidence: 0.898455097777778

00:00:21.680 --> 00:00:25.667 harder year. In all of my years at Yale,

NOTE Confidence: 0.898455097777778

00:00:25.670 --> 00:00:28.449 to be focused on things that we're

NOTE Confidence: 0.898455097777778

00:00:28.449 --> 00:00:31.520 grateful for when we have had such a

NOTE Confidence: 0.898455097777778

00:00:31.520 --> 00:00:33.780 difficult year over the past year.

NOTE Confidence: 0.898455097777778

00:00:33.780 --> 00:00:37.436 Where where we've been

NOTE Confidence: 0.898455097777778

00:00:37.436 --> 00:00:40.178 dealing with isolation.

NOTE Confidence: 0.898455097777778
00:00:40.180 --> 00:00:42.020 We've been dealing with
NOTE Confidence: 0.898455097777778
00:00:42.020 --> 00:00:43.400 sickness and pandemic.
NOTE Confidence: 0.898455097777778
00:00:43.400 --> 00:00:47.096 We've been dealing with the loss of
NOTE Confidence: 0.898455097777778
00:00:47.096 --> 00:00:50.130 friends or relatives to Covid we've
NOTE Confidence: 0.898455097777778
00:00:50.130 --> 00:00:54.981 been dealing with the murder of young
NOTE Confidence: 0.898455097777778
00:00:54.981 --> 00:00:59.977 black men by and women by police.
NOTE Confidence: 0.898455097777778
00:00:59.980 --> 00:01:03.586 We've been dealing with our own
NOTE Confidence: 0.898455097777778
00:01:03.586 --> 00:01:05.990 internal struggles around building
NOTE Confidence: 0.898455097777778
00:01:06.088 --> 00:01:08.638 a community that is diverse,
NOTE Confidence: 0.898455097777778
00:01:08.640 --> 00:01:10.350 equitable and inclusive.
NOTE Confidence: 0.898455097777778
00:01:10.350 --> 00:01:13.770 Um and and many other challenges,
NOTE Confidence: 0.898455097777778
00:01:13.770 --> 00:01:16.842 it's it's been a very tough
NOTE Confidence: 0.898455097777778
00:01:16.842 --> 00:01:19.896 year for everybody and and and
NOTE Confidence: 0.898455097777778
00:01:19.896 --> 00:01:22.584 when you have a tough year.
NOTE Confidence: 0.898455097777778
00:01:22.590 --> 00:01:25.761 Yeah, it's hard to to find resources
NOTE Confidence: 0.898455097777778

00:01:25.761 --> 00:01:29.246 to be hopeful and and to think about
NOTE Confidence: 0.898455097777778

00:01:29.246 --> 00:01:32.303 those ways that we can care for
NOTE Confidence: 0.898455097777778

00:01:32.303 --> 00:01:35.075 ourselves and care for others that
NOTE Confidence: 0.898455097777778

00:01:35.075 --> 00:01:38.490 help us to be resilient and to cope
NOTE Confidence: 0.898455097777778

00:01:38.490 --> 00:01:41.360 with with what we're dealing with.
NOTE Confidence: 0.898455097777778

00:01:41.360 --> 00:01:44.468 I think today's grand rounds is
NOTE Confidence: 0.898455097777778

00:01:44.468 --> 00:01:46.540 just a wonderful opportunity.
NOTE Confidence: 0.898455097777778

00:01:46.540 --> 00:01:51.370 For us because the intersection of race,
NOTE Confidence: 0.898455097777778

00:01:51.370 --> 00:01:55.150 culture, faith and mental health.
NOTE Confidence: 0.898455097777778

00:01:55.150 --> 00:01:58.426 He is really. So.
NOTE Confidence: 0.898455097777778

00:01:58.426 --> 00:02:01.834 At much at the heart of what we're
NOTE Confidence: 0.898455097777778

00:02:01.834 --> 00:02:05.207 all dealing with at this moment,
NOTE Confidence: 0.898455097777778

00:02:05.210 --> 00:02:08.528 and and I want to thank.
NOTE Confidence: 0.898455097777778

00:02:08.530 --> 00:02:10.470 Doctor Nii Addy for bringing
NOTE Confidence: 0.898455097777778

00:02:10.470 --> 00:02:12.022 this discussion to us,
NOTE Confidence: 0.898455097777778

00:02:12.030 --> 00:02:15.134 and I wanted to thank our grand rounds.

NOTE Confidence: 0.898455097777778
00:02:15.140 --> 00:02:17.190 Presenter Lecrae.
NOTE Confidence: 0.898455097777778
00:02:17.190 --> 00:02:19.646 For joining us today,
NOTE Confidence: 0.898455097777778
00:02:19.646 --> 00:02:22.716 we really tremendously appreciate you
NOTE Confidence: 0.898455097777778
00:02:22.716 --> 00:02:26.448 joining us and sharing your work with us.
NOTE Confidence: 0.898455097777778
00:02:26.450 --> 00:02:30.800 I. At this point.
NOTE Confidence: 0.898455097777778
00:02:30.800 --> 00:02:34.065 I understand that my responsibility
NOTE Confidence: 0.898455097777778
00:02:34.065 --> 00:02:38.640 is to introduce the next introducer.
NOTE Confidence: 0.898455097777778
00:02:38.640 --> 00:02:42.392 Which is a tradition in our Department
NOTE Confidence: 0.898455097777778
00:02:42.392 --> 00:02:46.837 also and grand rounds and I'm really very.
NOTE Confidence: 0.898455097777778
00:02:46.840 --> 00:02:49.474 Pleased to welcome back home Doctor
NOTE Confidence: 0.898455097777778
00:02:49.474 --> 00:02:52.324 Myra Mathis Myra was a completed
NOTE Confidence: 0.898455097777778
00:02:52.324 --> 00:02:54.844 her psychiatry residency at Yale,
NOTE Confidence: 0.898455097777778
00:02:54.850 --> 00:02:56.994 completed her addiction Psychiatry
NOTE Confidence: 0.898455097777778
00:02:56.994 --> 00:02:59.674 fellowship at Yale before leaving
NOTE Confidence: 0.898455097777778
00:02:59.674 --> 00:03:02.500 us to go to the University of
NOTE Confidence: 0.898455097777778

00:03:02.500 --> 00:03:04.740 Rochester which is her hometown.
NOTE Confidence: 0.898455097777778

00:03:04.740 --> 00:03:07.788 Now I can't think of a better person
NOTE Confidence: 0.898455097777778

00:03:07.788 --> 00:03:11.452 to be involved with a musical grand
NOTE Confidence: 0.898455097777778

00:03:11.452 --> 00:03:14.915 rounds because as everyone who's been
NOTE Confidence: 0.898455097777778

00:03:14.915 --> 00:03:18.257 to our Department holiday party knows.
NOTE Confidence: 0.898455097777778

00:03:18.260 --> 00:03:23.000 Mathis is also gifted singer who.
NOTE Confidence: 0.8026998

00:03:26.300 --> 00:03:28.178 And we hope that just because
NOTE Confidence: 0.8026998

00:03:28.178 --> 00:03:29.831 you've moved to another Department
NOTE Confidence: 0.8026998

00:03:29.831 --> 00:03:31.853 doesn't mean that you can't come
NOTE Confidence: 0.8026998

00:03:31.853 --> 00:03:33.990 back and sing with the Department
NOTE Confidence: 0.8026998

00:03:33.990 --> 00:03:36.628 band Myra, we count on you.
NOTE Confidence: 0.8026998

00:03:36.628 --> 00:03:39.870 Anyway, so at this point I want
NOTE Confidence: 0.8026998

00:03:39.870 --> 00:03:42.698 to introduce Doctor Mathis to lead
NOTE Confidence: 0.8026998

00:03:42.698 --> 00:03:45.386 us into the grand rounds today.
NOTE Confidence: 0.9118171

00:03:47.570 --> 00:03:49.607 Well, thank you so much Doctor Crystal.
NOTE Confidence: 0.9118171

00:03:49.610 --> 00:03:50.816 For that introduction.

NOTE Confidence: 0.9118171

00:03:50.816 --> 00:03:54.056 It is wonderful to be with you all

NOTE Confidence: 0.9118171

00:03:54.056 --> 00:03:56.450 this morning to be able to join.

NOTE Confidence: 0.9118171

00:03:56.450 --> 00:03:58.666 Via this virtual format,

NOTE Confidence: 0.9118171

00:03:58.666 --> 00:04:03.840 and to be back in my academic home.

NOTE Confidence: 0.9118171

00:04:03.840 --> 00:04:05.202 With the Department.

NOTE Confidence: 0.9118171

00:04:05.202 --> 00:04:07.474 So as you mentioned in,

NOTE Confidence: 0.9118171

00:04:07.474 --> 00:04:09.744 in addition to my role

NOTE Confidence: 0.9118171

00:04:09.744 --> 00:04:11.560 with the Department band,

NOTE Confidence: 0.9118171

00:04:11.560 --> 00:04:13.444 as an alumni member,

NOTE Confidence: 0.9118171

00:04:13.444 --> 00:04:16.789 music and Grand Rounds series has always

NOTE Confidence: 0.9118171

00:04:16.789 --> 00:04:20.632 been an exciting time for me as a trainee.

NOTE Confidence: 0.9118171

00:04:20.640 --> 00:04:23.424 I looked forward to these presentations

NOTE Confidence: 0.9118171

00:04:23.424 --> 00:04:26.990 an during my time as a chief resident.

NOTE Confidence: 0.9118171

00:04:26.990 --> 00:04:28.946 Conversations with Bob Rohrbaugh

NOTE Confidence: 0.9118171

00:04:28.946 --> 00:04:33.503 led to the sort of the nitis of the

NOTE Confidence: 0.9118171

00:04:33.503 --> 00:04:36.058 development of this grand rounds.
NOTE Confidence: 0.9118171

00:04:36.060 --> 00:04:38.916 Doctor Addie and Addie Lab has
NOTE Confidence: 0.9118171

00:04:38.916 --> 00:04:41.520 partnered with Lecrae to Tooele,
NOTE Confidence: 0.9118171

00:04:41.520 --> 00:04:43.905 Dan and produce successful town
NOTE Confidence: 0.9118171

00:04:43.905 --> 00:04:46.290 Hall events that discussed this
NOTE Confidence: 0.9118171

00:04:46.369 --> 00:04:48.456 intersection of race, culture,
NOTE Confidence: 0.9118171

00:04:48.456 --> 00:04:49.448 mental health,
NOTE Confidence: 0.9118171

00:04:49.448 --> 00:04:50.440 and faith.
NOTE Confidence: 0.9118171

00:04:50.440 --> 00:04:54.045 One took place on the Yale undergraduate
NOTE Confidence: 0.9118171

00:04:54.045 --> 00:04:57.095 campus and another partnering with the
NOTE Confidence: 0.9118171

00:04:57.095 --> 00:05:01.360 Faith community in New York in New York City.
NOTE Confidence: 0.9118171

00:05:01.360 --> 00:05:04.330 An out of those two events,
NOTE Confidence: 0.9118171

00:05:04.330 --> 00:05:05.626 this grand rounds.
NOTE Confidence: 0.9118171

00:05:05.626 --> 00:05:07.786 Discuss the discussion to host
NOTE Confidence: 0.9118171

00:05:07.786 --> 00:05:10.283 this grand rounds came about so
NOTE Confidence: 0.9118171

00:05:10.283 --> 00:05:12.617 we're really excited to see this.

NOTE Confidence: 0.9118171

00:05:12.620 --> 00:05:14.164 Finally be put forward.

NOTE Confidence: 0.9118171

00:05:14.164 --> 00:05:17.322 It's been almost two years in the making

NOTE Confidence: 0.9118171

00:05:17.322 --> 00:05:19.989 in terms of our thinking about this,

NOTE Confidence: 0.9118171

00:05:19.990 --> 00:05:22.742 planning for it and we're glad to be

NOTE Confidence: 0.9118171

00:05:22.742 --> 00:05:25.542 able to have these pieces come together

NOTE Confidence: 0.9118171

00:05:25.542 --> 00:05:28.519 even in the midst of a pandemic.

NOTE Confidence: 0.9118171

00:05:28.520 --> 00:05:31.089 For us to be able to engage

NOTE Confidence: 0.9118171

00:05:31.089 --> 00:05:32.790 in this virtual space.

NOTE Confidence: 0.9118171

00:05:32.790 --> 00:05:36.046 So at this time, I will do some.

NOTE Confidence: 0.9118171

00:05:36.050 --> 00:05:40.520 A further introductions of our speakers.

NOTE Confidence: 0.9118171

00:05:40.520 --> 00:05:42.839 So first Doctor Nii Addy,

NOTE Confidence: 0.9118171

00:05:42.839 --> 00:05:45.617 who is an associate professor of

NOTE Confidence: 0.9118171

00:05:45.617 --> 00:05:48.012 psychiatry and of cellular and

NOTE Confidence: 0.9118171

00:05:48.012 --> 00:05:50.327 molecular Physiology here at Yale.

NOTE Confidence: 0.9118171

00:05:50.330 --> 00:05:53.276 He directs a federally funded research

NOTE Confidence: 0.9118171

00:05:53.276 --> 00:05:55.240 program investigating the neurobiological
NOTE Confidence: 0.9118171

00:05:55.304 --> 00:05:57.329 basis of substance use disorders,
NOTE Confidence: 0.9118171

00:05:57.330 --> 00:05:58.230 depression, anxiety,
NOTE Confidence: 0.9118171

00:05:58.230 --> 00:06:00.930 Doctor Addy's team also studies the
NOTE Confidence: 0.9118171

00:06:00.930 --> 00:06:03.339 ability of tobacco product flavor
NOTE Confidence: 0.9118171

00:06:03.339 --> 00:06:06.207 additives to alter nicotine use behavior,
NOTE Confidence: 0.9118171

00:06:06.210 --> 00:06:07.170 an addiction.
NOTE Confidence: 0.9118171

00:06:07.170 --> 00:06:10.530 He is widely published in a variety.
NOTE Confidence: 0.9118171

00:06:10.530 --> 00:06:12.870 Of journals he serves on.
NOTE Confidence: 0.9118171

00:06:12.870 --> 00:06:14.742 The Journal editorial Board
NOTE Confidence: 0.9118171

00:06:14.742 --> 00:06:15.678 of Neuropsychopharmacology,
NOTE Confidence: 0.9118171

00:06:15.680 --> 00:06:16.614 Biological Psychiatry,
NOTE Confidence: 0.9118171

00:06:16.614 --> 00:06:18.482 Nicotine and Tobacco Research
NOTE Confidence: 0.9118171

00:06:18.482 --> 00:06:19.416 and Neuropharmacology,
NOTE Confidence: 0.9118171

00:06:19.420 --> 00:06:22.486 and is a grant reviewer for the
NOTE Confidence: 0.9118171

00:06:22.486 --> 00:06:24.570 neurobiology of motivated behavior.

NOTE Confidence: 0.9118171
00:06:24.570 --> 00:06:27.642 Study section of the National Institutes
NOTE Confidence: 0.9118171
00:06:27.642 --> 00:06:31.290 of Health Center for Scientific Review.
NOTE Confidence: 0.9118171
00:06:31.290 --> 00:06:33.440 That guy had continued contributes
NOTE Confidence: 0.9118171
00:06:33.440 --> 00:06:35.160 to graduate student and
NOTE Confidence: 0.9118171
00:06:35.160 --> 00:06:36.689 postdoctoral training faculty.
NOTE Confidence: 0.9118171
00:06:36.690 --> 00:06:38.040 Mentoring and diversity,
NOTE Confidence: 0.9118171
00:06:38.040 --> 00:06:39.390 equity and inclusion
NOTE Confidence: 0.9118171
00:06:39.390 --> 00:06:40.740 programs and initiatives.
NOTE Confidence: 0.9118171
00:06:40.740 --> 00:06:44.644 Through his work on campus and in his
NOTE Confidence: 0.9118171
00:06:44.644 --> 00:06:46.510 professional scientific societies.
NOTE Confidence: 0.9118171
00:06:46.510 --> 00:06:47.312 In addition,
NOTE Confidence: 0.9118171
00:06:47.312 --> 00:06:49.317 Doctor Addy has built unique
NOTE Confidence: 0.9118171
00:06:49.317 --> 00:06:50.520 partnerships between scientists,
NOTE Confidence: 0.9118171
00:06:50.520 --> 00:06:51.723 clinicians, faith leaders,
NOTE Confidence: 0.9118171
00:06:51.723 --> 00:06:52.124 entertainers,
NOTE Confidence: 0.9118171

00:06:52.124 --> 00:06:54.129 professional athletes and community groups

NOTE Confidence: 0.9118171

00:06:54.129 --> 00:06:56.540 to address the intersections of neuroscience,

NOTE Confidence: 0.9118171

00:06:56.540 --> 00:06:57.340 mental health,

NOTE Confidence: 0.9118171

00:06:57.340 --> 00:06:58.140 faith, culture,

NOTE Confidence: 0.9118171

00:06:58.140 --> 00:06:59.340 and social justice.

NOTE Confidence: 0.9118171

00:06:59.340 --> 00:07:03.530 An it is in this role that Doctor Addie is

NOTE Confidence: 0.9118171

00:07:03.635 --> 00:07:07.527 joining us for this grand rounds today.

NOTE Confidence: 0.9118171

00:07:07.530 --> 00:07:10.055 He has led landmark partnerships

NOTE Confidence: 0.9118171

00:07:10.055 --> 00:07:12.580 with individuals like Lecrae who

NOTE Confidence: 0.9118171

00:07:12.663 --> 00:07:15.228 will be further introduced later.

NOTE Confidence: 0.9118171

00:07:15.230 --> 00:07:17.650 Allan Houston of former NBA

NOTE Confidence: 0.9118171

00:07:17.650 --> 00:07:20.870 All Star and New York Knicks,

NOTE Confidence: 0.9118171

00:07:20.870 --> 00:07:24.098 the New York Knicks Doug Middletown

NOTE Confidence: 0.9118171

00:07:24.098 --> 00:07:26.250 Jacks from the Jacksonville

NOTE Confidence: 0.9118171

00:07:26.343 --> 00:07:29.079 Jaguars and Dream Pot the Dream,

NOTE Confidence: 0.9118171

00:07:29.080 --> 00:07:32.360 the Impossible Initiative and the

NOTE Confidence: 0.9118171

00:07:32.360 --> 00:07:35.640 National Alliance on Mental Illness.

NOTE Confidence: 0.9118171

00:07:35.640 --> 00:07:39.870 He has also been featured on NPR in Newsday,

NOTE Confidence: 0.9118171

00:07:39.870 --> 00:07:41.750 in the Source magazine,

NOTE Confidence: 0.9118171

00:07:41.750 --> 00:07:42.690 Relevant magazine,

NOTE Confidence: 0.8492846

00:07:42.690 --> 00:07:44.662 Proto Magazine, and others,

NOTE Confidence: 0.8492846

00:07:44.662 --> 00:07:47.127 so we appreciate Doctor Addy

NOTE Confidence: 0.8492846

00:07:47.127 --> 00:07:49.882 not only for the scholarship in

NOTE Confidence: 0.8492846

00:07:49.882 --> 00:07:52.560 the heft of his scholarly work,

NOTE Confidence: 0.8492846

00:07:52.560 --> 00:07:54.960 but also thinking about creative

NOTE Confidence: 0.8492846

00:07:54.960 --> 00:07:58.669 ways to link that work to the public,

NOTE Confidence: 0.8492846

00:07:58.670 --> 00:08:01.090 to promote mental health and

NOTE Confidence: 0.8492846

00:08:01.090 --> 00:08:03.510 Wellness in the broader public

NOTE Confidence: 0.8492846

00:08:03.593 --> 00:08:06.299 and in particular to think about.

NOTE Confidence: 0.8492846

00:08:06.300 --> 00:08:07.746 Issues of diversity,

NOTE Confidence: 0.8492846

00:08:07.746 --> 00:08:10.156 equity and inclusion and the

NOTE Confidence: 0.8492846

00:08:10.156 --> 00:08:12.208 intersections of race, racism,
NOTE Confidence: 0.8492846

00:08:12.208 --> 00:08:16.096 mental health and culture and faith.
NOTE Confidence: 0.8492846

00:08:16.100 --> 00:08:18.620 And now also our special guest who
NOTE Confidence: 0.8492846

00:08:18.620 --> 00:08:21.044 we are very pleased to introduce
NOTE Confidence: 0.8492846

00:08:21.044 --> 00:08:23.998 Lecrae before I give a little bit
NOTE Confidence: 0.8492846

00:08:24.083 --> 00:08:26.897 of introduction in terms of his bio,
NOTE Confidence: 0.8492846

00:08:26.900 --> 00:08:30.900 I would just also like to say that this is,
NOTE Confidence: 0.8492846

00:08:30.900 --> 00:08:33.036 I believe, a historic music in
NOTE Confidence: 0.8492846

00:08:33.036 --> 00:08:35.300 grand rounds for our Department.
NOTE Confidence: 0.8492846

00:08:35.300 --> 00:08:36.452 To my knowledge,
NOTE Confidence: 0.8492846

00:08:36.452 --> 00:08:40.041 I don't know that we've had a hip hop
NOTE Confidence: 0.8492846

00:08:40.041 --> 00:08:42.897 artist in for music in grand rounds,
NOTE Confidence: 0.8492846

00:08:42.900 --> 00:08:45.889 so this is likely the first although.
NOTE Confidence: 0.8492846

00:08:45.890 --> 00:08:48.560 Someone may have a longer
NOTE Confidence: 0.8492846

00:08:48.560 --> 00:08:51.230 institutional memory than I do.
NOTE Confidence: 0.8492846

00:08:51.230 --> 00:08:56.235 Also, someone with who is currently on.

NOTE Confidence: 0.8492846
00:08:56.240 --> 00:08:57.002 Billboard charts,
NOTE Confidence: 0.8492846
00:08:57.002 --> 00:08:59.288 and so I'll give a little
NOTE Confidence: 0.8492846
00:08:59.288 --> 00:09:01.380 bit more and leerae's bio.
NOTE Confidence: 0.8492846
00:09:01.380 --> 00:09:04.166 He is a multi Grammy Award winning
NOTE Confidence: 0.8492846
00:09:04.166 --> 00:09:06.583 platinum selling artists and has evolved
NOTE Confidence: 0.8492846
00:09:06.583 --> 00:09:09.271 into a New York Times bestselling author,
NOTE Confidence: 0.8492846
00:09:09.280 --> 00:09:10.068 entrepreneur, Speaker,
NOTE Confidence: 0.8492846
00:09:10.068 --> 00:09:10.856 thought leader,
NOTE Confidence: 0.8492846
00:09:10.856 --> 00:09:11.626 philanthropist, philanthropist,
NOTE Confidence: 0.8492846
00:09:11.626 --> 00:09:14.258 and is the Co owner and president
NOTE Confidence: 0.8492846
00:09:14.258 --> 00:09:15.600 of Reach Records,
NOTE Confidence: 0.8492846
00:09:15.600 --> 00:09:17.970 a catalyst for restoration in faith,
NOTE Confidence: 0.8492846
00:09:17.970 --> 00:09:19.318 music and popular culture.
NOTE Confidence: 0.8492846
00:09:19.318 --> 00:09:23.526 He is a part of a new weight new wave of
NOTE Confidence: 0.8492846
00:09:23.526 --> 00:09:26.330 thought leaders who are engaging culture.
NOTE Confidence: 0.8492846

00:09:26.330 --> 00:09:29.305 And taking their faith outside of traditional
NOTE Confidence: 0.8492846

00:09:29.305 --> 00:09:32.200 houses of worship into the wider culture,
NOTE Confidence: 0.8492846

00:09:32.200 --> 00:09:35.544 to engage with people where they are today,
NOTE Confidence: 0.8492846

00:09:35.550 --> 00:09:38.189 Lecrae has sold more than 3 million
NOTE Confidence: 0.8492846

00:09:38.189 --> 00:09:40.780 copies of his music and been
NOTE Confidence: 0.8492846

00:09:40.780 --> 00:09:43.085 nominated for five Grammy Awards,
NOTE Confidence: 0.8492846

00:09:43.090 --> 00:09:45.604 including a Win for Best Gospel
NOTE Confidence: 0.8492846

00:09:45.604 --> 00:09:47.280 Album 5015 double Wards,
NOTE Confidence: 0.8492846

00:09:47.280 --> 00:09:49.345 1 Billboard Music Award and
NOTE Confidence: 0.8492846

00:09:49.345 --> 00:09:51.906 received both a Soul Train Music
NOTE Confidence: 0.8492846

00:09:51.906 --> 00:09:54.396 Award and BT Hip Hop nomination.
NOTE Confidence: 0.89685035

00:09:56.620 --> 00:09:58.140 From his 2017 album,
NOTE Confidence: 0.89685035

00:09:58.140 --> 00:10:00.043 All Things Work together, his.
NOTE Confidence: 0.89685035

00:10:00.043 --> 00:10:02.341 Single I'll find you featuring Tori
NOTE Confidence: 0.89685035

00:10:02.341 --> 00:10:04.861 Kelly is now certified platinum by
NOTE Confidence: 0.89685035

00:10:04.861 --> 00:10:07.892 the RI a selling over 1,000,000 copies

NOTE Confidence: 0.89685035

00:10:07.971 --> 00:10:10.437 and blessings featuring Ty Dolla sign

NOTE Confidence: 0.89685035

00:10:10.437 --> 00:10:12.914 is now gold selling over 500,000

NOTE Confidence: 0.89685035

00:10:12.914 --> 00:10:15.798 copies in addition to his new book,

NOTE Confidence: 0.89685035

00:10:15.800 --> 00:10:18.551 I restored how I Lost My Religion

NOTE Confidence: 0.89685035

00:10:18.551 --> 00:10:20.330 but found my faith.

NOTE Confidence: 0.89685035

00:10:20.330 --> 00:10:22.634 Lecrae has released a new album

NOTE Confidence: 0.89685035

00:10:22.634 --> 00:10:25.269 restoration and the road to restoration.

NOTE Confidence: 0.89685035

00:10:25.270 --> 00:10:27.736 A three part video narrative approach,

NOTE Confidence: 0.89685035

00:10:27.740 --> 00:10:30.570 allude to his forthcoming documentary.

NOTE Confidence: 0.89685035

00:10:30.570 --> 00:10:33.096 Restoration is more than an album,

NOTE Confidence: 0.89685035

00:10:33.100 --> 00:10:34.552 a book or documentary.

NOTE Confidence: 0.89685035

00:10:34.552 --> 00:10:36.367 Lecrae is involved in partnering

NOTE Confidence: 0.89685035

00:10:36.367 --> 00:10:38.313 with several community initiatives

NOTE Confidence: 0.89685035

00:10:38.313 --> 00:10:39.828 that are rebuilding.

NOTE Confidence: 0.89685035

00:10:39.830 --> 00:10:43.000 The Westside of metro Atlanta.

NOTE Confidence: 0.89685035

00:10:43.000 --> 00:10:45.886 We are incredibly happy and thrilled
NOTE Confidence: 0.89685035

00:10:45.886 --> 00:10:49.270 to have Lecrae with us this morning.
NOTE Confidence: 0.89685035

00:10:49.270 --> 00:10:52.564 We are very excited about this
NOTE Confidence: 0.89685035

00:10:52.564 --> 00:10:55.709 particular grand rounds and we hope
NOTE Confidence: 0.89685035

00:10:55.709 --> 00:10:58.265 that as Lecrae shares his music
NOTE Confidence: 0.89685035

00:10:58.265 --> 00:11:01.073 and a personal narrative related
NOTE Confidence: 0.89685035

00:11:01.073 --> 00:11:04.793 to these issues of race culture.
NOTE Confidence: 0.89685035

00:11:04.800 --> 00:11:08.034 Mental health and faith that it will
NOTE Confidence: 0.89685035

00:11:08.034 --> 00:11:10.552 continue to complement and accelerate
NOTE Confidence: 0.89685035

00:11:10.552 --> 00:11:13.177 the discussions within the Department
NOTE Confidence: 0.89685035

00:11:13.177 --> 00:11:16.319 related to our anti racist agenda.
NOTE Confidence: 0.89685035

00:11:16.320 --> 00:11:19.827 How we can become anti racist clinicians,
NOTE Confidence: 0.89685035

00:11:19.830 --> 00:11:22.735 researchers and citizens to remember
NOTE Confidence: 0.89685035

00:11:22.735 --> 00:11:26.110 that the incidents that we see.
NOTE Confidence: 0.89685035

00:11:26.110 --> 00:11:27.934 Impact our lives personally,
NOTE Confidence: 0.89685035

00:11:27.934 --> 00:11:30.214 individually and that that does

NOTE Confidence: 0.89685035

00:11:30.214 --> 00:11:32.961 impact our mental health that a

NOTE Confidence: 0.89685035

00:11:32.961 --> 00:11:34.290 personal narrative communicating

NOTE Confidence: 0.89685035

00:11:34.290 --> 00:11:36.990 that in through the creative means

NOTE Confidence: 0.89685035

00:11:36.990 --> 00:11:39.170 of lecræ's artistry can highlight

NOTE Confidence: 0.89685035

00:11:39.170 --> 00:11:41.366 it and hopefully further imprint

NOTE Confidence: 0.89685035

00:11:41.366 --> 00:11:44.998 that in our minds as we engage in

NOTE Confidence: 0.89685035

00:11:44.998 --> 00:11:47.260 our clinical and scholarly work.

NOTE Confidence: 0.89685035

00:11:47.260 --> 00:11:50.644 So at this time I will share our first

NOTE Confidence: 0.89685035

00:11:50.644 --> 00:11:53.558 song entitled Welcome to America.

NOTE Confidence: 0.89685035

00:11:53.560 --> 00:11:56.808 Following that, you will hear from me.

NOTE Confidence: 0.89685035

00:11:56.810 --> 00:11:59.674 And Lecrae a few points on zoom etiquette,

NOTE Confidence: 0.89685035

00:11:59.680 --> 00:12:02.544 as Trisha has already placed in the chat.

NOTE Confidence: 0.89685035

00:12:02.550 --> 00:12:05.190 We ask that all microphones stay

NOTE Confidence: 0.89685035

00:12:05.190 --> 00:12:08.414 muted until the end of this grand

NOTE Confidence: 0.89685035

00:12:08.414 --> 00:12:11.174 rounds when we will take questions.

NOTE Confidence: 0.89685035

00:12:11.180 --> 00:12:13.238 There will be a link posted into
NOTE Confidence: 0.89685035

00:12:13.238 --> 00:12:15.721 the chat window if you would like
NOTE Confidence: 0.89685035

00:12:15.721 --> 00:12:17.253 to submit questions anonymously,
NOTE Confidence: 0.89685035

00:12:17.260 --> 00:12:19.696 you can follow that link and submit
NOTE Confidence: 0.89685035

00:12:19.696 --> 00:12:22.190 your questions or comments anonymously.
NOTE Confidence: 0.89685035

00:12:22.190 --> 00:12:23.132 And Lastly,
NOTE Confidence: 0.89685035

00:12:23.132 --> 00:12:25.958 in order to help simulate something
NOTE Confidence: 0.89685035

00:12:25.958 --> 00:12:28.938 more of an intimate interview style
NOTE Confidence: 0.89685035

00:12:28.938 --> 00:12:32.449 a session while over Zoom and we
NOTE Confidence: 0.89685035

00:12:32.449 --> 00:12:35.425 have spotlighted Lecrae Aniny and we
NOTE Confidence: 0.89685035

00:12:35.425 --> 00:12:40.808 recommend that you use the speaker view.
NOTE Confidence: 0.89685035

00:12:40.810 --> 00:12:42.586 For viewing on Zoom,
NOTE Confidence: 0.89685035

00:12:42.586 --> 00:12:46.417 which you can find in the upper right
NOTE Confidence: 0.89685035

00:12:46.417 --> 00:12:49.603 hand corner of your zoom screen,
NOTE Confidence: 0.89685035

00:12:49.610 --> 00:12:52.052 click on view and then select
NOTE Confidence: 0.89685035

00:12:52.052 --> 00:12:54.992 speaker to allow you to better

NOTE Confidence: 0.89685035
00:12:54.992 --> 00:12:57.436 appreciate visually our discussion.
NOTE Confidence: 0.89685035
00:12:57.440 --> 00:13:01.344 So at this time with no further ado,
NOTE Confidence: 0.89685035
00:13:01.350 --> 00:13:04.278 I will share our first song.
NOTE Confidence: 0.89685035
00:13:04.280 --> 00:13:05.750 Welcome to America.
NOTE Confidence: 0.35327896
00:13:17.240 --> 00:13:18.020 Correct?
NOTE Confidence: 0.8334313
00:13:20.540 --> 00:13:22.160 One second, sorry.
NOTE Confidence: 0.89611864
00:13:27.950 --> 00:13:30.638 We do these test runs to make sure
NOTE Confidence: 0.89611864
00:13:30.638 --> 00:13:35.070 everything is all set, but. One moment.
NOTE Confidence: 0.7677976
00:13:55.120 --> 00:13:56.130 From America.
NOTE Confidence: 0.66688704
00:14:04.840 --> 00:14:07.500 7000 feet we just passed our coast.
NOTE Confidence: 0.6508764
00:15:06.310 --> 00:15:06.860 It's late.
NOTE Confidence: 0.7951241
00:16:08.870 --> 00:16:10.018 I'm still in America.
NOTE Confidence: 0.8805192
00:16:12.550 --> 00:16:15.130 I want to. Change home
NOTE Confidence: 0.32235724
00:16:17.860 --> 00:16:18.450 central.
NOTE Confidence: 0.78714794
00:17:17.420 --> 00:17:17.950 How much?
NOTE Confidence: 0.77859366

00:17:23.830 --> 00:17:24.958 I'm hitting your area.
NOTE Confidence: 0.3824211

00:18:22.110 --> 00:18:23.850 Alright, hold up.
NOTE Confidence: 0.7803001

00:18:29.550 --> 00:18:30.975 Excellent, well thank you so
NOTE Confidence: 0.7803001

00:18:30.975 --> 00:18:32.115 much for those introductions.
NOTE Confidence: 0.7803001

00:18:32.120 --> 00:18:33.836 Both Doctor Crystal and Doctor Matheson.
NOTE Confidence: 0.7803001

00:18:33.840 --> 00:18:36.054 I want take take them up on that and
NOTE Confidence: 0.7803001

00:18:36.054 --> 00:18:38.506 just extend a warm welcome to Lecrae for
NOTE Confidence: 0.7803001

00:18:38.506 --> 00:18:40.988 being here with us on this virtual stage.
NOTE Confidence: 0.7803001

00:18:40.990 --> 00:18:42.475 Definitely appreciate your time and
NOTE Confidence: 0.7803001

00:18:42.475 --> 00:18:44.534 your willingness to be able to jump
NOTE Confidence: 0.7803001

00:18:44.534 --> 00:18:45.844 into this conversation with us.
NOTE Confidence: 0.7803001

00:18:45.850 --> 00:18:48.138 I'd also want to bring onto the onset.
NOTE Confidence: 0.7803001

00:18:48.140 --> 00:18:49.570 The diversity in equity and
NOTE Confidence: 0.7803001

00:18:49.570 --> 00:18:51.000 Inclusion Office and also diversity,
NOTE Confidence: 0.7803001

00:18:51.000 --> 00:18:52.140 inclusion and community engagement
NOTE Confidence: 0.7803001

00:18:52.140 --> 00:18:53.900 and equity office, which both those

NOTE Confidence: 0.7803001

00:18:53.900 --> 00:18:55.400 office correspond with this if.

NOTE Confidence: 0.7803001

00:18:55.400 --> 00:18:56.267 Van with us,

NOTE Confidence: 0.7803001

00:18:56.267 --> 00:18:58.999 I'm so this is a great place to start.

NOTE Confidence: 0.7803001

00:18:59.000 --> 00:19:00.884 At first, I really appreciate the

NOTE Confidence: 0.7803001

00:19:00.884 --> 00:19:03.200 comment that you made just in terms of

NOTE Confidence: 0.7803001

00:19:03.200 --> 00:19:04.952 everything that's gone on this year.

NOTE Confidence: 0.7803001

00:19:04.952 --> 00:19:06.392 Clearly this has been unprecedented

NOTE Confidence: 0.7803001

00:19:06.392 --> 00:19:07.998 year in several different ways,

NOTE Confidence: 0.7803001

00:19:08.000 --> 00:19:09.500 with everything that we've been

NOTE Confidence: 0.7803001

00:19:09.500 --> 00:19:11.297 dealing with with COVID-19 with all

NOTE Confidence: 0.7803001

00:19:11.297 --> 00:19:13.091 of the the amplification of the

NOTE Confidence: 0.7803001

00:19:13.091 --> 00:19:14.949 ritual and just says that we've had

NOTE Confidence: 0.7803001

00:19:14.949 --> 00:19:16.700 a focus on ongoing conversations

NOTE Confidence: 0.7803001

00:19:16.700 --> 00:19:18.200 about your social justice related

NOTE Confidence: 0.7803001

00:19:18.200 --> 00:19:20.000 to mental health care and access,

NOTE Confidence: 0.7803001

00:19:20.000 --> 00:19:22.100 and then everything relates to the election,
NOTE Confidence: 0.7803001

00:19:22.100 --> 00:19:24.268 which I think a lot of ways still
NOTE Confidence: 0.7803001

00:19:24.268 --> 00:19:25.400 highlighted leupp selection.
NOTE Confidence: 0.7803001

00:19:25.400 --> 00:19:26.604 All the divisiveness that.
NOTE Confidence: 0.7803001

00:19:26.604 --> 00:19:28.410 Really still exist in this country,
NOTE Confidence: 0.7803001

00:19:28.410 --> 00:19:30.530 so I think they started out with this
NOTE Confidence: 0.7803001

00:19:30.530 --> 00:19:32.770 song in terms of welcome to America.
NOTE Confidence: 0.7803001

00:19:32.770 --> 00:19:34.402 That's really poignant because I think
NOTE Confidence: 0.7803001

00:19:34.402 --> 00:19:36.817 in a lot of ways we're still asking
NOTE Confidence: 0.7803001

00:19:36.817 --> 00:19:38.713 those questions about what does it
NOTE Confidence: 0.7803001

00:19:38.772 --> 00:19:40.948 mean to live in America and how is
NOTE Confidence: 0.7803001

00:19:40.948 --> 00:19:42.664 that experience shaped by one's race
NOTE Confidence: 0.7803001

00:19:42.664 --> 00:19:44.119 once culture and socioeconomic status.
NOTE Confidence: 0.7803001

00:19:44.120 --> 00:19:45.044 Once faith backgrounds,
NOTE Confidence: 0.7803001

00:19:45.044 --> 00:19:46.892 most gender and so many other
NOTE Confidence: 0.7803001

00:19:46.892 --> 00:19:48.326 different aspects of identity so

NOTE Confidence: 0.7803001

00:19:48.326 --> 00:19:49.940 that we can start outlook right?

NOTE Confidence: 0.7803001

00:19:49.940 --> 00:19:51.977 Just talking a little bit about when

NOTE Confidence: 0.7803001

00:19:51.977 --> 00:19:54.025 you wrote this song and what was

NOTE Confidence: 0.7803001

00:19:54.025 --> 00:19:56.050 happening in the country at the time.

NOTE Confidence: 0.7803001

00:19:56.050 --> 00:19:57.988 That really led you to reflect.

NOTE Confidence: 0.7803001

00:19:57.990 --> 00:20:00.174 On what life in America is like?

NOTE Confidence: 0.7803001

00:20:00.180 --> 00:20:01.370 Why you want to reflect on that

NOTE Confidence: 0.8611635

00:20:01.370 --> 00:20:05.228 in the song? Yeah, well, first of all,

NOTE Confidence: 0.8611635

00:20:05.228 --> 00:20:07.796 thank you for having me so

NOTE Confidence: 0.8611635

00:20:07.796 --> 00:20:12.799 I'm gonna be here Ann. I am a.

NOTE Confidence: 0.8611635

00:20:12.800 --> 00:20:16.784 You know there's there's so much I could

NOTE Confidence: 0.8611635

00:20:16.784 --> 00:20:21.388 say in light of of that particular song,

NOTE Confidence: 0.8611635

00:20:21.390 --> 00:20:24.972 I do remember around that time

NOTE Confidence: 0.8611635

00:20:24.972 --> 00:20:29.139 processing the death of Trayvon Martin.

NOTE Confidence: 0.8611635

00:20:29.140 --> 00:20:33.052 And also having to some famously

NOTE Confidence: 0.8611635

00:20:33.052 --> 00:20:36.300 do a military tour and.
NOTE Confidence: 0.8611635

00:20:36.300 --> 00:20:38.310 And realizing just the discrepancies
NOTE Confidence: 0.8611635

00:20:38.310 --> 00:20:41.170 in the things that I was seeing,
NOTE Confidence: 0.8611635

00:20:41.170 --> 00:20:44.418 so society and so on one another spectrum.
NOTE Confidence: 0.75949836

00:20:47.690 --> 00:20:50.650 You know, voicing my concern
NOTE Confidence: 0.75949836

00:20:50.650 --> 00:20:54.071 with the death of Trayvon. And.
NOTE Confidence: 0.75949836

00:20:54.071 --> 00:20:56.837 Realizing that there are segments of
NOTE Confidence: 0.75949836

00:20:56.837 --> 00:21:00.128 society that the humanly disagree about,
NOTE Confidence: 0.75949836

00:21:00.130 --> 00:21:01.486 the circumstances surrounding
NOTE Confidence: 0.75949836

00:21:01.486 --> 00:21:04.198 the death of Trayvon Mark an
NOTE Confidence: 0.75949836

00:21:04.198 --> 00:21:06.619 and that was disturbing to me.
NOTE Confidence: 0.75949836

00:21:06.620 --> 00:21:08.790 Because I'm in my mind,
NOTE Confidence: 0.75949836

00:21:08.790 --> 00:21:11.616 I I didn't have the contextual
NOTE Confidence: 0.75949836

00:21:11.616 --> 00:21:14.365 understanding that we live in different
NOTE Confidence: 0.75949836

00:21:14.365 --> 00:21:17.469 parts of the of society and so you
NOTE Confidence: 0.75949836

00:21:17.560 --> 00:21:20.514 know there are many people who don't

NOTE Confidence: 0.75949836

00:21:20.514 --> 00:21:22.848 have access to circumstances or

NOTE Confidence: 0.75949836

00:21:22.848 --> 00:21:25.518 have never seen circumstances like.

NOTE Confidence: 0.75949836

00:21:25.520 --> 00:21:27.380 What happened with Trayvon Martin?

NOTE Confidence: 0.75949836

00:21:27.380 --> 00:21:29.872 You know they may live in a

NOTE Confidence: 0.75949836

00:21:29.872 --> 00:21:31.829 particular part of society where

NOTE Confidence: 0.75949836

00:21:31.829 --> 00:21:34.650 there are only exposed to the news

NOTE Confidence: 0.75949836

00:21:34.650 --> 00:21:37.517 you know and and so that's the only

NOTE Confidence: 0.75949836

00:21:37.517 --> 00:21:39.848 way of being informed and for me,

NOTE Confidence: 0.75949836

00:21:39.848 --> 00:21:42.317 just just having seen it and having

NOTE Confidence: 0.75949836

00:21:42.317 --> 00:21:44.487 lived in environments like that,

NOTE Confidence: 0.75949836

00:21:44.490 --> 00:21:46.716 it was very real to me.

NOTE Confidence: 0.75949836

00:21:46.720 --> 00:21:48.260 Very near my heart,

NOTE Confidence: 0.75949836

00:21:48.260 --> 00:21:50.185 but simultaneously I understood because

NOTE Confidence: 0.75949836

00:21:50.185 --> 00:21:52.679 I've done plenty events in rural areas.

NOTE Confidence: 0.75949836

00:21:52.680 --> 00:21:54.500 I've done a military tour

NOTE Confidence: 0.75949836

00:21:54.500 --> 00:21:56.880 so I knew there were these.
NOTE Confidence: 0.75949836

00:21:56.880 --> 00:21:58.808 Competing perspectives also traveled
NOTE Confidence: 0.75949836

00:21:58.808 --> 00:22:01.700 abroad and understood that there's all
NOTE Confidence: 0.75949836

00:22:01.766 --> 00:22:04.526 these different perspectives about America,
NOTE Confidence: 0.75949836

00:22:04.530 --> 00:22:09.878 its offerings and and how we process.
NOTE Confidence: 0.75949836

00:22:09.880 --> 00:22:11.944 You know race, faith,
NOTE Confidence: 0.75949836

00:22:11.944 --> 00:22:13.052 culture, justice,
NOTE Confidence: 0.75949836

00:22:13.052 --> 00:22:17.788 and the best way I could say without.
NOTE Confidence: 0.75949836

00:22:17.790 --> 00:22:18.466 You know,
NOTE Confidence: 0.75949836

00:22:18.466 --> 00:22:20.156 prolonging the answer here is
NOTE Confidence: 0.75949836

00:22:20.156 --> 00:22:22.509 that my first time visiting Paris,
NOTE Confidence: 0.75949836

00:22:22.510 --> 00:22:26.806 I was struck by a couple of things.
NOTE Confidence: 0.75949836

00:22:26.810 --> 00:22:27.970 Well, a handful of things.
NOTE Confidence: 0.75949836

00:22:27.970 --> 00:22:29.446 The first thing was that nobody
NOTE Confidence: 0.75949836

00:22:29.446 --> 00:22:30.749 wanted to speak English to me,
NOTE Confidence: 0.75949836

00:22:30.750 --> 00:22:32.381 so I realized very quickly that I

NOTE Confidence: 0.75949836

00:22:32.381 --> 00:22:34.229 needed to learn a little bit of French.

NOTE Confidence: 0.75949836

00:22:34.230 --> 00:22:37.100 I want to move around.

NOTE Confidence: 0.75949836

00:22:37.100 --> 00:22:39.354 And the other thing I notice they

NOTE Confidence: 0.75949836

00:22:39.354 --> 00:22:41.680 were very candid about their history.

NOTE Confidence: 0.75949836

00:22:41.680 --> 00:22:43.792 They didn't hide and I was

NOTE Confidence: 0.75949836

00:22:43.792 --> 00:22:45.200 very striking to me.

NOTE Confidence: 0.75949836

00:22:45.200 --> 00:22:47.240 If they felt like they made

NOTE Confidence: 0.75949836

00:22:47.240 --> 00:22:49.070 a mistake in the past,

NOTE Confidence: 0.75949836

00:22:49.070 --> 00:22:50.638 there were actually monuments.

NOTE Confidence: 0.75949836

00:22:50.638 --> 00:22:53.358 2.2 mistakes that the you know the

NOTE Confidence: 0.75949836

00:22:53.358 --> 00:22:55.758 country or the city of Paris had made,

NOTE Confidence: 0.75949836

00:22:55.760 --> 00:22:57.200 which was my blood.

NOTE Confidence: 0.75949836

00:22:57.200 --> 00:22:59.000 Because you couldn't imagine America

NOTE Confidence: 0.75949836

00:22:59.000 --> 00:23:01.615 ever erecting a monument to demonstrate a

NOTE Confidence: 0.75949836

00:23:01.615 --> 00:23:04.198 mistake or something that we had done wrong,

NOTE Confidence: 0.75949836

00:23:04.200 --> 00:23:05.960 as it as a country.
NOTE Confidence: 0.75949836

00:23:05.960 --> 00:23:07.880 But back to me not being
NOTE Confidence: 0.75949836

00:23:07.880 --> 00:23:09.930 able to speak the language.
NOTE Confidence: 0.75949836

00:23:09.930 --> 00:23:11.358 I could not speak the language and
NOTE Confidence: 0.75949836

00:23:11.358 --> 00:23:12.967 it was so frustrating because I
NOTE Confidence: 0.75949836

00:23:12.967 --> 00:23:14.537 couldn't do anything I couldn't.
NOTE Confidence: 0.75949836

00:23:14.540 --> 00:23:16.588 I tried to go to an expensive restaurant,
NOTE Confidence: 0.75949836

00:23:16.590 --> 00:23:17.870 couldn't get into the restaurant
NOTE Confidence: 0.75949836

00:23:17.870 --> 00:23:19.150 'cause I didn't understand it.
NOTE Confidence: 0.75949836

00:23:19.150 --> 00:23:20.170 I finally got in.
NOTE Confidence: 0.75949836

00:23:20.170 --> 00:23:21.190 I read the menu.
NOTE Confidence: 0.75949836

00:23:21.190 --> 00:23:22.485 I couldn't understand the menu
NOTE Confidence: 0.75949836

00:23:22.485 --> 00:23:24.347 and I was so frustrated I walked
NOTE Confidence: 0.75949836

00:23:24.347 --> 00:23:26.132 out of the restaurant and went to
NOTE Confidence: 0.75949836

00:23:26.132 --> 00:23:27.590 McDonald's because I knew the menu.
NOTE Confidence: 0.75949836

00:23:27.590 --> 00:23:29.258 At least I could understand the

NOTE Confidence: 0.75949836

00:23:29.258 --> 00:23:31.109 menu at McDonald's an and what I

NOTE Confidence: 0.75949836

00:23:31.109 --> 00:23:32.691 realize is that I didn't want to

NOTE Confidence: 0.75949836

00:23:32.745 --> 00:23:34.257 wrestle with the nuances I didn't

NOTE Confidence: 0.75949836

00:23:34.257 --> 00:23:35.898 want to put in the time,

NOTE Confidence: 0.75949836

00:23:35.898 --> 00:23:36.212 effort,

NOTE Confidence: 0.75949836

00:23:36.212 --> 00:23:38.096 and energy of understanding a different

NOTE Confidence: 0.75949836

00:23:38.096 --> 00:23:39.479 language in order to enjoy the

NOTE Confidence: 0.75949836

00:23:39.479 --> 00:23:41.220 beauty of of this new culture and I.

NOTE Confidence: 0.75949836

00:23:41.220 --> 00:23:43.908 And I say that to say that oftentimes

NOTE Confidence: 0.75949836

00:23:43.908 --> 00:23:46.333 in America we don't want to dig

NOTE Confidence: 0.75949836

00:23:46.333 --> 00:23:48.485 into the nuances of culture and

NOTE Confidence: 0.75949836

00:23:48.485 --> 00:23:50.480 city faden race because it's

NOTE Confidence: 0.75949836

00:23:50.480 --> 00:23:52.076 too complicated for many

NOTE Confidence: 0.7981477

00:23:52.080 --> 00:23:53.890 of us to wrestle with,

NOTE Confidence: 0.7981477

00:23:53.890 --> 00:23:57.506 and so will will air toward these kind

NOTE Confidence: 0.7981477

00:23:57.506 --> 00:24:00.118 of categorical or black and white.
NOTE Confidence: 0.7981477

00:24:00.120 --> 00:24:02.115 Areas instead of dealing with the Gray,
NOTE Confidence: 0.7981477

00:24:02.120 --> 00:24:03.836 red and blue instead of purple.
NOTE Confidence: 0.7981477

00:24:03.840 --> 00:24:06.405 And so I wanted to write assault on that,
NOTE Confidence: 0.7981477

00:24:06.410 --> 00:24:08.144 put all those categories up there
NOTE Confidence: 0.7981477

00:24:08.144 --> 00:24:10.221 and allow people to kind of have
NOTE Confidence: 0.7981477

00:24:10.221 --> 00:24:11.666 to wrestle with the nuances
NOTE Confidence: 0.7981477

00:24:11.666 --> 00:24:13.279 within every verse of the song.
NOTE Confidence: 0.7981477

00:24:13.280 --> 00:24:14.420 Yeah, it's really powerful.
NOTE Confidence: 0.7981477

00:24:14.420 --> 00:24:16.138 I mean, there's so many ways
NOTE Confidence: 0.80580944

00:24:16.140 --> 00:24:18.420 that you did that throughout this song too.
NOTE Confidence: 0.80580944

00:24:18.420 --> 00:24:20.202 I'm thinking about all the dichotomy
NOTE Confidence: 0.80580944

00:24:20.202 --> 00:24:23.000 that you put in all in one place. I mean,
NOTE Confidence: 0.80580944

00:24:23.000 --> 00:24:24.995 you talk about America being the land,
NOTE Confidence: 0.80580944

00:24:25.000 --> 00:24:26.799 the free at the same time we
NOTE Confidence: 0.80580944

00:24:26.799 --> 00:24:28.150 have sex trafficking happening.

NOTE Confidence: 0.80580944

00:24:28.150 --> 00:24:30.118 We talk about people fighting to.

NOTE Confidence: 0.80580944

00:24:30.120 --> 00:24:31.240 Along here and people getting

NOTE Confidence: 0.80580944

00:24:31.240 --> 00:24:32.360 kicked out of the country.

NOTE Confidence: 0.80580944

00:24:32.360 --> 00:24:34.097 So I think in a lot of ways you

NOTE Confidence: 0.80580944

00:24:34.097 --> 00:24:35.587 really that just a position really

NOTE Confidence: 0.80580944

00:24:35.587 --> 00:24:37.289 really helps in a lot of ways.

NOTE Confidence: 0.80580944

00:24:37.290 --> 00:24:39.297 And I know this song Noah few years back,

NOTE Confidence: 0.80580944

00:24:39.300 --> 00:24:41.659 but what are some of those juxtapositions

NOTE Confidence: 0.80580944

00:24:41.659 --> 00:24:44.169 that you see even right now in 2020?

NOTE Confidence: 0.80580944

00:24:44.170 --> 00:24:46.500 Oh man.

NOTE Confidence: 0.9272716

00:24:46.500 --> 00:24:52.660 You know, obviously we are looking at.

NOTE Confidence: 0.9272716

00:24:52.660 --> 00:24:56.796 You know a country who around the world

NOTE Confidence: 0.9272716

00:24:56.796 --> 00:25:00.929 is propagated in and propped up as the

NOTE Confidence: 0.9272716

00:25:00.929 --> 00:25:03.364 most prosperous, the most powerful,

NOTE Confidence: 0.9272716

00:25:03.364 --> 00:25:06.232 the most advantageous place where you

NOTE Confidence: 0.9272716

00:25:06.232 --> 00:25:09.137 know economic empowerment is ideal,
NOTE Confidence: 0.9272716

00:25:09.140 --> 00:25:10.478 idealistic, and Ann.
NOTE Confidence: 0.9272716

00:25:10.478 --> 00:25:13.154 And that's pretty much the vantage
NOTE Confidence: 0.9272716

00:25:13.154 --> 00:25:15.287 point that many people have.
NOTE Confidence: 0.9272716

00:25:15.290 --> 00:25:17.879 But but here.
NOTE Confidence: 0.9272716

00:25:17.880 --> 00:25:22.068 You know we're still seeing the residue in
NOTE Confidence: 0.9272716

00:25:22.068 --> 00:25:26.257 evidence of you know a post slave society.
NOTE Confidence: 0.9272716

00:25:26.260 --> 00:25:30.268 We're still seeing the resident, the residue,
NOTE Confidence: 0.9272716

00:25:30.268 --> 00:25:35.126 and the evidence of a still very.
NOTE Confidence: 0.9272716

00:25:35.130 --> 00:25:38.034 You know ethnically and faith oriented
NOTE Confidence: 0.9272716

00:25:38.034 --> 00:25:40.410 prejudices that still exist here.
NOTE Confidence: 0.9272716

00:25:40.410 --> 00:25:42.330 It's still very segregated,
NOTE Confidence: 0.9272716

00:25:42.330 --> 00:25:46.650 though you may live in a very diverse city.
NOTE Confidence: 0.9272716

00:25:46.650 --> 00:25:49.530 That city is still broken down,
NOTE Confidence: 0.9272716

00:25:49.530 --> 00:25:50.970 probably in communities,
NOTE Confidence: 0.9272716

00:25:50.970 --> 00:25:51.930 ethnic communities,

NOTE Confidence: 0.9272716

00:25:51.930 --> 00:25:55.395 and so there's not that that intermingling

NOTE Confidence: 0.9272716

00:25:55.395 --> 00:25:59.272 is not the paradise that I think people

NOTE Confidence: 0.9272716

00:25:59.272 --> 00:26:02.968 imagine it to be and then and then.

NOTE Confidence: 0.9272716

00:26:02.970 --> 00:26:03.944 Probably Lastly,

NOTE Confidence: 0.9272716

00:26:03.944 --> 00:26:06.379 what we're even seeing now.

NOTE Confidence: 0.9272716

00:26:06.380 --> 00:26:07.316 Even in a.

NOTE Confidence: 0.9272716

00:26:07.316 --> 00:26:08.564 Political or socioeconomic ways

NOTE Confidence: 0.9272716

00:26:08.564 --> 00:26:10.770 that there are far more qualified

NOTE Confidence: 0.9272716

00:26:10.770 --> 00:26:11.976 and educated individuals?

NOTE Confidence: 0.9272716

00:26:11.980 --> 00:26:13.535 Then there are opportunities for

NOTE Confidence: 0.9272716

00:26:13.535 --> 00:26:14.779 those qualified educated individuals,

NOTE Confidence: 0.9272716

00:26:14.780 --> 00:26:17.276 and so that's creating an uproar in another.

NOTE Confidence: 0.9272716

00:26:17.280 --> 00:26:19.146 So yeah, yeah, that's so spot.

NOTE Confidence: 0.9272716

00:26:19.150 --> 00:26:19.774 I mean,

NOTE Confidence: 0.9272716

00:26:19.774 --> 00:26:21.022 there's a particular layer

NOTE Confidence: 0.9272716

00:26:21.022 --> 00:26:22.270 that you had this
NOTE Confidence: 0.84306586

00:26:22.270 --> 00:26:24.136 on that relate to that too.
NOTE Confidence: 0.84306586

00:26:24.140 --> 00:26:25.700 I mean, you talked about,
NOTE Confidence: 0.84306586

00:26:25.700 --> 00:26:27.884 you know people trying to earn their
NOTE Confidence: 0.84306586

00:26:27.884 --> 00:26:29.718 rights here, fighting for home here.
NOTE Confidence: 0.84306586

00:26:29.718 --> 00:26:31.940 Then you followed up by this lyric.
NOTE Confidence: 0.84306586

00:26:31.940 --> 00:26:34.124 But I wouldn't know anything about that.
NOTE Confidence: 0.84306586

00:26:34.130 --> 00:26:36.307 All I know is drugs and rap.
NOTE Confidence: 0.84306586

00:26:36.310 --> 00:26:38.886 I probably could have been some kind of.
NOTE Confidence: 0.84306586

00:26:38.890 --> 00:26:40.815 Doctor instead of holding guns and crack,
NOTE Confidence: 0.84306586

00:26:40.820 --> 00:26:42.731 so I mean, that's a powerful social
NOTE Confidence: 0.84306586

00:26:42.731 --> 00:26:44.120 commentary in and of itself.
NOTE Confidence: 0.84306586

00:26:44.120 --> 00:26:44.945 I'm just curious,
NOTE Confidence: 0.84306586

00:26:44.945 --> 00:26:46.320 did you hit this already?
NOTE Confidence: 0.84306586

00:26:46.320 --> 00:26:48.224 But when your thoughts about how we
NOTE Confidence: 0.84306586

00:26:48.224 --> 00:26:50.440 got to this place in the 1st place,

NOTE Confidence: 0.84306586

00:26:50.440 --> 00:26:51.412 like how is it?

NOTE Confidence: 0.84306586

00:26:51.412 --> 00:26:52.870 How is it even possible for

NOTE Confidence: 0.84306586

00:26:52.931 --> 00:26:54.287 this narrative to exist?

NOTE Confidence: 0.7977026

00:26:55.720 --> 00:27:01.108 Yeah, well, unfortunately I believe that.

NOTE Confidence: 0.7977026

00:27:01.110 --> 00:27:04.094 A front center is the idea that this

NOTE Confidence: 0.7977026

00:27:04.094 --> 00:27:07.188 is the land of equal opportunity.

NOTE Confidence: 0.7977026

00:27:07.190 --> 00:27:09.920 And the reality is that that's that's

NOTE Confidence: 0.7977026

00:27:09.920 --> 00:27:11.960 that's improvement to not be true.

NOTE Confidence: 0.7977026

00:27:11.960 --> 00:27:15.285 I think many people would say that.

NOTE Confidence: 0.7977026

00:27:15.290 --> 00:27:17.850 You know everyone has an equal shot here,

NOTE Confidence: 0.7977026

00:27:17.850 --> 00:27:20.090 and So what are we complaining about?

NOTE Confidence: 0.7977026

00:27:20.090 --> 00:27:20.993 You know everyone?

NOTE Confidence: 0.7977026

00:27:20.993 --> 00:27:23.100 Can you go to school and do

NOTE Confidence: 0.7977026

00:27:23.175 --> 00:27:25.209 well and it'll workout for you?

NOTE Confidence: 0.7977026

00:27:25.210 --> 00:27:27.130 I mean look at Doctor Knee,

NOTE Confidence: 0.7977026

00:27:27.130 --> 00:27:29.370 he's doing well, you know what's the?
NOTE Confidence: 0.7977026

00:27:29.370 --> 00:27:32.250 What's the argument an and what I would say?
NOTE Confidence: 0.7977026

00:27:32.250 --> 00:27:34.730 You know, I started off the song saying
NOTE Confidence: 0.7977026

00:27:34.730 --> 00:27:37.046 great Grandpa brought from a strange land.
NOTE Confidence: 0.7977026

00:27:37.050 --> 00:27:39.290 He was stripped away giving bricks delay.
NOTE Confidence: 0.7977026

00:27:39.290 --> 00:27:42.341 I guess you could say he is slave hand
NOTE Confidence: 0.7977026

00:27:42.341 --> 00:27:45.680 and that is that is not an imaginary or.
NOTE Confidence: 0.7977026

00:27:45.680 --> 00:27:47.942 Tale an awesome often want to
NOTE Confidence: 0.7977026

00:27:47.942 --> 00:27:50.030 paint this picture for people.
NOTE Confidence: 0.7977026

00:27:50.030 --> 00:27:53.190 My three times great grandmother in the line.
NOTE Confidence: 0.7977026

00:27:53.190 --> 00:27:57.140 She was brought as a 9 year old from Africa,
NOTE Confidence: 0.7977026

00:27:57.140 --> 00:27:58.325 stripped away trafficked
NOTE Confidence: 0.7977026

00:27:58.325 --> 00:28:00.300 as a piece of property.
NOTE Confidence: 0.7977026

00:28:00.300 --> 00:28:01.368 She was enslaved.
NOTE Confidence: 0.7977026

00:28:01.368 --> 00:28:04.329 She gave she was forced to marry someone
NOTE Confidence: 0.7977026

00:28:04.329 --> 00:28:07.465 or forced to procreate with someone like a

NOTE Confidence: 0.7977026

00:28:07.465 --> 00:28:10.565 wild animal or like a domesticated animal.

NOTE Confidence: 0.7977026

00:28:10.570 --> 00:28:13.510 Scuse me in order to produce more

NOTE Confidence: 0.7977026

00:28:13.510 --> 00:28:15.750 slave children for the master.

NOTE Confidence: 0.7977026

00:28:15.750 --> 00:28:19.123 One of those slave children is my

NOTE Confidence: 0.7977026

00:28:19.123 --> 00:28:21.032 great great grandmother alien.

NOTE Confidence: 0.7977026

00:28:21.032 --> 00:28:24.800 So now Alias is born a slave just

NOTE Confidence: 0.7977026

00:28:24.898 --> 00:28:26.350 like her mother.

NOTE Confidence: 0.7977026

00:28:26.350 --> 00:28:27.838 She is trafficked,

NOTE Confidence: 0.7977026

00:28:27.838 --> 00:28:32.139 she is forced into a particular way of life.

NOTE Confidence: 0.7977026

00:28:32.140 --> 00:28:33.583 No quality education,

NOTE Confidence: 0.7977026

00:28:33.583 --> 00:28:35.026 no opportunities whatsoever,

NOTE Confidence: 0.7977026

00:28:35.030 --> 00:28:38.936 and then it gets to my great

NOTE Confidence: 0.7977026

00:28:38.936 --> 00:28:40.610 grandmother who is.

NOTE Confidence: 0.7977026

00:28:40.610 --> 00:28:42.014 Born after slavery, right?

NOTE Confidence: 0.7977026

00:28:42.014 --> 00:28:44.680 A slavery ends and there's two options.

NOTE Confidence: 0.7977026

00:28:44.680 --> 00:28:48.010 There's the option a that they can be freed,
NOTE Confidence: 0.7977026

00:28:48.010 --> 00:28:49.860 but they will be homeless,
NOTE Confidence: 0.7977026

00:28:49.860 --> 00:28:50.600 literally vagabonds.
NOTE Confidence: 0.7977026

00:28:50.600 --> 00:28:53.560 There's no way for them to earn money.
NOTE Confidence: 0.7977026

00:28:53.560 --> 00:28:56.150 There's no one trying to hire them.
NOTE Confidence: 0.7977026

00:28:56.150 --> 00:28:57.630 There's no education opportunities,
NOTE Confidence: 0.7977026

00:28:57.630 --> 00:28:59.110 so they're literally there.
NOTE Confidence: 0.7977026

00:28:59.110 --> 00:29:01.700 Will be wandering the Woods of Texas.
NOTE Confidence: 0.7977026

00:29:01.700 --> 00:29:04.308 Or they can stay.
NOTE Confidence: 0.7977026

00:29:04.310 --> 00:29:07.250 On the plantation of their former
NOTE Confidence: 0.7977026

00:29:07.250 --> 00:29:10.064 slave owner and continue doing slave
NOTE Confidence: 0.7977026

00:29:10.064 --> 00:29:13.104 labor in order to get a roof over
NOTE Confidence: 0.7977026

00:29:13.197 --> 00:29:16.309 their head and the scraps of the food
NOTE Confidence: 0.7977026

00:29:16.309 --> 00:29:20.000 left and so they chose that option.
NOTE Confidence: 0.7977026

00:29:20.000 --> 00:29:22.443 Fast forward to my grandmother who ends
NOTE Confidence: 0.7977026

00:29:22.443 --> 00:29:24.693 up running away from the plantation

NOTE Confidence: 0.7977026

00:29:24.693 --> 00:29:27.353 because she doesn't wanna live that way.

NOTE Confidence: 0.7977026

00:29:27.360 --> 00:29:28.828 At 13 years old,

NOTE Confidence: 0.7977026

00:29:28.828 --> 00:29:30.296 no opportunity for education,

NOTE Confidence: 0.7977026

00:29:30.300 --> 00:29:32.876 no no access to any of that.

NOTE Confidence: 0.7977026

00:29:32.880 --> 00:29:34.675 She wonders Southwest for years

NOTE Confidence: 0.7977026

00:29:34.675 --> 00:29:37.230 working on jobs and not having a

NOTE Confidence: 0.7977026

00:29:37.230 --> 00:29:39.306 quality education has my mother who

NOTE Confidence: 0.7977026

00:29:39.306 --> 00:29:41.606 was born into poverty object poverty

NOTE Confidence: 0.7977026

00:29:41.606 --> 00:29:44.288 because her mother did not have any

NOTE Confidence: 0.7977026

00:29:44.288 --> 00:29:46.128 opportunities because her mother did?

NOTE Confidence: 0.7977026

00:29:46.130 --> 00:29:48.916 Her mother did and her mother was

NOTE Confidence: 0.7977026

00:29:48.916 --> 00:29:51.766 stripped in traffic and so my mother now?

NOTE Confidence: 0.7977026

00:29:51.770 --> 00:29:53.970 Has to start from scratch.

NOTE Confidence: 0.7977026

00:29:53.970 --> 00:29:57.490 She's grown up in the civil Rights era.

NOTE Confidence: 0.7977026

00:29:57.490 --> 00:30:00.340 No quality, education, racism, civil rights.

NOTE Confidence: 0.7977026

00:30:00.340 --> 00:30:02.923 Jim Crow all of this stuff is her existence.
NOTE Confidence: 0.7977026

00:30:02.930 --> 00:30:05.513 She gives birth to me and some would say,
NOTE Confidence: 0.7977026

00:30:05.520 --> 00:30:06.958 well, the credit you have.
NOTE Confidence: 0.7977026

00:30:06.960 --> 00:30:08.112 You had equal footing.
NOTE Confidence: 0.7977026

00:30:08.112 --> 00:30:10.134 You had all the great opportunities and
NOTE Confidence: 0.7977026

00:30:10.134 --> 00:30:12.438 this is the history that I'm having out.
NOTE Confidence: 0.87134343

00:30:12.440 --> 00:30:13.500 There's no financial opportunity
NOTE Confidence: 0.87134343

00:30:13.500 --> 00:30:15.090 for me because my mother didn't
NOTE Confidence: 0.87134343

00:30:15.141 --> 00:30:16.469 have an educational opportunity,
NOTE Confidence: 0.87134343

00:30:16.470 --> 00:30:18.570 so I'm literally having to carry the
NOTE Confidence: 0.87134343

00:30:18.570 --> 00:30:20.538 weight of all of my family history
NOTE Confidence: 0.87134343

00:30:20.538 --> 00:30:22.710 on my back and try to make something
NOTE Confidence: 0.87134343

00:30:22.710 --> 00:30:24.810 out of myself while the rest of
NOTE Confidence: 0.87134343

00:30:24.810 --> 00:30:26.838 the world looks at me and says,
NOTE Confidence: 0.87134343

00:30:26.840 --> 00:30:28.556 hey, you have the same thing,
NOTE Confidence: 0.87134343

00:30:28.560 --> 00:30:30.438 equal opportunities that everybody else has.

NOTE Confidence: 0.87134343

00:30:30.440 --> 00:30:32.825 Make the most of it and that's the picture

NOTE Confidence: 0.87134343

00:30:32.825 --> 00:30:34.896 that we exist in currently in there.

NOTE Confidence: 0.87134343

00:30:34.900 --> 00:30:36.020 Yeah, that's so powerful.

NOTE Confidence: 0.8711517

00:30:36.020 --> 00:30:37.688 I mean, I appreciate you know.

NOTE Confidence: 0.8711517

00:30:37.690 --> 00:30:39.650 Sharing your story in that sense too,

NOTE Confidence: 0.8711517

00:30:39.650 --> 00:30:41.198 because I think it's important for

NOTE Confidence: 0.8711517

00:30:41.198 --> 00:30:42.720 people to recognize the realities.

NOTE Confidence: 0.8711517

00:30:42.720 --> 00:30:44.944 I mean, as you said, this is not.

NOTE Confidence: 0.8711517

00:30:44.944 --> 00:30:46.612 This is not a hypothetical situation.

NOTE Confidence: 0.8711517

00:30:46.620 --> 00:30:48.496 This is the situation that you came

NOTE Confidence: 0.8711517

00:30:48.496 --> 00:30:50.963 from and for us to really make sure that

NOTE Confidence: 0.8711517

00:30:50.963 --> 00:30:53.039 we don't ignore that and knowledge it,

NOTE Confidence: 0.8711517

00:30:53.040 --> 00:30:54.630 especially with all the conversations

NOTE Confidence: 0.8711517

00:30:54.630 --> 00:30:56.532 that we're having today to to

NOTE Confidence: 0.8711517

00:30:56.532 --> 00:30:58.080 say that it's not starting from

NOTE Confidence: 0.8711517

00:30:58.080 --> 00:30:59.673 equal footing and we really have
NOTE Confidence: 0.8711517

00:30:59.673 --> 00:31:01.197 to do better about making sure.
NOTE Confidence: 0.8711517

00:31:01.200 --> 00:31:03.090 Those things are put in place and we can't,
NOTE Confidence: 0.8711517

00:31:03.090 --> 00:31:04.560 as you said, ignore the past when
NOTE Confidence: 0.8711517

00:31:04.560 --> 00:31:05.820 it's so powerful and so potent.
NOTE Confidence: 0.8441129

00:31:08.980 --> 00:31:11.244 So I'm getting the Q from Doctor Mathis.
NOTE Confidence: 0.8441129

00:31:11.250 --> 00:31:12.918 I know there's much more that
NOTE Confidence: 0.8441129

00:31:12.918 --> 00:31:14.660 we could talk about here. We're
NOTE Confidence: 0.8441129

00:31:14.660 --> 00:31:17.216 going to move into the to the next song.
NOTE Confidence: 0.8441129

00:31:17.220 --> 00:31:20.022 Yes, thank you so much for
NOTE Confidence: 0.8441129

00:31:20.022 --> 00:31:21.423 those powerful comments.
NOTE Confidence: 0.8441129

00:31:21.430 --> 00:31:24.356 What since we're not joining in person,
NOTE Confidence: 0.8441129

00:31:24.356 --> 00:31:26.840 I am envisioning folks in their
NOTE Confidence: 0.8441129

00:31:26.925 --> 00:31:29.409 offices or at their homes bopping
NOTE Confidence: 0.8441129

00:31:29.409 --> 00:31:32.456 their heads to these beats. You know,
NOTE Confidence: 0.8441129

00:31:32.456 --> 00:31:35.417 trying to follow along with the lyrics.

NOTE Confidence: 0.8441129

00:31:35.420 --> 00:31:38.812 I hope that you're enjoying both the musical

NOTE Confidence: 0.8441129

00:31:38.812 --> 00:31:41.358 presentation as well as the commentary,

NOTE Confidence: 0.8441129

00:31:41.360 --> 00:31:44.209 and we are sharing the lyric videos

NOTE Confidence: 0.8441129

00:31:44.209 --> 00:31:46.391 intentionally so that you can

NOTE Confidence: 0.8441129

00:31:46.391 --> 00:31:48.989 appreciate the message. In addition to.

NOTE Confidence: 0.8441129

00:31:48.989 --> 00:31:51.104 In addition to these tracks.

NOTE Confidence: 0.8441129

00:31:51.110 --> 00:31:51.914 Alright, so.

NOTE Confidence: 0.8441129

00:31:51.914 --> 00:31:54.728 I am also going to share the

NOTE Confidence: 0.8441129

00:31:54.728 --> 00:31:57.229 link for anonymous comments.

NOTE Confidence: 0.8441129

00:31:57.230 --> 00:31:59.960 We will have an open question and

NOTE Confidence: 0.8441129

00:31:59.960 --> 00:32:02.652 answer period at the end of the

NOTE Confidence: 0.8441129

00:32:02.652 --> 00:32:04.806 grand rounds and the Lincoln is

NOTE Confidence: 0.8441129

00:32:04.889 --> 00:32:06.999 available for anonymous comments as

NOTE Confidence: 0.8441129

00:32:06.999 --> 00:32:09.900 we set up our next song entitled.

NOTE Confidence: 0.9004502

00:32:12.000 --> 00:32:14.370 Can't stop me now destination.

NOTE Confidence: 0.6254822

00:33:18.560 --> 00:33:19.070 Yeah.
NOTE Confidence: 0.6756669

00:33:21.530 --> 00:33:26.314 I just want people stealing money from you.
NOTE Confidence: 0.6756669

00:33:26.320 --> 00:33:30.870 Strange. Such a mess that could shake it off.
NOTE Confidence: 0.66419774

00:33:33.260 --> 00:33:34.810 Somebody go shut it off.
NOTE Confidence: 0.8124224

00:33:37.640 --> 00:33:38.240 These people have.
NOTE Confidence: 0.7183322

00:33:41.210 --> 00:33:41.900 I guess I'm
NOTE Confidence: 0.7183322

00:33:41.900 --> 00:33:42.599 just another black.
NOTE Confidence: 0.8362467

00:33:44.960 --> 00:33:46.690 And they just go on with their life.
NOTE Confidence: 0.05470672

00:33:51.890 --> 00:33:52.660 Bitch.
NOTE Confidence: 0.65012825

00:34:15.640 --> 00:34:16.420 Fly away.
NOTE Confidence: 0.73705953

00:34:55.280 --> 00:34:58.608 Everything. Is my identity.
NOTE Confidence: 0.523156

00:35:01.810 --> 00:35:02.958 Still on that crack.
NOTE Confidence: 0.70479417

00:35:05.040 --> 00:35:08.760 What is the weather man? Rihanna track.
NOTE Confidence: 0.45805317

00:35:12.200 --> 00:35:12.590 Karen
NOTE Confidence: 0.58809865

00:35:15.850 --> 00:35:20.560 being. Tell. Kill.
NOTE Confidence: 0.8454298

00:36:05.620 --> 00:36:06.310 I don't know.

NOTE Confidence: 0.595343931428571

00:36:23.490 --> 00:36:27.109 No delays. So another powerful song I'm

NOTE Confidence: 0.6977162

00:36:27.110 --> 00:36:29.438 in lot of ways and I have to

NOTE Confidence: 0.6977162

00:36:29.438 --> 00:36:31.559 know little personal style here.

NOTE Confidence: 0.6977162

00:36:31.560 --> 00:36:34.768 Look great when you did that with a

NOTE Confidence: 0.6977162

00:36:34.768 --> 00:36:37.150 little Hathaway on Fallon that was.

NOTE Confidence: 0.6977162

00:36:37.150 --> 00:36:38.956 That was equally powerful and just

NOTE Confidence: 0.6977162

00:36:38.956 --> 00:36:41.335 just so strong to see that come to

NOTE Confidence: 0.6977162

00:36:41.335 --> 00:36:43.333 life and that life setting with both

NOTE Confidence: 0.6977162

00:36:43.333 --> 00:36:45.209 of you and with her voice there.

NOTE Confidence: 0.6977162

00:36:45.210 --> 00:36:48.514 So just want to knowledge that as well.

NOTE Confidence: 0.6977162

00:36:48.520 --> 00:36:52.142 Recenter and obviously there's so.

NOTE Confidence: 0.6977162

00:36:52.142 --> 00:36:54.130 I mean, there's so many important heavy

NOTE Confidence: 0.6977162

00:36:54.130 --> 00:36:56.260 topics that you brought the in that song.

NOTE Confidence: 0.6977162

00:36:56.260 --> 00:36:58.100 I mean, even even from the get go

NOTE Confidence: 0.6977162

00:36:58.100 --> 00:37:00.090 you can talk about social justice,

NOTE Confidence: 0.6977162

00:37:00.090 --> 00:37:00.912 talking bout betrayal,
NOTE Confidence: 0.6977162

00:37:00.912 --> 00:37:02.316 talk about mental health, depression.
NOTE Confidence: 0.6977162

00:37:02.316 --> 00:37:04.152 But then also talking about faith
NOTE Confidence: 0.6977162

00:37:04.152 --> 00:37:06.051 and hope so we know before we
NOTE Confidence: 0.6977162

00:37:06.051 --> 00:37:07.760 jump into some of the you know,
NOTE Confidence: 0.6977162

00:37:07.760 --> 00:37:09.130 the details of the sauce.
NOTE Confidence: 0.6977162

00:37:09.130 --> 00:37:11.048 Curious, just if you could let people
NOTE Confidence: 0.6977162

00:37:11.048 --> 00:37:12.698 know where that song came from.
NOTE Confidence: 0.6977162

00:37:12.700 --> 00:37:14.070 Was that a personal journey?
NOTE Confidence: 0.6977162

00:37:14.070 --> 00:37:15.440 Was it a societal commentary?
NOTE Confidence: 0.6977162

00:37:15.440 --> 00:37:18.450 Was a little bit of a mix of both and how?
NOTE Confidence: 0.6977162

00:37:18.450 --> 00:37:18.723 So?
NOTE Confidence: 0.6977162

00:37:18.723 --> 00:37:20.634 Like how how that song come about?
NOTE Confidence: 0.7740372

00:37:21.870 --> 00:37:25.020 Yeah, it was definitely a very personal.
NOTE Confidence: 0.7740372

00:37:25.020 --> 00:37:28.580 It was a limit. And it was the
NOTE Confidence: 0.7740372

00:37:28.580 --> 00:37:31.310 anticipation of something greater.

NOTE Confidence: 0.7740372

00:37:31.310 --> 00:37:34.943 You know, I would classify it as

NOTE Confidence: 0.7740372

00:37:34.943 --> 00:37:38.459 something similar to the old spirituals.

NOTE Confidence: 0.7740372

00:37:38.460 --> 00:37:39.960 That they saying, you know,

NOTE Confidence: 0.7740372

00:37:39.960 --> 00:37:42.004 acknowledging the current state of pain and

NOTE Confidence: 0.7740372

00:37:42.004 --> 00:37:43.859 frustration and hoping for something better.

NOTE Confidence: 0.7740372

00:37:43.860 --> 00:37:45.660 And I think that's that's the

NOTE Confidence: 0.7740372

00:37:45.660 --> 00:37:47.760 mindset that I was in as I,

NOTE Confidence: 0.7740372

00:37:47.760 --> 00:37:49.260 as I wrote that song.

NOTE Confidence: 0.7740372

00:37:49.260 --> 00:37:51.360 Yeah, that makes a lot of sense.

NOTE Confidence: 0.7740372

00:37:51.360 --> 00:37:51.960 And even

NOTE Confidence: 0.8177388

00:37:51.960 --> 00:37:53.460 though the way I mean,

NOTE Confidence: 0.8177388

00:37:53.460 --> 00:37:54.960 he's talking about your lament,

NOTE Confidence: 0.8177388

00:37:54.960 --> 00:37:57.060 the way that you start things out.

NOTE Confidence: 0.8177388

00:37:57.060 --> 00:37:59.460 I mean talking about I was still depressed.

NOTE Confidence: 0.8177388

00:37:59.460 --> 00:38:01.674 I was such a mess I couldn't shake it

NOTE Confidence: 0.8177388

00:38:01.674 --> 00:38:03.960 off another murder on the television.

NOTE Confidence: 0.8177388

00:38:03.960 --> 00:38:05.676 Man, somebody go turn it off

NOTE Confidence: 0.8177388

00:38:05.676 --> 00:38:07.260 and there's a lot there.

NOTE Confidence: 0.8177388

00:38:07.260 --> 00:38:08.412 But can you talk?

NOTE Confidence: 0.8177388

00:38:08.412 --> 00:38:10.583 A little bit about the either the

NOTE Confidence: 0.8177388

00:38:10.583 --> 00:38:12.103 relationship or distinction that

NOTE Confidence: 0.8177388

00:38:12.103 --> 00:38:14.458 you feel between your own mental

NOTE Confidence: 0.8177388

00:38:14.458 --> 00:38:16.418 health and everything that's been

NOTE Confidence: 0.8177388

00:38:16.418 --> 00:38:18.720 going on society around the ongoing

NOTE Confidence: 0.8177388

00:38:18.720 --> 00:38:20.910 killings of black men and women

NOTE Confidence: 0.8177388

00:38:20.910 --> 00:38:23.067 unarmed at the hands of police.

NOTE Confidence: 0.7673593

00:38:24.350 --> 00:38:27.790 Yeah, um, you know?

NOTE Confidence: 0.7673593

00:38:27.790 --> 00:38:31.230 Often talking with my.

NOTE Confidence: 0.7673593

00:38:31.230 --> 00:38:33.701 Majority culture, friends, white friends.

NOTE Confidence: 0.7673593

00:38:33.701 --> 00:38:36.743 They tend to see the world

NOTE Confidence: 0.7673593

00:38:36.743 --> 00:38:38.810 through a lens of individuality.

NOTE Confidence: 0.7673593

00:38:38.810 --> 00:38:41.180 An ethnic minorities tend to

NOTE Confidence: 0.7673593

00:38:41.180 --> 00:38:43.076 see the world collectively.

NOTE Confidence: 0.7673593

00:38:43.080 --> 00:38:46.257 We usually feel as if you know if there's

NOTE Confidence: 0.7673593

00:38:46.257 --> 00:38:49.806 a person of color in a restaurant

NOTE Confidence: 0.7673593

00:38:49.806 --> 00:38:53.030 who does something particularly embarrassing,

NOTE Confidence: 0.7673593

00:38:53.030 --> 00:38:57.770 we look at that as like what are we doing?

NOTE Confidence: 0.7673593

00:38:57.770 --> 00:39:00.042 Because we're a small

NOTE Confidence: 0.7673593

00:39:00.042 --> 00:39:01.178 represent representation.

NOTE Confidence: 0.7673593

00:39:01.180 --> 00:39:02.446 Within within society.

NOTE Confidence: 0.7673593

00:39:02.446 --> 00:39:05.555 And so, because we tend to think

NOTE Confidence: 0.7673593

00:39:05.555 --> 00:39:08.664 collectively and see each other as a

NOTE Confidence: 0.7673593

00:39:08.664 --> 00:39:11.310 part of a whole and not individually.

NOTE Confidence: 0.7673593

00:39:11.310 --> 00:39:14.257 When something happens to one of us,

NOTE Confidence: 0.7673593

00:39:14.260 --> 00:39:17.137 it's as if it happened to all

NOTE Confidence: 0.7673593

00:39:17.137 --> 00:39:20.169 of us and to see you know,

NOTE Confidence: 0.7673593

00:39:20.170 --> 00:39:24.200 a unarmed black person killed.
NOTE Confidence: 0.7673593

00:39:24.200 --> 00:39:24.876 Is it?
NOTE Confidence: 0.7673593

00:39:24.876 --> 00:39:26.228 Is it to us?
NOTE Confidence: 0.7673593

00:39:26.230 --> 00:39:28.984 Were such a we make up such a small
NOTE Confidence: 0.7673593

00:39:28.984 --> 00:39:31.319 piece of the population at that?
NOTE Confidence: 0.7673593

00:39:31.320 --> 00:39:33.686 That's literally family that just got killed.
NOTE Confidence: 0.7673593

00:39:33.690 --> 00:39:35.730 That somebody we could know or
NOTE Confidence: 0.7673593

00:39:35.730 --> 00:39:37.509 couldn't relate to because these
NOTE Confidence: 0.7673593

00:39:37.509 --> 00:39:39.299 stories are so prevalent within
NOTE Confidence: 0.7673593

00:39:39.299 --> 00:39:41.150 our community and this is it,
NOTE Confidence: 0.7673593

00:39:41.150 --> 00:39:42.594 man, this keeps happening.
NOTE Confidence: 0.7673593

00:39:42.594 --> 00:39:45.220 And what I didn't realize as I was,
NOTE Confidence: 0.7673593

00:39:45.220 --> 00:39:45.852 you know,
NOTE Confidence: 0.7673593

00:39:45.852 --> 00:39:47.432 washing murder after murder after
NOTE Confidence: 0.7673593

00:39:47.432 --> 00:39:49.628 murder was I was ingesting trauma.
NOTE Confidence: 0.7673593

00:39:49.630 --> 00:39:51.575 I was ingesting racial trauma

NOTE Confidence: 0.7673593

00:39:51.575 --> 00:39:53.889 and I didn't even realize the

NOTE Confidence: 0.7673593

00:39:53.889 --> 00:39:55.647 effect that it had on me.

NOTE Confidence: 0.7673593

00:39:55.650 --> 00:39:58.986 And then on top of ingesting that trauma,

NOTE Confidence: 0.7673593

00:39:58.990 --> 00:39:59.905 I'm also deal.

NOTE Confidence: 0.7673593

00:39:59.905 --> 00:40:02.040 Playing with the lack of empathy from

NOTE Confidence: 0.7673593

00:40:02.103 --> 00:40:04.098 society at large majority culture,

NOTE Confidence: 0.7673593

00:40:04.100 --> 00:40:05.575 who tends to see individually

NOTE Confidence: 0.7673593

00:40:05.575 --> 00:40:07.570 and say well that that doesn't.

NOTE Confidence: 0.7673593

00:40:07.570 --> 00:40:08.443 That's not even.

NOTE Confidence: 0.7673593

00:40:08.443 --> 00:40:10.480 It doesn't affect you that happened in

NOTE Confidence: 0.7673593

00:40:10.541 --> 00:40:12.605 Saint Louis that happened in Minnesota.

NOTE Confidence: 0.7673593

00:40:12.610 --> 00:40:14.180 How does this affect you?

NOTE Confidence: 0.7673593

00:40:14.180 --> 00:40:16.010 And we don't even know all

NOTE Confidence: 0.7673593

00:40:16.010 --> 00:40:17.650 the facts and you know.

NOTE Confidence: 0.7673593

00:40:17.650 --> 00:40:20.050 Whereas if your cousin was killed you know

NOTE Confidence: 0.7673593

00:40:20.050 --> 00:40:22.368 it's not about knowing all the facts.

NOTE Confidence: 0.7673593

00:40:22.370 --> 00:40:24.025 It's about morning that someone

NOTE Confidence: 0.7673593

00:40:24.025 --> 00:40:26.288 you know has been killed and you

NOTE Confidence: 0.7673593

00:40:26.288 --> 00:40:28.192 feel as if it could be avoided

NOTE Confidence: 0.7673593

00:40:28.192 --> 00:40:29.858 because you've seen this happen

NOTE Confidence: 0.7673593

00:40:29.858 --> 00:40:31.190 so many times before.

NOTE Confidence: 0.8777924

00:40:31.850 --> 00:40:33.734 Yeah, that's the point in powerful

NOTE Confidence: 0.8777924

00:40:33.734 --> 00:40:35.509 and I appreciate the way you.

NOTE Confidence: 0.8777924

00:40:35.510 --> 00:40:37.428 I mean, you're being honest about the

NOTE Confidence: 0.8777924

00:40:37.428 --> 00:40:39.166 way different people that you interact

NOTE Confidence: 0.8777924

00:40:39.166 --> 00:40:40.606 with have responded differently to

NOTE Confidence: 0.8777924

00:40:40.606 --> 00:40:42.595 the same situation. How you know,

NOTE Confidence: 0.8777924

00:40:42.595 --> 00:40:44.660 as a community of people of color,

NOTE Confidence: 0.8777924

00:40:44.660 --> 00:40:46.130 is that collective community aspect,

NOTE Confidence: 0.8777924

00:40:46.130 --> 00:40:48.490 which really goes a long way. In this.

NOTE Confidence: 0.8777924

00:40:48.490 --> 00:40:50.260 I mean, you also talked about,

NOTE Confidence: 0.8777924

00:40:50.260 --> 00:40:51.735 you know, speaking your minds

NOTE Confidence: 0.8777924

00:40:51.735 --> 00:40:53.210 and getting attacked for it.

NOTE Confidence: 0.8777924

00:40:53.210 --> 00:40:54.690 Obviously you're using your art.

NOTE Confidence: 0.8777924

00:40:54.690 --> 00:40:56.160 You're using your voice both

NOTE Confidence: 0.8777924

00:40:56.160 --> 00:40:57.336 within the artistic expression.

NOTE Confidence: 0.8777924

00:40:57.340 --> 00:40:59.194 Other ways to really highlight things

NOTE Confidence: 0.8777924

00:40:59.194 --> 00:41:01.180 that have been going on for years,

NOTE Confidence: 0.8777924

00:41:01.180 --> 00:41:02.360 decades, going back centuries

NOTE Confidence: 0.8777924

00:41:02.360 --> 00:41:04.130 and bring it to the forefront.

NOTE Confidence: 0.8777924

00:41:04.130 --> 00:41:05.870 But then that always having

NOTE Confidence: 0.8777924

00:41:05.870 --> 00:41:06.914 that receptive iti.

NOTE Confidence: 0.8777924

00:41:06.920 --> 00:41:08.588 So I'm curious what your perspective

NOTE Confidence: 0.8777924

00:41:08.588 --> 00:41:11.013 is and what you think the role of

NOTE Confidence: 0.8777924

00:41:11.013 --> 00:41:12.588 artistic expression is and really

NOTE Confidence: 0.8777924

00:41:12.588 --> 00:41:14.628 talking about some of these things in

NOTE Confidence: 0.8777924

00:41:14.628 --> 00:41:16.622 the mist of everything that's going on,

NOTE Confidence: 0.8777924

00:41:16.622 --> 00:41:17.798 and what other roles,

NOTE Confidence: 0.8777924

00:41:17.800 --> 00:41:19.270 artistic expression can play even

NOTE Confidence: 0.8777924

00:41:19.270 --> 00:41:20.740 outside just speaking about it.

NOTE Confidence: 0.8292433

00:41:22.060 --> 00:41:23.890 Yeah, well in many ways.

NOTE Confidence: 0.8292433

00:41:23.890 --> 00:41:26.466 You know art even even to look back

NOTE Confidence: 0.8292433

00:41:26.466 --> 00:41:29.028 at those spirituals are in artistic

NOTE Confidence: 0.8292433

00:41:29.028 --> 00:41:32.169 expression is sometimes all you have is

NOTE Confidence: 0.8292433

00:41:32.169 --> 00:41:34.869 the only power that you do have is the

NOTE Confidence: 0.8292433

00:41:34.870 --> 00:41:37.798 only thing that you do have control over.

NOTE Confidence: 0.8292433

00:41:37.800 --> 00:41:39.990 You don't even have control over

NOTE Confidence: 0.8292433

00:41:39.990 --> 00:41:42.188 your own body. You don't have

NOTE Confidence: 0.8292433

00:41:42.188 --> 00:41:44.384 control over your fate in society,

NOTE Confidence: 0.8292433

00:41:44.390 --> 00:41:47.238 and so you're using your voice, you know.

NOTE Confidence: 0.8292433

00:41:47.238 --> 00:41:49.541 It's a way of what I would

NOTE Confidence: 0.8292433

00:41:49.541 --> 00:41:51.480 call constructive anger.

NOTE Confidence: 0.8292433

00:41:51.480 --> 00:41:53.520 You know, there's destructive anger.

NOTE Confidence: 0.8292433

00:41:53.520 --> 00:41:55.485 Which Doctor King mentions that

NOTE Confidence: 0.8292433

00:41:55.485 --> 00:41:58.400 riots are the voice of the unheard,

NOTE Confidence: 0.8292433

00:41:58.400 --> 00:42:01.368 and so you use your anger destructively

NOTE Confidence: 0.8292433

00:42:01.368 --> 00:42:03.690 because you don't have a voice,

NOTE Confidence: 0.8292433

00:42:03.690 --> 00:42:05.190 you have no power,

NOTE Confidence: 0.8292433

00:42:05.190 --> 00:42:08.833 so you want to exert some sort of self

NOTE Confidence: 0.8292433

00:42:08.833 --> 00:42:11.778 of independence of like hey, I exist.

NOTE Confidence: 0.8292433

00:42:11.778 --> 00:42:16.308 You know the signs I am a man it's like hey,

NOTE Confidence: 0.8292433

00:42:16.310 --> 00:42:19.238 I I. And wonderfully fearfully made,

NOTE Confidence: 0.8292433

00:42:19.240 --> 00:42:20.353 I have rights.

NOTE Confidence: 0.8292433

00:42:20.353 --> 00:42:23.525 I am a human, and so are for the

NOTE Confidence: 0.8292433

00:42:23.525 --> 00:42:26.678 artist is a way of saying I exist,

NOTE Confidence: 0.8292433

00:42:26.680 --> 00:42:28.540 and I will be heard,

NOTE Confidence: 0.8292433

00:42:28.540 --> 00:42:30.400 and I have a voice.

NOTE Confidence: 0.8292433

00:42:30.400 --> 00:42:33.472 And for the listener it can be very
NOTE Confidence: 0.8292433

00:42:33.472 --> 00:42:35.978 cathartic because they don't have a wait,
NOTE Confidence: 0.8292433

00:42:35.980 --> 00:42:38.700 so they may not have that artistic ability
NOTE Confidence: 0.8292433

00:42:38.700 --> 00:42:41.189 to express what they are experiencing,
NOTE Confidence: 0.8292433

00:42:41.190 --> 00:42:44.158 and so you know very similar to how.
NOTE Confidence: 0.8292433

00:42:44.160 --> 00:42:47.184 I'm sure everyone in the mental health field
NOTE Confidence: 0.8292433

00:42:47.184 --> 00:42:49.390 understands the importance of support.
NOTE Confidence: 0.8292433

00:42:49.390 --> 00:42:51.304 The importance of having friends that
NOTE Confidence: 0.8292433

00:42:51.304 --> 00:42:53.322 you can connect with and oftentimes
NOTE Confidence: 0.8292433

00:42:53.322 --> 00:42:55.368 hearing these artists say these things
NOTE Confidence: 0.8292433

00:42:55.368 --> 00:42:57.625 that you can relate to become a
NOTE Confidence: 0.8292433

00:42:57.625 --> 00:42:59.465 virtual support group of virtual voice
NOTE Confidence: 0.8292433

00:42:59.465 --> 00:43:01.415 that says what you are experienced.
NOTE Confidence: 0.8292433

00:43:01.420 --> 00:43:01.720 Yeah,
NOTE Confidence: 0.8292433

00:43:01.720 --> 00:43:02.620 that's really powerful.
NOTE Confidence: 0.8292433

00:43:02.620 --> 00:43:05.640 I mean just the way that you encapsulate all

NOTE Confidence: 0.8521626

00:43:05.640 --> 00:43:07.901 that in your music and give people

NOTE Confidence: 0.8521626

00:43:07.901 --> 00:43:09.539 something they can relate to.

NOTE Confidence: 0.8521626

00:43:09.540 --> 00:43:11.724 And like you said, to really bring

NOTE Confidence: 0.8521626

00:43:11.724 --> 00:43:13.770 some of those things to laugh.

NOTE Confidence: 0.8521626

00:43:13.770 --> 00:43:15.895 They may have not been

NOTE Confidence: 0.8521626

00:43:15.895 --> 00:43:17.595 able to express themselves.

NOTE Confidence: 0.8521626

00:43:17.600 --> 00:43:19.472 On that note, in the song you also

NOTE Confidence: 0.8521626

00:43:19.472 --> 00:43:21.457 talk about getting to a place of peace,

NOTE Confidence: 0.8521626

00:43:21.460 --> 00:43:22.870 and so I'm curious how you

NOTE Confidence: 0.8521626

00:43:22.870 --> 00:43:24.350 got to that place of peace,

NOTE Confidence: 0.8521626

00:43:24.350 --> 00:43:25.550 'cause you also talk about.

NOTE Confidence: 0.8521626

00:43:25.550 --> 00:43:27.478 It's not as if all the injustices stopped.

NOTE Confidence: 0.8521626

00:43:27.480 --> 00:43:29.649 It's not as if all the challenges just stop,

NOTE Confidence: 0.8521626

00:43:29.650 --> 00:43:31.344 but then somehow in the midst you

NOTE Confidence: 0.8521626

00:43:31.344 --> 00:43:33.020 were still able to get that place.

NOTE Confidence: 0.8521626

00:43:33.020 --> 00:43:34.230 So how did that happen?
NOTE Confidence: 0.88283503

00:43:35.750 --> 00:43:38.010 Yeah, that's a great question.
NOTE Confidence: 0.88283503

00:43:38.010 --> 00:43:41.610 I think you know some of it is first
NOTE Confidence: 0.88283503

00:43:41.610 --> 00:43:44.109 acknowledging that what you're experiencing
NOTE Confidence: 0.88283503

00:43:44.109 --> 00:43:47.649 is not imaginary because the lack of
NOTE Confidence: 0.88283503

00:43:47.649 --> 00:43:50.673 empathy around you can make you think
NOTE Confidence: 0.88283503

00:43:50.673 --> 00:43:54.240 you're losing your mind can make you think.
NOTE Confidence: 0.88283503

00:43:54.240 --> 00:43:56.990 Well, maybe I'm just crazy
NOTE Confidence: 0.88283503

00:43:56.990 --> 00:44:00.530 and I am seeing things wrong.
NOTE Confidence: 0.88283503

00:44:00.530 --> 00:44:04.090 So you know there are.
NOTE Confidence: 0.88283503

00:44:04.090 --> 00:44:07.620 Now you know there's there's
NOTE Confidence: 0.88283503

00:44:07.620 --> 00:44:11.150 great books I think of.
NOTE Confidence: 0.88283503

00:44:11.150 --> 00:44:13.999 You know healing racial trauma by I
NOTE Confidence: 0.88283503

00:44:13.999 --> 00:44:16.720 believe it's us, Sheila Wise Rose.
NOTE Confidence: 0.88283503

00:44:16.720 --> 00:44:19.720 And then there's a post traumatic
NOTE Confidence: 0.88283503

00:44:19.720 --> 00:44:22.069 slave syndrome by joining.

NOTE Confidence: 0.88283503

00:44:22.070 --> 00:44:23.670 Ride, and so there's there's,

NOTE Confidence: 0.88283503

00:44:23.670 --> 00:44:25.458 there's books and things now that

NOTE Confidence: 0.88283503

00:44:25.458 --> 00:44:27.809 that you know I didn't realize so.

NOTE Confidence: 0.88283503

00:44:27.810 --> 00:44:30.357 So just one is it not is the realization

NOTE Confidence: 0.88283503

00:44:30.357 --> 00:44:32.599 that what I'm experiencing is real.

NOTE Confidence: 0.88283503

00:44:32.600 --> 00:44:34.791 And so when you know what you're

NOTE Confidence: 0.88283503

00:44:34.791 --> 00:44:36.738 looking at you can attack it.

NOTE Confidence: 0.88283503

00:44:36.740 --> 00:44:39.300 If you don't know what you're looking at,

NOTE Confidence: 0.88283503

00:44:39.300 --> 00:44:41.828 it's you know there's no way to even

NOTE Confidence: 0.88283503

00:44:41.828 --> 00:44:44.715 know how to point at it and approach it.

NOTE Confidence: 0.88283503

00:44:44.720 --> 00:44:46.771 So that was step one and then

NOTE Confidence: 0.88283503

00:44:46.771 --> 00:44:48.550 realizing that I wasn't crazy,

NOTE Confidence: 0.88283503

00:44:48.550 --> 00:44:50.145 realizing that there were other

NOTE Confidence: 0.88283503

00:44:50.145 --> 00:44:52.060 people who are experienced in this,

NOTE Confidence: 0.88283503

00:44:52.060 --> 00:44:52.744 that there.

NOTE Confidence: 0.88283503

00:44:52.744 --> 00:44:54.454 There, there are some realities
NOTE Confidence: 0.88283503

00:44:54.454 --> 00:44:56.350 to what I'm experiencing.
NOTE Confidence: 0.88283503

00:44:56.350 --> 00:44:58.552 There is a thing called racial
NOTE Confidence: 0.88283503

00:44:58.552 --> 00:44:59.653 trauma there is,
NOTE Confidence: 0.88283503

00:44:59.660 --> 00:45:00.440 you know,
NOTE Confidence: 0.88283503

00:45:00.440 --> 00:45:03.170 a reality of you know that manifesting
NOTE Confidence: 0.88283503

00:45:03.170 --> 00:45:06.256 itself in depression or anxiety or whatever.
NOTE Confidence: 0.88283503

00:45:06.260 --> 00:45:10.180 I can now approach it an I believe you know.
NOTE Confidence: 0.88283503

00:45:10.180 --> 00:45:12.526 Obviously as a man of faith,
NOTE Confidence: 0.88283503

00:45:12.530 --> 00:45:14.605 I believe that every everything
NOTE Confidence: 0.88283503

00:45:14.605 --> 00:45:18.172 that I see is because I was I was
NOTE Confidence: 0.88283503

00:45:18.172 --> 00:45:20.284 created is I believe that healing
NOTE Confidence: 0.88283503

00:45:20.370 --> 00:45:23.114 is necessary because I'm at and I
NOTE Confidence: 0.88283503

00:45:23.114 --> 00:45:25.858 matter because I have purpose and I
NOTE Confidence: 0.88283503

00:45:25.858 --> 00:45:28.210 have purpose because I was created.
NOTE Confidence: 0.88283503

00:45:28.210 --> 00:45:30.562 So I'm merely a cosmic accident

NOTE Confidence: 0.88283503

00:45:30.562 --> 00:45:32.132 and who cares, right?

NOTE Confidence: 0.88283503

00:45:32.132 --> 00:45:33.700 Just particles doesn't matter,

NOTE Confidence: 0.88283503

00:45:33.700 --> 00:45:35.440 just there's no depression.

NOTE Confidence: 0.88283503

00:45:35.440 --> 00:45:37.615 There's no bad or good.

NOTE Confidence: 0.88283503

00:45:37.620 --> 00:45:39.360 I did believe I matter.

NOTE Confidence: 0.88283503

00:45:39.360 --> 00:45:41.754 I believe I had purposes so for me it

NOTE Confidence: 0.88283503

00:45:41.754 --> 00:45:44.227 was important to investigate healing.

NOTE Confidence: 0.88283503

00:45:44.230 --> 00:45:45.018 You know,

NOTE Confidence: 0.88283503

00:45:45.018 --> 00:45:47.382 because my healing matter and finding

NOTE Confidence: 0.88283503

00:45:47.382 --> 00:45:49.592 peace was one acknowledging that I

NOTE Confidence: 0.88283503

00:45:49.592 --> 00:45:52.291 did have a God who cared about me

NOTE Confidence: 0.88283503

00:45:52.291 --> 00:45:54.667 who loved me and wanted me to find

NOTE Confidence: 0.88283503

00:45:54.670 --> 00:45:57.058 peace and that he created people

NOTE Confidence: 0.88283503

00:45:57.058 --> 00:45:59.294 and specialists and experts and in

NOTE Confidence: 0.88283503

00:45:59.294 --> 00:46:01.980 realities in that I can lean into to find,

NOTE Confidence: 0.88283503

00:46:01.980 --> 00:46:03.372 hoping to find healing.
NOTE Confidence: 0.88283503

00:46:03.372 --> 00:46:05.460 And so it was a journey.
NOTE Confidence: 0.88283503

00:46:05.460 --> 00:46:08.644 I won't say you know it was like.
NOTE Confidence: 0.88283503

00:46:08.650 --> 00:46:09.436 Peace is found.
NOTE Confidence: 0.88283503

00:46:09.436 --> 00:46:09.960 It was.
NOTE Confidence: 0.88283503

00:46:09.960 --> 00:46:12.064 It was a process at of realizing and
NOTE Confidence: 0.88283503

00:46:12.064 --> 00:46:13.886 recognizing what what needs to take place.
NOTE Confidence: 0.88283503

00:46:13.890 --> 00:46:14.152 Yeah,
NOTE Confidence: 0.88283503

00:46:14.152 --> 00:46:15.986 that's really powerful and I appreciate you
NOTE Confidence: 0.8511357

00:46:15.990 --> 00:46:17.300 know, taking us through part
NOTE Confidence: 0.8511357

00:46:17.300 --> 00:46:18.610 of that journey as well.
NOTE Confidence: 0.8511357

00:46:18.610 --> 00:46:20.437 I mean both the realities of it,
NOTE Confidence: 0.8511357

00:46:20.440 --> 00:46:21.564 the challenges of it,
NOTE Confidence: 0.8511357

00:46:21.564 --> 00:46:23.594 and then the reliance that you have
NOTE Confidence: 0.8511357

00:46:23.594 --> 00:46:25.561 on God and all these people that
NOTE Confidence: 0.8511357

00:46:25.561 --> 00:46:27.452 innocence he's put in place for you to

NOTE Confidence: 0.8511357

00:46:27.452 --> 00:46:29.089 be able to deal with the realities,

NOTE Confidence: 0.8511357

00:46:29.089 --> 00:46:30.930 and to announce that they are they

NOTE Confidence: 0.8511357

00:46:30.980 --> 00:46:32.486 are real things that are there.

NOTE Confidence: 0.8511357

00:46:32.490 --> 00:46:34.586 These are things that you're just making up,

NOTE Confidence: 0.8511357

00:46:34.590 --> 00:46:36.456 but it sounds like the education

NOTE Confidence: 0.8511357

00:46:36.456 --> 00:46:38.658 was also a piece of it as well.

NOTE Confidence: 0.8511357

00:46:38.660 --> 00:46:41.240 Oh absolutely.

NOTE Confidence: 0.8511357

00:46:41.240 --> 00:46:41.730 Excellent, well,

NOTE Confidence: 0.8511357

00:46:41.730 --> 00:46:43.445 I'm sure there's many more questions and

NOTE Confidence: 0.8511357

00:46:43.445 --> 00:46:45.107 topics that can come up with this song too,

NOTE Confidence: 0.8511357

00:46:45.110 --> 00:46:46.586 and definitely feel free if people

NOTE Confidence: 0.8511357

00:46:46.586 --> 00:46:48.161 have questions for those in the chat

NOTE Confidence: 0.8511357

00:46:48.161 --> 00:46:49.630 and we'll come back some of the Q&A,

NOTE Confidence: 0.8511357

00:46:49.630 --> 00:46:51.350 but with that I think we're going to

NOTE Confidence: 0.85036266

00:46:51.350 --> 00:46:52.640 move on to the last song.

NOTE Confidence: 0.8419385

00:47:28.830 --> 00:47:29.868 Please give me.
NOTE Confidence: 0.38512713

00:47:31.710 --> 00:47:32.150 Tom.
NOTE Confidence: 0.6049012

00:47:35.000 --> 00:47:35.760 Still down.
NOTE Confidence: 0.5602607

00:47:39.540 --> 00:47:40.650 Comma Mama say.
NOTE Confidence: 0.6636627

00:48:02.120 --> 00:48:04.424 Honestly too lazy guy say taking less before,
NOTE Confidence: 0.6636627

00:48:04.430 --> 00:48:06.170 but I'm such an October baby.
NOTE Confidence: 0.6636627

00:48:06.170 --> 00:48:07.898 Need you to hold me down,
NOTE Confidence: 0.6636627

00:48:07.900 --> 00:48:09.708 slow me down no me now know my
NOTE Confidence: 0.6636627

00:48:09.708 --> 00:48:11.280 face is crypted nights they
NOTE Confidence: 0.6636627

00:48:11.280 --> 00:48:13.386 entice me to slowly drowned dama,
NOTE Confidence: 0.6636627

00:48:13.390 --> 00:48:15.020 holy ground fighting battles alone
NOTE Confidence: 0.6636627

00:48:15.020 --> 00:48:17.201 they get them home day after my
NOTE Confidence: 0.6636627

00:48:17.201 --> 00:48:19.169 mind my time you said I'm in edit.
NOTE Confidence: 0.75942135

00:48:21.260 --> 00:48:21.839 Maybe I'm wrong.
NOTE Confidence: 0.71298355

00:48:24.880 --> 00:48:25.750 City, but most of us.
NOTE Confidence: 0.48257637

00:48:48.130 --> 00:48:54.590 Give me a Mesa. Watch it. Still down.

NOTE Confidence: 0.30888003

00:49:15.260 --> 00:49:19.036 Charge. How do you speak the stars?

NOTE Confidence: 0.7231897

00:49:22.230 --> 00:49:27.260 That was last night. Carla said.

NOTE Confidence: 0.7231897

00:49:27.260 --> 00:49:30.320 How many chemical elements?

NOTE Confidence: 0.7231897

00:49:30.320 --> 00:49:31.860 So when they go to me giving

NOTE Confidence: 0.7231897

00:49:31.860 --> 00:49:33.190 my sentence so he moved in,

NOTE Confidence: 0.7231897

00:49:33.190 --> 00:49:34.300 I don't have opinions on.

NOTE Confidence: 0.7231897

00:49:34.300 --> 00:49:36.068 I got his patients in a couple pennies.

NOTE Confidence: 0.7231897

00:49:36.070 --> 00:49:36.950 I ain't independently newspaper.

NOTE Confidence: 0.6681485

00:49:39.080 --> 00:49:39.908 Send a message.

NOTE Confidence: 0.7146215

00:49:47.360 --> 00:49:47.700 Baby.

NOTE Confidence: 0.54412967

00:49:50.640 --> 00:49:54.530 Paint. I got it, I do this.

NOTE Confidence: 0.54412967

00:49:54.530 --> 00:49:56.378 Make it to where he gave me

NOTE Confidence: 0.54412967

00:49:56.378 --> 00:49:58.249 the beauty for Ashes I blew it.

NOTE Confidence: 0.54412967

00:49:58.250 --> 00:50:01.010 When I look at my life.

NOTE Confidence: 0.54412967

00:50:01.010 --> 00:50:01.638 I already knew it.

NOTE Confidence: 0.7988358

00:50:49.010 --> 00:50:49.914 Another powerful song is
NOTE Confidence: 0.7988358
00:50:49.914 --> 00:50:51.540 getting out of love in the chat.
NOTE Confidence: 0.7988358
00:50:51.540 --> 00:50:53.610 I don't know if you can see all that,
NOTE Confidence: 0.7988358
00:50:53.610 --> 00:50:54.530 but people are definitely
NOTE Confidence: 0.7988358
00:50:54.530 --> 00:50:55.450 definitely feeling the music.
NOTE Confidence: 0.7988358
00:50:55.450 --> 00:50:57.362 And again, I mean you hit on so
NOTE Confidence: 0.7988358
00:50:57.362 --> 00:50:58.977 many topics in this song to do
NOTE Confidence: 0.7988358
00:50:58.977 --> 00:51:00.509 I mean even even the get go,
NOTE Confidence: 0.7988358
00:51:00.510 --> 00:51:01.890 you know the the first hook.
NOTE Confidence: 0.7988358
00:51:01.890 --> 00:51:03.280 Just kind of talking about
NOTE Confidence: 0.7988358
00:51:03.280 --> 00:51:04.114 successes and failures.
NOTE Confidence: 0.7988358
00:51:04.120 --> 00:51:05.468 Doutzen confidence the back
NOTE Confidence: 0.7988358
00:51:05.468 --> 00:51:07.490 of 4th process you aspects of
NOTE Confidence: 0.7988358
00:51:07.553 --> 00:51:09.269 forgiveness aspects of guilt,
NOTE Confidence: 0.7988358
00:51:09.270 --> 00:51:10.742 thankfulness but also trying
NOTE Confidence: 0.7988358
00:51:10.742 --> 00:51:11.846 to prove oneself.

NOTE Confidence: 0.7988358

00:51:11.850 --> 00:51:13.690 So there's a lot there.

NOTE Confidence: 0.7988358

00:51:13.690 --> 00:51:16.634 I'm curious in this song itself who you

NOTE Confidence: 0.7988358

00:51:16.634 --> 00:51:19.360 were talking to was this is a prayer

NOTE Confidence: 0.7988358

00:51:19.360 --> 00:51:22.150 to God is this a personal reflection?

NOTE Confidence: 0.7988358

00:51:22.150 --> 00:51:24.010 Is the comments that people

NOTE Confidence: 0.7988358

00:51:24.010 --> 00:51:26.302 all the above like who are

NOTE Confidence: 0.7988358

00:51:26.302 --> 00:51:28.408 you talking to when you wrote

NOTE Confidence: 0.79761225

00:51:28.410 --> 00:51:32.403 this song so? Actually, great question.

NOTE Confidence: 0.79761225

00:51:32.403 --> 00:51:35.770 The way this song was composed was

NOTE Confidence: 0.79761225

00:51:35.859 --> 00:51:38.750 and I've spoken about this before I.

NOTE Confidence: 0.79761225

00:51:38.750 --> 00:51:42.510 You know, after going through a bout with

NOTE Confidence: 0.79761225

00:51:42.510 --> 00:51:45.300 clinical depression and very acute anxiety,

NOTE Confidence: 0.79761225

00:51:45.300 --> 00:51:49.730 I took a trip to get away and during this

NOTE Confidence: 0.79761225

00:51:49.839 --> 00:51:53.727 trip I was journaling a lot to just,

NOTE Confidence: 0.79761225

00:51:53.730 --> 00:51:56.352 you know, do mindful practices an

NOTE Confidence: 0.79761225

00:51:56.352 --> 00:51:59.809 telling my story and writing my thoughts.

NOTE Confidence: 0.79761225

00:51:59.810 --> 00:52:03.546 And so this was actually a Journal engine,

NOTE Confidence: 0.79761225

00:52:03.550 --> 00:52:07.890 right? It was really me.

NOTE Confidence: 0.79761225

00:52:07.890 --> 00:52:10.506 Trying to practice creativity and write

NOTE Confidence: 0.79761225

00:52:10.506 --> 00:52:13.693 out what I was experiencing and the

NOTE Confidence: 0.79761225

00:52:13.693 --> 00:52:17.340 unique part about you know what art is

NOTE Confidence: 0.79761225

00:52:17.340 --> 00:52:20.098 and creativity is that you know you.

NOTE Confidence: 0.79761225

00:52:20.100 --> 00:52:23.068 You initially probably start as a form

NOTE Confidence: 0.79761225

00:52:23.068 --> 00:52:26.178 of expression and then what ends up

NOTE Confidence: 0.79761225

00:52:26.178 --> 00:52:28.812 happening is pressure similar like that.

NOTE Confidence: 0.79761225

00:52:28.820 --> 00:52:31.322 With Dave Chappelle has talked about

NOTE Confidence: 0.79761225

00:52:31.322 --> 00:52:34.832 is the pressure of an audience kind of

NOTE Confidence: 0.79761225

00:52:34.832 --> 00:52:37.472 stifles your creativity and you're now

NOTE Confidence: 0.79761225

00:52:37.552 --> 00:52:40.210 writing for their approval and not.

NOTE Confidence: 0.79761225

00:52:40.210 --> 00:52:42.856 For your own kind of cathartic needs,

NOTE Confidence: 0.79761225

00:52:42.860 --> 00:52:45.499 so that's how this song was written.

NOTE Confidence: 0.79761225

00:52:45.500 --> 00:52:47.768 Was written as me expressing what

NOTE Confidence: 0.79761225

00:52:47.768 --> 00:52:49.280 I was experiencing an,

NOTE Confidence: 0.79761225

00:52:49.280 --> 00:52:51.880 and then the last kind of verse where

NOTE Confidence: 0.79761225

00:52:51.880 --> 00:52:54.238 I was recognizing that healing is

NOTE Confidence: 0.79761225

00:52:54.238 --> 00:52:57.919 available is that I got to a place where

NOTE Confidence: 0.79761225

00:52:57.919 --> 00:53:00.614 I realized probably toward the end of

NOTE Confidence: 0.79761225

00:53:00.620 --> 00:53:04.050 my my trip that if I can hope I can

NOTE Confidence: 0.79761225

00:53:04.155 --> 00:53:08.175 hear if there's no hope on the end of it,

NOTE Confidence: 0.79761225

00:53:08.180 --> 00:53:09.389 then I am.

NOTE Confidence: 0.79761225

00:53:09.389 --> 00:53:12.570 I have put myself into this prison of.

NOTE Confidence: 0.79761225

00:53:12.570 --> 00:53:15.049 You know terror and and in pain,

NOTE Confidence: 0.79761225

00:53:15.050 --> 00:53:17.762 but for me what was important was to

NOTE Confidence: 0.79761225

00:53:17.762 --> 00:53:20.705 not wish that I could change the past,

NOTE Confidence: 0.79761225

00:53:20.710 --> 00:53:22.888 but to imagine what the future

NOTE Confidence: 0.79761225

00:53:22.888 --> 00:53:24.610 could possibly hold for me.

NOTE Confidence: 0.79761225

00:53:24.610 --> 00:53:27.434 And that was how this songs was created.

NOTE Confidence: 0.79761225

00:53:27.440 --> 00:53:29.918 That's really powerful in a lot of

NOTE Confidence: 0.8260839

00:53:29.920 --> 00:53:32.272 ways. I think you touched on that

NOTE Confidence: 0.8260839

00:53:32.272 --> 00:53:34.520 part of writing for the audience,

NOTE Confidence: 0.8260839

00:53:34.520 --> 00:53:35.888 or writing for yourself,

NOTE Confidence: 0.8260839

00:53:35.888 --> 00:53:37.940 and I think that's something that

NOTE Confidence: 0.8260839

00:53:38.002 --> 00:53:40.536 definitely speaks through in the music too,

NOTE Confidence: 0.8260839

00:53:40.540 --> 00:53:42.748 and that just that level of.

NOTE Confidence: 0.8260839

00:53:42.750 --> 00:53:43.738 Both authenticity and that

NOTE Confidence: 0.8260839

00:53:43.738 --> 00:53:44.479 level of vulnerability,

NOTE Confidence: 0.8260839

00:53:44.480 --> 00:53:45.974 which I think is one reason

NOTE Confidence: 0.8260839

00:53:45.974 --> 00:53:47.439 it's so powerful for so many.

NOTE Confidence: 0.8260839

00:53:47.440 --> 00:53:49.043 So many folks, and it sounds like

NOTE Confidence: 0.8260839

00:53:49.043 --> 00:53:50.824 you know that you really kind of

NOTE Confidence: 0.8260839

00:53:50.824 --> 00:53:52.378 walk through all those pieces too.

NOTE Confidence: 0.8260839

00:53:52.380 --> 00:53:54.068 I mean, even the way that you can

NOTE Confidence: 0.8260839
00:53:54.068 --> 00:53:55.675 start out this song talking about
NOTE Confidence: 0.8260839
00:53:55.675 --> 00:53:57.095 you all know prescription for
NOTE Confidence: 0.8260839
00:53:57.095 --> 00:53:58.845 your broken this an no pill that
NOTE Confidence: 0.8260839
00:53:58.845 --> 00:54:00.049 could deal with your helpfulness.
NOTE Confidence: 0.8260839
00:54:00.049 --> 00:54:00.567 But hopelessness.
NOTE Confidence: 0.8260839
00:54:00.567 --> 00:54:02.380 But I'm getting to that place of
NOTE Confidence: 0.8260839
00:54:02.424 --> 00:54:03.960 hope later on, I think is really,
NOTE Confidence: 0.8260839
00:54:03.960 --> 00:54:05.400 really powerful in a lot of
NOTE Confidence: 0.8260839
00:54:05.456 --> 00:54:06.706 ways in terms of lyrics.
NOTE Confidence: 0.8260839
00:54:06.710 --> 00:54:08.590 I mean there's so many bars in this
NOTE Confidence: 0.8260839
00:54:08.590 --> 00:54:10.660 in this song that we could pull out.
NOTE Confidence: 0.8260839
00:54:10.660 --> 00:54:11.890 And for anyone who doesn't
NOTE Confidence: 0.8260839
00:54:11.890 --> 00:54:12.874 know what that means,
NOTE Confidence: 0.8260839
00:54:12.880 --> 00:54:14.200 I'm giving you some homework.
NOTE Confidence: 0.8260839
00:54:14.200 --> 00:54:15.156 Go look that up.
NOTE Confidence: 0.8260839

00:54:15.156 --> 00:54:17.679 It'll be a little hip hop education for you,
NOTE Confidence: 0.8260839

00:54:17.680 --> 00:54:20.060 but one that I want to pull out because I
NOTE Confidence: 0.8260839

00:54:20.124 --> 00:54:22.508 thought it was so powerful was the lyric.
NOTE Confidence: 0.8260839

00:54:22.510 --> 00:54:23.845 We talked about running from
NOTE Confidence: 0.8260839

00:54:23.845 --> 00:54:24.646 trauma and poverty.
NOTE Confidence: 0.8260839

00:54:24.650 --> 00:54:25.722 I hit the lottery.
NOTE Confidence: 0.8260839

00:54:25.722 --> 00:54:27.330 I thought they'd leave me alone.
NOTE Confidence: 0.8260839

00:54:27.330 --> 00:54:28.938 Look at me richer than ever,
NOTE Confidence: 0.8260839

00:54:28.940 --> 00:54:30.280 but poor as a beggar.
NOTE Confidence: 0.8260839

00:54:30.280 --> 00:54:32.156 When you look inside of my soul,
NOTE Confidence: 0.8260839

00:54:32.160 --> 00:54:33.968 so you might you put a lot of
NOTE Confidence: 0.8260839

00:54:33.968 --> 00:54:35.370 points just positions there.
NOTE Confidence: 0.8260839

00:54:35.370 --> 00:54:37.242 Can you just unpack that for us a
NOTE Confidence: 0.8260839

00:54:37.242 --> 00:54:39.226 little bit in terms of what aspects
NOTE Confidence: 0.8260839

00:54:39.226 --> 00:54:41.013 of that journaling and journey you
NOTE Confidence: 0.8260839

00:54:41.013 --> 00:54:42.609 were going through when you put

NOTE Confidence: 0.827573075

00:54:42.610 --> 00:54:44.274 that piece together, yeah?

NOTE Confidence: 0.827573075

00:54:44.274 --> 00:54:45.938 So sitting in therapy,

NOTE Confidence: 0.827573075

00:54:45.940 --> 00:54:48.410 it's been educational process for

NOTE Confidence: 0.827573075

00:54:48.410 --> 00:54:50.880 both my therapist and myself.

NOTE Confidence: 0.827573075

00:54:50.880 --> 00:54:53.764 My therapist, who is not you know,

NOTE Confidence: 0.827573075

00:54:53.770 --> 00:54:57.138 a minority is now having to understand that

NOTE Confidence: 0.827573075

00:54:57.138 --> 00:55:00.544 the the unique environment that I come from

NOTE Confidence: 0.827573075

00:55:00.544 --> 00:55:04.505 and and one of the things that I I wanted,

NOTE Confidence: 0.827573075

00:55:04.510 --> 00:55:07.338 my therapist understands that.

NOTE Confidence: 0.827573075

00:55:07.340 --> 00:55:10.910 What to some would be a value?

NOTE Confidence: 0.827573075

00:55:10.910 --> 00:55:15.825 To me was not ideal, and what for me was

NOTE Confidence: 0.827573075

00:55:15.825 --> 00:55:19.909 ideal to others would be a ridiculous.

NOTE Confidence: 0.827573075

00:55:19.910 --> 00:55:23.990 Pursuit and when I say that I say I grew up,

NOTE Confidence: 0.827573075

00:55:23.990 --> 00:55:25.845 college was not a value

NOTE Confidence: 0.827573075

00:55:25.845 --> 00:55:28.070 as an ideal is like me.

NOTE Confidence: 0.827573075

00:55:28.070 --> 00:55:31.409 Now I'll be crazy if we went to college,
NOTE Confidence: 0.827573075

00:55:31.410 --> 00:55:33.270 you know, and representation matters.
NOTE Confidence: 0.827573075

00:55:33.270 --> 00:55:36.084 Because if I hadn't seen other college
NOTE Confidence: 0.827573075

00:55:36.084 --> 00:55:39.200 students at some point in time in my life,
NOTE Confidence: 0.827573075

00:55:39.200 --> 00:55:40.780 my high school career,
NOTE Confidence: 0.827573075

00:55:40.780 --> 00:55:42.755 I wouldn't even imagine being
NOTE Confidence: 0.827573075

00:55:42.755 --> 00:55:44.397 able to go to college.
NOTE Confidence: 0.827573075

00:55:44.400 --> 00:55:47.240 And what was of value was being a
NOTE Confidence: 0.827573075

00:55:47.240 --> 00:55:49.720 gang leader was being a hustler
NOTE Confidence: 0.827573075

00:55:49.720 --> 00:55:51.825 was being revered and tough.
NOTE Confidence: 0.827573075

00:55:51.830 --> 00:55:53.978 Community and so other people say,
NOTE Confidence: 0.827573075

00:55:53.980 --> 00:55:55.780 that's that's why that's such
NOTE Confidence: 0.827573075

00:55:55.780 --> 00:55:56.860 a ridiculous pursuit.
NOTE Confidence: 0.827573075

00:55:56.860 --> 00:55:58.292 But that's the environment
NOTE Confidence: 0.827573075

00:55:58.292 --> 00:56:00.082 that you're coming out of.
NOTE Confidence: 0.827573075

00:56:00.090 --> 00:56:00.970 And so.

NOTE Confidence: 0.827573075

00:56:00.970 --> 00:56:04.050 I say coming from trauma and poverty,

NOTE Confidence: 0.827573075

00:56:04.050 --> 00:56:05.474 I hit the lottery.

NOTE Confidence: 0.827573075

00:56:05.474 --> 00:56:07.610 I thought they leave me alone.

NOTE Confidence: 0.827573075

00:56:07.610 --> 00:56:09.686 I thought the problems would leave

NOTE Confidence: 0.827573075

00:56:09.686 --> 00:56:12.219 once I made enough money to get

NOTE Confidence: 0.827573075

00:56:12.219 --> 00:56:14.014 out of my current circumstance.

NOTE Confidence: 0.827573075

00:56:14.020 --> 00:56:16.390 But some of these things have

NOTE Confidence: 0.827573075

00:56:16.390 --> 00:56:19.209 been so embedded in me that is

NOTE Confidence: 0.827573075

00:56:19.209 --> 00:56:21.124 taking time to unwind them.

NOTE Confidence: 0.827573075

00:56:21.130 --> 00:56:21.748 A mistake,

NOTE Confidence: 0.827573075

00:56:21.748 --> 00:56:23.911 it's hard to pull these false ideals

NOTE Confidence: 0.827573075

00:56:23.911 --> 00:56:25.919 and narratives out of my perspective

NOTE Confidence: 0.827573075

00:56:25.919 --> 00:56:28.509 and to deal with some of the trauma

NOTE Confidence: 0.827573075

00:56:28.509 --> 00:56:30.285 that many of us don't realize.

NOTE Confidence: 0.827573075

00:56:30.290 --> 00:56:31.622 This traumatic you know,

NOTE Confidence: 0.827573075

00:56:31.622 --> 00:56:33.620 we I grew up experiencing every
NOTE Confidence: 0.827573075

00:56:33.683 --> 00:56:35.345 type of abuse under the sun,
NOTE Confidence: 0.827573075

00:56:35.350 --> 00:56:37.878 and so did a lot of my friends.
NOTE Confidence: 0.827573075

00:56:37.880 --> 00:56:41.040 And so we did not think of it as trauma.
NOTE Confidence: 0.827573075

00:56:41.040 --> 00:56:43.096 We thought of it as life and so
NOTE Confidence: 0.827573075

00:56:43.096 --> 00:56:45.510 now coming to the reality that all
NOTE Confidence: 0.827573075

00:56:45.510 --> 00:56:46.978 these are traumatic experiences
NOTE Confidence: 0.827573075

00:56:46.978 --> 00:56:49.248 that have left an impression on me.
NOTE Confidence: 0.827573075

00:56:49.250 --> 00:56:51.218 That money will not fix that
NOTE Confidence: 0.827573075

00:56:51.218 --> 00:56:53.119 fame and success will not fix.
NOTE Confidence: 0.827573075

00:56:53.120 --> 00:56:56.431 And are continuing to suppress and one
NOTE Confidence: 0.827573075

00:56:56.431 --> 00:56:59.855 of the things I say is that for me.
NOTE Confidence: 0.827573075

00:56:59.860 --> 00:57:01.075 Um, you know,
NOTE Confidence: 0.827573075

00:57:01.075 --> 00:57:03.505 they talk about the attachment styles.
NOTE Confidence: 0.827573075

00:57:03.510 --> 00:57:05.790 Oftentimes in in psychology an an
NOTE Confidence: 0.827573075

00:57:05.790 --> 00:57:08.790 I never had one of those positive,

NOTE Confidence: 0.827573075

00:57:08.790 --> 00:57:10.820 secure attachment styles growing up.

NOTE Confidence: 0.827573075

00:57:10.820 --> 00:57:13.691 So what I what I did was I looked

NOTE Confidence: 0.827573075

00:57:13.691 --> 00:57:16.718 to perform in order to to find

NOTE Confidence: 0.827573075

00:57:16.718 --> 00:57:19.350 validation to find my security,

NOTE Confidence: 0.827573075

00:57:19.350 --> 00:57:22.502 and as long as I was doing well

NOTE Confidence: 0.827573075

00:57:22.502 --> 00:57:23.810 and performing well,

NOTE Confidence: 0.827573075

00:57:23.810 --> 00:57:26.680 then I was valuable and what I'm

NOTE Confidence: 0.827573075

00:57:26.680 --> 00:57:30.007 ended up doing is I'm putting on this.

NOTE Confidence: 0.827573075

00:57:30.010 --> 00:57:32.334 Armor that's not really protective at all,

NOTE Confidence: 0.827573075

00:57:32.340 --> 00:57:33.294 because it can.

NOTE Confidence: 0.827573075

00:57:33.294 --> 00:57:36.339 It can fault him so I don't have cell.

NOTE Confidence: 0.827573075

00:57:36.340 --> 00:57:40.000 I don't have a sense of security in who I am.

NOTE Confidence: 0.827573075

00:57:40.000 --> 00:57:42.331 I have security in what I can

NOTE Confidence: 0.827573075

00:57:42.331 --> 00:57:43.330 insulate myself with,

NOTE Confidence: 0.827573075

00:57:43.330 --> 00:57:45.328 which is money and an acknowledgement.

NOTE Confidence: 0.827573075

00:57:45.330 --> 00:57:47.978 And the problem is that none of that
NOTE Confidence: 0.827573075

00:57:47.978 --> 00:57:49.860 can protect you. When mom dies.
NOTE Confidence: 0.827573075

00:57:49.860 --> 00:57:51.890 None of that can protect you when
NOTE Confidence: 0.8075651

00:57:51.958 --> 00:57:54.316 you see someone murdered on television,
NOTE Confidence: 0.8075651

00:57:54.320 --> 00:57:57.673 and so it's just coming to that
NOTE Confidence: 0.8075651

00:57:57.673 --> 00:57:59.920 reality that I'm not. Sure,
NOTE Confidence: 0.81365275

00:57:59.920 --> 00:58:01.460 yeah, that's definitely real talk,
NOTE Confidence: 0.81365275

00:58:01.460 --> 00:58:03.320 and I think it's so important.
NOTE Confidence: 0.81365275

00:58:03.320 --> 00:58:04.860 I mean, even talked about,
NOTE Confidence: 0.81365275

00:58:04.860 --> 00:58:06.714 you know you and the person
NOTE Confidence: 0.81365275

00:58:06.714 --> 00:58:07.950 that you're working with,
NOTE Confidence: 0.81365275

00:58:07.950 --> 00:58:09.742 the education that you both have to
NOTE Confidence: 0.81365275

00:58:09.742 --> 00:58:11.865 kind of learn things outside of your
NOTE Confidence: 0.81365275

00:58:11.865 --> 00:58:13.485 current perspectives and just the
NOTE Confidence: 0.81365275

00:58:13.485 --> 00:58:15.543 norms that you experienced in norms
NOTE Confidence: 0.81365275

00:58:15.543 --> 00:58:17.218 that the other person experiences.

NOTE Confidence: 0.81365275

00:58:17.220 --> 00:58:19.390 Whether those are true norms expands across,

NOTE Confidence: 0.81365275

00:58:19.390 --> 00:58:21.854 or whether they are based on your experience.

NOTE Confidence: 0.81365275

00:58:21.860 --> 00:58:24.600 And I think a lot of ways you've given a

NOTE Confidence: 0.81365275

00:58:24.674 --> 00:58:27.418 lot of voice to those realities as well,

NOTE Confidence: 0.81365275

00:58:27.420 --> 00:58:29.080 and helped other people have

NOTE Confidence: 0.81365275

00:58:29.080 --> 00:58:30.076 access an acknowledgement.

NOTE Confidence: 0.81365275

00:58:30.080 --> 00:58:30.896 Of different circumstances,

NOTE Confidence: 0.81365275

00:58:30.896 --> 00:58:32.256 I think it's really powerful,

NOTE Confidence: 0.81365275

00:58:32.260 --> 00:58:33.856 so I'm sure there's lots of

NOTE Confidence: 0.81365275

00:58:33.856 --> 00:58:35.244 questions that are coming and

NOTE Confidence: 0.81365275

00:58:35.244 --> 00:58:36.876 we're going to transition to that.

NOTE Confidence: 0.81365275

00:58:36.880 --> 00:58:38.512 I'm going to pass things back

NOTE Confidence: 0.81365275

00:58:38.512 --> 00:58:39.600 over to Doctor Mathis.

NOTE Confidence: 0.76113117

00:58:41.710 --> 00:58:44.014 So thank you Nyan Lecrae for

NOTE Confidence: 0.76113117

00:58:44.014 --> 00:58:45.550 this really powerful discussion.

NOTE Confidence: 0.76113117

00:58:45.550 --> 00:58:47.584 There are so many comments coming

NOTE Confidence: 0.76113117

00:58:47.584 --> 00:58:50.186 into the chat and an folks are

NOTE Confidence: 0.76113117

00:58:50.186 --> 00:58:52.146 resonating with your words and

NOTE Confidence: 0.76113117

00:58:52.146 --> 00:58:54.000 resonating with your narrative.

NOTE Confidence: 0.76113117

00:58:54.000 --> 00:58:57.120 Many of us feel it very

NOTE Confidence: 0.76113117

00:58:57.120 --> 00:58:59.200 personally and very deeply.

NOTE Confidence: 0.76113117

00:58:59.200 --> 00:59:01.368 So we would like to open up the

NOTE Confidence: 0.76113117

00:59:01.368 --> 00:59:03.186 floor for comments and discussion

NOTE Confidence: 0.76113117

00:59:03.186 --> 00:59:05.201 in our last comments questions

NOTE Confidence: 0.76113117

00:59:05.201 --> 00:59:07.526 in our last 15 minutes or so.

NOTE Confidence: 0.76113117

00:59:07.530 --> 00:59:09.882 I thank you for using the raise

NOTE Confidence: 0.76113117

00:59:09.882 --> 00:59:11.520 hand function if you can,

NOTE Confidence: 0.76113117

00:59:11.520 --> 00:59:13.518 that will be helpful to me.

NOTE Confidence: 0.76113117

00:59:13.520 --> 00:59:15.015 I see Doctor Jordan's hand

NOTE Confidence: 0.76113117

00:59:15.015 --> 00:59:17.333 and so we will take a comment

NOTE Confidence: 0.76113117

00:59:17.333 --> 00:59:18.849 from Doctor Jordan again.

NOTE Confidence: 0.76113117

00:59:18.850 --> 00:59:21.370 You can use the raise hand function if

NOTE Confidence: 0.76113117

00:59:21.370 --> 00:59:23.837 you would like to speak your comment.

NOTE Confidence: 0.76113117

00:59:23.840 --> 00:59:25.478 You can all enter a comment

NOTE Confidence: 0.76113117

00:59:25.478 --> 00:59:27.518 or question in the chat or

NOTE Confidence: 0.76113117

00:59:27.518 --> 00:59:28.838 submit something anonymously.

NOTE Confidence: 0.8316648

00:59:30.190 --> 00:59:33.349 I'll be brief. I think I just wanna I

NOTE Confidence: 0.8316648

00:59:33.349 --> 00:59:36.149 just put out gratitude in this space

NOTE Confidence: 0.8316648

00:59:36.149 --> 00:59:39.583 to Myra to knee and definitely need to

NOTE Confidence: 0.8316648

00:59:39.583 --> 00:59:42.679 Lecrae because I think this is what

NOTE Confidence: 0.8316648

00:59:42.679 --> 00:59:45.253 can happen when you have different

NOTE Confidence: 0.8316648

00:59:45.253 --> 00:59:47.978 faces involved and who is deemed an

NOTE Confidence: 0.8316648

00:59:47.978 --> 00:59:50.690 expert and how we can promote healing.

NOTE Confidence: 0.8316648

00:59:50.690 --> 00:59:53.504 And so I just I'm so grateful

NOTE Confidence: 0.8316648

00:59:53.510 --> 00:59:55.868 it never ceases to amaze me.

NOTE Confidence: 0.8316648

00:59:55.868 --> 00:59:58.184 The pure breath and depth of

NOTE Confidence: 0.8316648

00:59:58.184 --> 01:00:00.457 black folks based IT system.
NOTE Confidence: 0.8316648

01:00:00.460 --> 01:00:03.370 Matically try and take us out
NOTE Confidence: 0.8316648

01:00:03.370 --> 01:00:06.758 still our joy and yet we still.
NOTE Confidence: 0.8316648

01:00:06.760 --> 01:00:08.340 Process, and so Lecrae.
NOTE Confidence: 0.8316648

01:00:08.340 --> 01:00:11.540 I am just amazed by you have followed
NOTE Confidence: 0.8316648

01:00:11.540 --> 01:00:14.244 your work for years and I think
NOTE Confidence: 0.8316648

01:00:14.244 --> 01:00:16.608 if you could just provide some.
NOTE Confidence: 0.8421768

01:00:18.690 --> 01:00:21.625 Expertise and how to bridge two
NOTE Confidence: 0.8421768

01:00:21.625 --> 01:00:23.733 totally seemingly different worlds.
NOTE Confidence: 0.8421768

01:00:23.733 --> 01:00:27.520 I remember growing up in the Black
NOTE Confidence: 0.8421768

01:00:27.611 --> 01:00:30.789 Baptist Church an having access to you
NOTE Confidence: 0.8421768

01:00:30.789 --> 01:00:34.509 and not being a loud to listen because
NOTE Confidence: 0.8421768

01:00:34.509 --> 01:00:37.227 you were deemed to hip-hop, right?
NOTE Confidence: 0.8421768

01:00:37.227 --> 01:00:40.803 And now we're to the point where what
NOTE Confidence: 0.8421768

01:00:40.803 --> 01:00:44.844 you've been able to do is seemingly bridge
NOTE Confidence: 0.8421768

01:00:44.844 --> 01:00:49.140 two totally different worlds, right?

NOTE Confidence: 0.8421768

01:00:49.140 --> 01:00:51.372 Into one to where you're celebrated

NOTE Confidence: 0.8421768

01:00:51.372 --> 01:00:53.948 and making money so that really is.

NOTE Confidence: 0.8039252

01:00:56.620 --> 01:00:58.642 A miracle indeed.

NOTE Confidence: 0.8039252

01:00:58.642 --> 01:01:02.686 And so being someone who is

NOTE Confidence: 0.8039252

01:01:02.686 --> 01:01:04.830 systematically minoritized.

NOTE Confidence: 0.8039252

01:01:04.830 --> 01:01:07.640 Working with majority white folks.

NOTE Confidence: 0.8039252

01:01:07.640 --> 01:01:09.545 Experiencing the weight

NOTE Confidence: 0.8039252

01:01:09.545 --> 01:01:12.085 of white supremacy daily.

NOTE Confidence: 0.8039252

01:01:12.090 --> 01:01:16.570 And wanting to care for my people.

NOTE Confidence: 0.8039252

01:01:16.570 --> 01:01:19.156 I would love for you to

NOTE Confidence: 0.8039252

01:01:19.156 --> 01:01:20.880 just offer some guidance.

NOTE Confidence: 0.8039252

01:01:20.880 --> 01:01:23.336 On how you've been able to do that,

NOTE Confidence: 0.8039252

01:01:23.340 --> 01:01:25.910 and really.

NOTE Confidence: 0.8039252

01:01:25.910 --> 01:01:27.635 Just be just be successful

NOTE Confidence: 0.8039252

01:01:27.635 --> 01:01:29.015 and then I'll stop.

NOTE Confidence: 0.8039252

01:01:29.020 --> 01:01:30.850 The last thing I just have
NOTE Confidence: 0.8039252

01:01:30.850 --> 01:01:33.519 to say is I got so emotional.
NOTE Confidence: 0.8380832

01:01:35.640 --> 01:01:37.710 I just I'm just so grateful.
NOTE Confidence: 0.8380832

01:01:37.710 --> 01:01:39.780 I mean that ear I'm feeling.
NOTE Confidence: 0.9205072

01:01:42.650 --> 01:01:45.810 Just so grateful because this is.
NOTE Confidence: 0.82792133

01:01:47.850 --> 01:01:50.225 The dream right tactic to bring
NOTE Confidence: 0.82792133

01:01:50.225 --> 01:01:51.805 2 totally different worlds
NOTE Confidence: 0.82792133

01:01:51.805 --> 01:01:53.909 and to have some discussion.
NOTE Confidence: 0.82792133

01:01:53.910 --> 01:01:56.738 So thank you brother, I love you.
NOTE Confidence: 0.82792133

01:01:56.740 --> 01:01:59.158 May God continue to bless you.
NOTE Confidence: 0.8225655

01:02:00.720 --> 01:02:03.128 That means a lot. Thank you so much.
NOTE Confidence: 0.8225655

01:02:03.130 --> 01:02:04.630 I really do appreciate you.
NOTE Confidence: 0.8225655

01:02:04.630 --> 01:02:08.235 Thank you for your ability as well.
NOTE Confidence: 0.8225655

01:02:08.240 --> 01:02:11.089 And yes, to ask you a question.
NOTE Confidence: 0.89534356

01:02:13.200 --> 01:02:17.659 What I have? I think where I
NOTE Confidence: 0.89534356

01:02:17.659 --> 01:02:21.470 have found success is obviously.

NOTE Confidence: 0.89534356

01:02:21.470 --> 01:02:24.332 First and foremost,

NOTE Confidence: 0.89534356

01:02:24.332 --> 01:02:29.102 understanding myself because I cannot

NOTE Confidence: 0.89534356

01:02:29.102 --> 01:02:35.776 endure the weight of bridge building and of.

NOTE Confidence: 0.89534356

01:02:35.780 --> 01:02:37.860 You know, mending and educating.

NOTE Confidence: 0.89534356

01:02:37.860 --> 01:02:41.188 If I am not in a healthy state,

NOTE Confidence: 0.89534356

01:02:41.190 --> 01:02:42.020 the microaggressions.

NOTE Confidence: 0.89534356

01:02:42.020 --> 01:02:44.095 And if you don't know,

NOTE Confidence: 0.89534356

01:02:44.100 --> 01:02:46.444 my progressions are just

NOTE Confidence: 0.89534356

01:02:46.444 --> 01:02:48.788 Google is your friend.

NOTE Confidence: 0.89534356

01:02:48.790 --> 01:02:51.418 The micro aggressions on a daily

NOTE Confidence: 0.89534356

01:02:51.418 --> 01:02:54.108 would just exasperate me and take me

NOTE Confidence: 0.89534356

01:02:54.108 --> 01:02:57.028 to a very dark place if I did not

NOTE Confidence: 0.89534356

01:02:57.028 --> 01:02:59.566 experience some type of healing and.

NOTE Confidence: 0.89534356

01:02:59.570 --> 01:03:02.396 And then I think, for me,

NOTE Confidence: 0.89534356

01:03:02.400 --> 01:03:04.182 it's it's beginning.

NOTE Confidence: 0.89534356

01:03:04.182 --> 01:03:09.040 First with what I would say is that.
NOTE Confidence: 0.89534356

01:03:09.040 --> 01:03:12.058 You know? Um?
NOTE Confidence: 0.89534356

01:03:12.058 --> 01:03:16.499 Engage the curious, you know educate.
NOTE Confidence: 0.89534356

01:03:16.499 --> 01:03:18.864 Those who who are genuinely
NOTE Confidence: 0.89534356

01:03:18.864 --> 01:03:21.315 interested and ignore the critics
NOTE Confidence: 0.89534356

01:03:21.315 --> 01:03:24.153 because some people simply want to.
NOTE Confidence: 0.89534356

01:03:24.160 --> 01:03:25.910 They don't want to understand,
NOTE Confidence: 0.89534356

01:03:25.910 --> 01:03:27.602 and you shouldn't spend your time
NOTE Confidence: 0.89534356

01:03:27.602 --> 01:03:29.622 trying to get them to understand
NOTE Confidence: 0.89534356

01:03:29.622 --> 01:03:31.286 something that they're not
NOTE Confidence: 0.89534356

01:03:31.286 --> 01:03:32.534 interested in understanding.
NOTE Confidence: 0.89534356

01:03:32.540 --> 01:03:35.501 And so I think there are various groups of
NOTE Confidence: 0.89534356

01:03:35.501 --> 01:03:38.115 people who are curious and it's alright.
NOTE Confidence: 0.89534356

01:03:38.120 --> 01:03:40.166 Let's engage them and put some
NOTE Confidence: 0.89534356

01:03:40.166 --> 01:03:41.960 stuff in front of them,
NOTE Confidence: 0.89534356

01:03:41.960 --> 01:03:44.114 and hopefully they'll wanna know more

NOTE Confidence: 0.89534356

01:03:44.114 --> 01:03:46.320 and then those who are genuinely

NOTE Confidence: 0.89534356

01:03:46.320 --> 01:03:48.763 interested and want to grow if you.

NOTE Confidence: 0.89534356

01:03:48.770 --> 01:03:50.345 Obviously it's not your job

NOTE Confidence: 0.89534356

01:03:50.345 --> 01:03:51.605 to be their educator,

NOTE Confidence: 0.89534356

01:03:51.610 --> 01:03:53.834 but maybe you can point them to the

NOTE Confidence: 0.89534356

01:03:53.834 --> 01:03:55.832 resources and be available to have

NOTE Confidence: 0.89534356

01:03:55.832 --> 01:03:57.908 conversations with them in that process,

NOTE Confidence: 0.89534356

01:03:57.910 --> 01:04:00.736 and that's kind of where I found myself is.

NOTE Confidence: 0.89534356

01:04:00.740 --> 01:04:03.260 I educate as much as I feel comfortable,

NOTE Confidence: 0.89534356

01:04:03.260 --> 01:04:05.990 but I don't feel like I have to do that

NOTE Confidence: 0.89534356

01:04:06.060 --> 01:04:08.924 as much as I feel comfortable at educate,

NOTE Confidence: 0.89534356

01:04:08.930 --> 01:04:11.135 but only those who I feel like

NOTE Confidence: 0.89534356

01:04:11.135 --> 01:04:12.080 you're genuinely interested.

NOTE Confidence: 0.89534356

01:04:12.080 --> 01:04:13.340 Otherwise, I'll exasperate myself.

NOTE Confidence: 0.82336366

01:04:17.420 --> 01:04:18.576 Thank you for that.

NOTE Confidence: 0.82336366

01:04:18.576 --> 01:04:20.818 We have the Next up is Doctor
NOTE Confidence: 0.82336366

01:04:20.818 --> 01:04:22.998 Jackson and then Doctor Childs.
NOTE Confidence: 0.82336366

01:04:23.000 --> 01:04:24.400 So first doctor Jackson.
NOTE Confidence: 0.9058424

01:04:28.920 --> 01:04:32.618 Sorry, I was muted. Good morning y'all.
NOTE Confidence: 0.9058424

01:04:32.618 --> 01:04:36.460 Let me just say it is the best grand
NOTE Confidence: 0.9058424

01:04:36.460 --> 01:04:39.389 rounds I've ever been to hands down
NOTE Confidence: 0.9058424

01:04:39.389 --> 01:04:42.740 never have I felt more scene never have
NOTE Confidence: 0.9058424

01:04:42.740 --> 01:04:46.070 I felt like my people have or event or
NOTE Confidence: 0.9058424

01:04:46.159 --> 01:04:49.879 more seen than you know the this very
NOTE Confidence: 0.9058424

01:04:49.879 --> 01:04:52.410 point discussion that we're having today,
NOTE Confidence: 0.9058424

01:04:52.410 --> 01:04:56.298 Lecrae I want to thank you for your artistry,
NOTE Confidence: 0.9058424

01:04:56.300 --> 01:04:58.826 Ann. Just willing to, you know,
NOTE Confidence: 0.9058424

01:04:58.830 --> 01:05:02.064 talk to us and I think that.
NOTE Confidence: 0.9058424

01:05:02.070 --> 01:05:05.115 One of the most important things that
NOTE Confidence: 0.9058424

01:05:05.115 --> 01:05:08.040 that you've said in your discussion.
NOTE Confidence: 0.9058424

01:05:08.040 --> 01:05:10.296 Was your having to, you know,

NOTE Confidence: 0.9058424

01:05:10.300 --> 01:05:12.760 educate your therapist as well because

NOTE Confidence: 0.9058424

01:05:12.760 --> 01:05:15.660 you know there's so there's such a you

NOTE Confidence: 0.9058424

01:05:15.660 --> 01:05:18.220 know a lack of of black therapist.

NOTE Confidence: 0.9058424

01:05:18.220 --> 01:05:19.724 You know culturally competent

NOTE Confidence: 0.9058424

01:05:19.724 --> 01:05:22.418 therapist that you know it was a

NOTE Confidence: 0.9058424

01:05:22.418 --> 01:05:24.248 learning experience for them too.

NOTE Confidence: 0.9058424

01:05:24.250 --> 01:05:27.220 So just finding someone who was

NOTE Confidence: 0.9058424

01:05:27.220 --> 01:05:30.179 willing to go there with you.

NOTE Confidence: 0.9058424

01:05:30.180 --> 01:05:31.108 That's fantastic.

NOTE Confidence: 0.9058424

01:05:31.108 --> 01:05:34.820 I actually wrote down the the points that

NOTE Confidence: 0.9058424

01:05:34.907 --> 01:05:37.896 you just said the educate the curious,

NOTE Confidence: 0.9058424

01:05:37.900 --> 01:05:39.397 engaged the curious.

NOTE Confidence: 0.9058424

01:05:39.397 --> 01:05:43.385 I think that's a great kind of model

NOTE Confidence: 0.9058424

01:05:43.385 --> 01:05:46.513 for a lot of us to to embrace,

NOTE Confidence: 0.9058424

01:05:46.520 --> 01:05:47.882 especially as we,

NOTE Confidence: 0.9058424

01:05:47.882 --> 01:05:48.790 you know,
NOTE Confidence: 0.9058424

01:05:48.790 --> 01:05:51.618 are are called too and pulled to
NOTE Confidence: 0.9058424

01:05:51.618 --> 01:05:55.893 do a lot of the heavy or work in
NOTE Confidence: 0.9058424

01:05:55.893 --> 01:05:57.865 anti racism and education.
NOTE Confidence: 0.9058424

01:05:57.870 --> 01:06:00.948 And you know in all aspects.
NOTE Confidence: 0.9058424

01:06:00.950 --> 01:06:02.350 So I really I don't.
NOTE Confidence: 0.9058424

01:06:02.350 --> 01:06:04.296 I don't have a question per say,
NOTE Confidence: 0.9058424

01:06:04.300 --> 01:06:06.246 I just wanted to express my gratitude.
NOTE Confidence: 0.80725884

01:06:07.330 --> 01:06:09.078 Thank you, appreciate that.
NOTE Confidence: 0.80725884

01:06:09.080 --> 01:06:12.139 Thank you Doctor Jackson and Doctor Childs.
NOTE Confidence: 0.79841435

01:06:14.710 --> 01:06:16.348 Hi everyone, good morning Ayana.
NOTE Confidence: 0.79841435

01:06:16.348 --> 01:06:18.310 I resonate with what you said
NOTE Confidence: 0.79841435

01:06:18.373 --> 01:06:20.323 about having access to Lecrae or
NOTE Confidence: 0.79841435

01:06:20.323 --> 01:06:22.300 remember my granny way way back
NOTE Confidence: 0.79841435

01:06:22.300 --> 01:06:24.940 in the day my brother and I snuck
NOTE Confidence: 0.79841435

01:06:24.940 --> 01:06:27.580 into the back of our van to listen

NOTE Confidence: 0.79841435

01:06:27.580 --> 01:06:30.682 to a CD back when things are on CD

NOTE Confidence: 0.79841435

01:06:30.682 --> 01:06:33.027 because my Granny said that was rock

NOTE Confidence: 0.79841435

01:06:33.027 --> 01:06:36.000 and roll and I was like it's not,

NOTE Confidence: 0.79841435

01:06:36.000 --> 01:06:38.510 it's right. But I

NOTE Confidence: 0.8545639

01:06:38.510 --> 01:06:41.042 I'm also so grateful to be

NOTE Confidence: 0.8545639

01:06:41.042 --> 01:06:43.162 here and so appreciate Lecrae.

NOTE Confidence: 0.8545639

01:06:43.162 --> 01:06:44.850 Hearing your thought leadership

NOTE Confidence: 0.8545639

01:06:44.850 --> 01:06:46.962 and and hearing your story.

NOTE Confidence: 0.8545639

01:06:46.962 --> 01:06:49.077 I work primarily with youth,

NOTE Confidence: 0.8545639

01:06:49.080 --> 01:06:50.352 primarily with teenagers.

NOTE Confidence: 0.8545639

01:06:50.352 --> 01:06:52.884 Anna number of the youth that

NOTE Confidence: 0.8545639

01:06:52.890 --> 01:06:55.006 we work with have experienced,

NOTE Confidence: 0.8545639

01:06:55.006 --> 01:06:56.698 just incredible, incredible trauma.

NOTE Confidence: 0.8838771

01:06:58.850 --> 01:07:00.294 Very interested both personally

NOTE Confidence: 0.8838771

01:07:00.294 --> 01:07:02.460 and professionally and in the work

NOTE Confidence: 0.8838771

01:07:02.520 --> 01:07:04.536 that we can do to sort of interrupt

NOTE Confidence: 0.8838771

01:07:04.536 --> 01:07:06.407 that cycle for the next generation.

NOTE Confidence: 0.8838771

01:07:06.410 --> 01:07:08.935 And I hear in the seeds of your

NOTE Confidence: 0.8838771

01:07:08.935 --> 01:07:10.822 comments a lot of thought about

NOTE Confidence: 0.8838771

01:07:10.822 --> 01:07:12.395 those formative experiences for you,

NOTE Confidence: 0.8838771

01:07:12.395 --> 01:07:13.970 and you know, I think

NOTE Confidence: 0.8838771

01:07:13.970 --> 01:07:16.161 about our youth and I think about

NOTE Confidence: 0.8838771

01:07:16.161 --> 01:07:17.778 what they've been told about

NOTE Confidence: 0.8838771

01:07:17.778 --> 01:07:19.645 how it's going to be different

NOTE Confidence: 0.8838771

01:07:19.645 --> 01:07:21.216 for you for your generation.

NOTE Confidence: 0.8838771

01:07:21.216 --> 01:07:23.105 Things are going to be different

NOTE Confidence: 0.8838771

01:07:23.105 --> 01:07:24.995 and then then filing in and

NOTE Confidence: 0.8838771

01:07:25.000 --> 01:07:26.680 coming into service and coming into

NOTE Confidence: 0.8838771

01:07:26.680 --> 01:07:28.565 care and saying I'm so disappointed

NOTE Confidence: 0.8838771

01:07:28.565 --> 01:07:31.630 because things are not different. And

NOTE Confidence: 0.87646884

01:07:31.630 --> 01:07:32.620 so I just

NOTE Confidence: 0.87646884
01:07:32.620 --> 01:07:34.600 am curious to hear some of
NOTE Confidence: 0.87646884
01:07:34.600 --> 01:07:35.920 your thought leadership around.
NOTE Confidence: 0.87646884
01:07:35.920 --> 01:07:38.230 What do we say to these youth?
NOTE Confidence: 0.87646884
01:07:38.230 --> 01:07:40.870 What can we do for these youth and
NOTE Confidence: 0.87646884
01:07:40.870 --> 01:07:43.180 how can we sort of think about
NOTE Confidence: 0.87646884
01:07:43.180 --> 01:07:44.830 that and do that differently?
NOTE Confidence: 0.6401236
01:07:46.890 --> 01:07:51.930 Yeah, that's a great, um.
NOTE Confidence: 0.6401236
01:07:51.930 --> 01:07:55.470 A great perspective.
NOTE Confidence: 0.6401236
01:07:55.470 --> 01:08:01.100 I think that. You know, I.
NOTE Confidence: 0.6401236
01:08:01.100 --> 01:08:04.124 Funny, because I think of like
NOTE Confidence: 0.6401236
01:08:04.124 --> 01:08:06.970 Tanahashi Coates and his outlook,
NOTE Confidence: 0.6401236
01:08:06.970 --> 01:08:10.178 an though he is.
NOTE Confidence: 0.6401236
01:08:10.180 --> 01:08:11.804 He embraces the reality
NOTE Confidence: 0.6401236
01:08:11.804 --> 01:08:13.834 of what we're looking at.
NOTE Confidence: 0.6401236
01:08:13.840 --> 01:08:16.474 Um, I think he just has
NOTE Confidence: 0.6401236

01:08:16.474 --> 01:08:19.620 more of a kind of cynical.
NOTE Confidence: 0.6401236

01:08:19.620 --> 01:08:22.350 View of what the future can hold.
NOTE Confidence: 0.6401236

01:08:22.350 --> 01:08:24.186 Anan, he kind of disagrees with
NOTE Confidence: 0.6401236

01:08:24.186 --> 01:08:26.490 folks who buy into faith of the
NOTE Confidence: 0.6401236

01:08:26.490 --> 01:08:28.175 faith community because we believe
NOTE Confidence: 0.6401236

01:08:28.175 --> 01:08:30.078 in some buying by religion.
NOTE Confidence: 0.6401236

01:08:30.080 --> 01:08:32.425 Then one day it will be better
NOTE Confidence: 0.6401236

01:08:32.425 --> 01:08:35.690 brother than gods coming back and.
NOTE Confidence: 0.6401236

01:08:35.690 --> 01:08:37.695 And where I would disagree
NOTE Confidence: 0.6401236

01:08:37.695 --> 01:08:40.050 with him is that for me,
NOTE Confidence: 0.6401236

01:08:40.050 --> 01:08:43.209 my hope is not purely in a spiritual
NOTE Confidence: 0.6401236

01:08:43.210 --> 01:08:45.989 reality that is going to take place,
NOTE Confidence: 0.6401236

01:08:45.990 --> 01:08:48.699 but but in a physical reality that
NOTE Confidence: 0.6401236

01:08:48.699 --> 01:08:51.970 my ceiling is the floor of the next
NOTE Confidence: 0.6401236

01:08:51.970 --> 01:08:54.451 generation and that's what I want
NOTE Confidence: 0.6401236

01:08:54.451 --> 01:08:57.104 to help them understand is that it

NOTE Confidence: 0.6401236

01:08:57.104 --> 01:08:59.850 may not be a completely alternate reality,

NOTE Confidence: 0.6401236

01:08:59.850 --> 01:09:03.470 but but my let my ceiling at least be your

NOTE Confidence: 0.6401236

01:09:03.561 --> 01:09:07.097 floor as Martha King ceiling is my floor.

NOTE Confidence: 0.6401236

01:09:07.100 --> 01:09:08.978 Things are not.

NOTE Confidence: 0.6401236

01:09:08.980 --> 01:09:09.740 Completely different,

NOTE Confidence: 0.6401236

01:09:09.740 --> 01:09:11.560 but they're not completely the

NOTE Confidence: 0.6401236

01:09:11.560 --> 01:09:14.243 same because of some of the work

NOTE Confidence: 0.6401236

01:09:14.243 --> 01:09:16.218 that has been done historically,

NOTE Confidence: 0.6401236

01:09:16.220 --> 01:09:17.363 literally just yesterday,

NOTE Confidence: 0.6401236

01:09:17.363 --> 01:09:18.887 the day before yesterday,

NOTE Confidence: 0.6401236

01:09:18.890 --> 01:09:21.550 I was in a juvenile detention center,

NOTE Confidence: 0.6401236

01:09:21.550 --> 01:09:23.836 Speaking of both boys and girls,

NOTE Confidence: 0.6401236

01:09:23.840 --> 01:09:25.530 and.

NOTE Confidence: 0.6401236

01:09:25.530 --> 01:09:25.971 Anne.

NOTE Confidence: 0.6401236

01:09:25.971 --> 01:09:29.499 You know they began to resonate with me

NOTE Confidence: 0.6401236

01:09:29.499 --> 01:09:33.030 because they saw a picture of what could be.

NOTE Confidence: 0.6401236

01:09:33.030 --> 01:09:35.389 They saw a picture that someone in

NOTE Confidence: 0.6401236

01:09:35.389 --> 01:09:37.501 their circumstance can have a different

NOTE Confidence: 0.6401236

01:09:37.501 --> 01:09:39.236 outcome in a different future,

NOTE Confidence: 0.6401236

01:09:39.240 --> 01:09:41.613 and I think that's why representation is

NOTE Confidence: 0.6401236

01:09:41.613 --> 01:09:44.067 so important for people to see examples.

NOTE Confidence: 0.6401236

01:09:44.070 --> 01:09:47.170 If you can't be it, you can't see it.

NOTE Confidence: 0.6401236

01:09:47.170 --> 01:09:50.275 I mean, you can't see you can't be it.

NOTE Confidence: 0.6401236

01:09:50.280 --> 01:09:52.688 You become with you through the hold.

NOTE Confidence: 0.6401236

01:09:52.690 --> 01:09:55.450 My son is exposed to lawyers and doctors.

NOTE Confidence: 0.6401236

01:09:55.450 --> 01:09:58.103 I never knew a doctor until I

NOTE Confidence: 0.6401236

01:09:58.103 --> 01:10:00.854 was a grown man. So I I think.

NOTE Confidence: 0.6401236

01:10:00.854 --> 01:10:03.022 It is just them having access to

NOTE Confidence: 0.6401236

01:10:03.022 --> 01:10:04.562 different perspectives and narratives

NOTE Confidence: 0.6401236

01:10:04.562 --> 01:10:07.187 in so for me it's been very

NOTE Confidence: 0.6401236

01:10:07.187 --> 01:10:09.683 important to go back and re Carter G.

NOTE Confidence: 0.6401236

01:10:09.690 --> 01:10:12.098 Woodson so that his ceiling can be

NOTE Confidence: 0.6401236

01:10:12.098 --> 01:10:14.470 my floor and that we can continue

NOTE Confidence: 0.6401236

01:10:14.470 --> 01:10:16.847 to say hey we we can't change

NOTE Confidence: 0.6401236

01:10:16.847 --> 01:10:18.487 all of the realities,

NOTE Confidence: 0.6401236

01:10:18.490 --> 01:10:21.415 but but at least take this amount so you

NOTE Confidence: 0.6401236

01:10:21.415 --> 01:10:24.478 can have more than what I currently had.

NOTE Confidence: 0.8035035

01:10:27.420 --> 01:10:29.140 Thank thank you for that.

NOTE Confidence: 0.8035035

01:10:29.140 --> 01:10:30.040 For that response,

NOTE Confidence: 0.8035035

01:10:30.040 --> 01:10:32.597 look right and thank you for the question

NOTE Confidence: 0.8035035

01:10:32.597 --> 01:10:34.967 Doctor Childs to really censor center.

NOTE Confidence: 0.8035035

01:10:34.970 --> 01:10:38.090 Our youth and center the next

NOTE Confidence: 0.8035035

01:10:38.090 --> 01:10:40.170 generation in this discussion.

NOTE Confidence: 0.8035035

01:10:40.170 --> 01:10:43.770 We had just a couple of minutes left and

NOTE Confidence: 0.8035035

01:10:43.770 --> 01:10:47.228 there was a question posted in the chat,

NOTE Confidence: 0.8035035

01:10:47.230 --> 01:10:49.925 which I think is a great place

NOTE Confidence: 0.8035035

01:10:49.925 --> 01:10:52.619 for us to end to reflect,
NOTE Confidence: 0.8035035

01:10:52.620 --> 01:10:54.280 particularly given our audience.
NOTE Confidence: 0.8035035

01:10:54.280 --> 01:10:55.940 As Doctor Jackson said,
NOTE Confidence: 0.8035035

01:10:55.940 --> 01:10:57.600 there aren't enough black
NOTE Confidence: 0.8035035

01:10:57.600 --> 01:10:58.845 therapist black psychiatrist.
NOTE Confidence: 0.8035035

01:10:58.850 --> 01:11:01.100 There aren't enough to treat the
NOTE Confidence: 0.8035035

01:11:01.100 --> 01:11:03.410 needs of the black community,
NOTE Confidence: 0.8035035

01:11:03.410 --> 01:11:05.490 and so we need allies.
NOTE Confidence: 0.8035035

01:11:05.490 --> 01:11:07.980 We need individuals to educate themselves,
NOTE Confidence: 0.8035035

01:11:07.980 --> 01:11:11.568 to be curious too.
NOTE Confidence: 0.8035035

01:11:11.570 --> 01:11:13.586 Do their own introspective
NOTE Confidence: 0.8035035

01:11:13.586 --> 01:11:16.106 work so that they can.
NOTE Confidence: 0.8035035

01:11:16.110 --> 01:11:18.518 We present in the room with those
NOTE Confidence: 0.8035035

01:11:18.518 --> 01:11:21.004 of us who experience racial trauma
NOTE Confidence: 0.8035035

01:11:21.004 --> 01:11:24.645 on a daily basis and are looking to
NOTE Confidence: 0.8035035

01:11:24.645 --> 01:11:27.165 find a space of hope and healing.

NOTE Confidence: 0.8035035

01:11:27.170 --> 01:11:29.150 And so the question is,

NOTE Confidence: 0.8035035

01:11:29.150 --> 01:11:31.509 how were you able to decide to

NOTE Confidence: 0.8035035

01:11:31.509 --> 01:11:33.889 trust a non black therapist?

NOTE Confidence: 0.8035035

01:11:33.890 --> 01:11:36.666 Can you speak to what it was like

NOTE Confidence: 0.8035035

01:11:36.666 --> 01:11:39.294 to engage with someone who is

NOTE Confidence: 0.8035035

01:11:39.294 --> 01:11:41.599 not from your cultural background

NOTE Confidence: 0.8035035

01:11:41.599 --> 01:11:44.155 and can you give us some tips

NOTE Confidence: 0.8035035

01:11:44.155 --> 01:11:46.196 if this audience and tips?

NOTE Confidence: 0.8035035

01:11:46.196 --> 01:11:49.620 On on how to really meet the needs

NOTE Confidence: 0.8035035

01:11:49.720 --> 01:11:52.646 to meet to meet folks where they

NOTE Confidence: 0.8035035

01:11:52.646 --> 01:11:55.947 are and to create a safe space.

NOTE Confidence: 0.88929486

01:11:57.030 --> 01:12:01.586 Oh man. You gotta practice what you teach.

NOTE Confidence: 0.88929486

01:12:01.590 --> 01:12:03.230 Practice what you preach.

NOTE Confidence: 0.88929486

01:12:03.230 --> 01:12:05.280 If Eugene genuinely believe in

NOTE Confidence: 0.88929486

01:12:05.280 --> 01:12:07.373 worldview transformation and not

NOTE Confidence: 0.88929486

01:12:07.373 --> 01:12:08.990 simply behavior modification.
NOTE Confidence: 0.88929486

01:12:08.990 --> 01:12:10.430 You gotta practice what
NOTE Confidence: 0.88929486

01:12:10.430 --> 01:12:11.870 you preach on yourself.
NOTE Confidence: 0.88929486

01:12:11.870 --> 01:12:13.725 You gotta believe that your
NOTE Confidence: 0.88929486

01:12:13.725 --> 01:12:15.987 worldview can shift as well that
NOTE Confidence: 0.88929486

01:12:15.987 --> 01:12:18.346 you are continuing to grow as well.
NOTE Confidence: 0.88929486

01:12:18.350 --> 01:12:20.870 If you want to see that happen
NOTE Confidence: 0.88929486

01:12:20.870 --> 01:12:23.480 in your clients. So that is.
NOTE Confidence: 0.88929486

01:12:23.480 --> 01:12:28.241 That's going to be key for me, I I struggled.
NOTE Confidence: 0.88929486

01:12:28.241 --> 01:12:31.635 Um to sit in the chair of a
NOTE Confidence: 0.88929486

01:12:31.635 --> 01:12:34.200 non black therapist I wanted.
NOTE Confidence: 0.88929486

01:12:34.200 --> 01:12:37.248 I was going through too much racial trauma.
NOTE Confidence: 0.88929486

01:12:37.250 --> 01:12:38.360 I want it.
NOTE Confidence: 0.88929486

01:12:38.360 --> 01:12:41.840 I did not have any intention on doing it.
NOTE Confidence: 0.88929486

01:12:41.840 --> 01:12:46.296 I was not going to do it and.
NOTE Confidence: 0.88929486

01:12:46.300 --> 01:12:48.804 I went out of my way to find

NOTE Confidence: 0.88929486

01:12:48.804 --> 01:12:49.430 black therapists.

NOTE Confidence: 0.88929486

01:12:49.430 --> 01:12:50.324 The reality is,

NOTE Confidence: 0.88929486

01:12:50.324 --> 01:12:53.500 as we all know that you know a therapist is.

NOTE Confidence: 0.88929486

01:12:53.500 --> 01:12:56.506 It's like trying on clothes and so it's kind

NOTE Confidence: 0.88929486

01:12:56.506 --> 01:12:59.755 of like I don't know if this is a good fit.

NOTE Confidence: 0.88929486

01:12:59.760 --> 01:13:02.253 And so I had a couple of experiences where

NOTE Confidence: 0.88929486

01:13:02.253 --> 01:13:04.767 it's not that they weren't good therapist.

NOTE Confidence: 0.88929486

01:13:04.770 --> 01:13:07.278 They weren't good therapist for me.

NOTE Confidence: 0.88929486

01:13:07.280 --> 01:13:08.900 And I still wasn't willing

NOTE Confidence: 0.88929486

01:13:08.900 --> 01:13:11.350 to go to a white therapist,

NOTE Confidence: 0.88929486

01:13:11.350 --> 01:13:13.200 but a friend of mine,

NOTE Confidence: 0.88929486

01:13:13.200 --> 01:13:15.420 a rap artist named David Banner,

NOTE Confidence: 0.88929486

01:13:15.420 --> 01:13:18.132 had told me that sitting in the chair

NOTE Confidence: 0.88929486

01:13:18.132 --> 01:13:21.180 of a small white lady changed his life

NOTE Confidence: 0.88929486

01:13:21.180 --> 01:13:24.285 and and I was like, are you serious?

NOTE Confidence: 0.88929486

01:13:24.285 --> 01:13:24.650 You?

NOTE Confidence: 0.88929486

01:13:24.650 --> 01:13:26.475 There's nobody more pro black

NOTE Confidence: 0.88929486

01:13:26.475 --> 01:13:28.737 than David Banner you telling me?

NOTE Confidence: 0.88929486

01:13:28.740 --> 01:13:31.700 He said, trust me, it changed my life.

NOTE Confidence: 0.88929486

01:13:31.700 --> 01:13:33.550 So I took his wisdom,

NOTE Confidence: 0.88929486

01:13:33.550 --> 01:13:36.640 took his inside and met with

NOTE Confidence: 0.88929486

01:13:36.640 --> 01:13:38.700 this particular therapist Ann.

NOTE Confidence: 0.88929486

01:13:38.700 --> 01:13:40.360 She was indeed curious,

NOTE Confidence: 0.88929486

01:13:40.360 --> 01:13:42.435 and she was indeed malleable,

NOTE Confidence: 0.88929486

01:13:42.440 --> 01:13:44.828 as she saw herself as someone

NOTE Confidence: 0.88929486

01:13:44.828 --> 01:13:47.351 who who could have her worldview

NOTE Confidence: 0.88929486

01:13:47.351 --> 01:13:49.889 shifted and in over the course

NOTE Confidence: 0.88929486

01:13:49.889 --> 01:13:52.809 of the time I've been with her,

NOTE Confidence: 0.88929486

01:13:52.810 --> 01:13:55.588 she's now hired and been intentional

NOTE Confidence: 0.88929486

01:13:55.588 --> 01:13:57.440 about finding black therapists

NOTE Confidence: 0.88929486

01:13:57.513 --> 01:13:59.445 took to put in her practice.

NOTE Confidence: 0.88929486

01:13:59.450 --> 01:14:01.110 She's been intentional about

NOTE Confidence: 0.88929486

01:14:01.110 --> 01:14:02.770 reading books to understand,

NOTE Confidence: 0.88929486

01:14:02.770 --> 01:14:03.622 you know,

NOTE Confidence: 0.88929486

01:14:03.622 --> 01:14:06.178 the cultural nuances that exists and

NOTE Confidence: 0.88929486

01:14:06.178 --> 01:14:08.647 what racial trauma can look like.

NOTE Confidence: 0.88929486

01:14:08.650 --> 01:14:11.030 And and that's just someone who cares

NOTE Confidence: 0.88929486

01:14:11.030 --> 01:14:13.400 about people because at the end of the day,

NOTE Confidence: 0.88929486

01:14:13.400 --> 01:14:14.885 you're not in the psychiatry

NOTE Confidence: 0.88929486

01:14:14.885 --> 01:14:15.776 or psychology business.

NOTE Confidence: 0.88929486

01:14:15.780 --> 01:14:17.260 You're in the people business.

NOTE Confidence: 0.88929486

01:14:17.260 --> 01:14:19.048 And if you care about people,

NOTE Confidence: 0.88929486

01:14:19.050 --> 01:14:20.856 you will be great at your

NOTE Confidence: 0.88929486

01:14:20.856 --> 01:14:22.310 profession and what you do.

NOTE Confidence: 0.81719697

01:14:24.860 --> 01:14:26.996 That's awesome, thank you so much.

NOTE Confidence: 0.81719697

01:14:27.000 --> 01:14:28.986 Lecrae me, I'll turn it over

NOTE Confidence: 0.81719697

01:14:28.986 --> 01:14:31.289 to you for some final words.
NOTE Confidence: 0.81719697

01:14:31.290 --> 01:14:33.162 I know we've gone one minute
NOTE Confidence: 0.81719697

01:14:33.162 --> 01:14:35.210 over this has been phenomenal.
NOTE Confidence: 0.81719697

01:14:35.210 --> 01:14:38.428 My heart is full of my heart is full.
NOTE Confidence: 0.84638876

01:14:40.990 --> 01:14:42.460 Thank you Mara. That was well
NOTE Confidence: 0.84638876

01:14:42.460 --> 01:14:43.870 look through that last comment.
NOTE Confidence: 0.84638876

01:14:43.870 --> 01:14:45.704 I was dropping my comment right there.
NOTE Confidence: 0.84638876

01:14:45.710 --> 01:14:46.493 I mean seriously.
NOTE Confidence: 0.84638876

01:14:46.493 --> 01:14:48.305 Not that I'm surprised, but I think
NOTE Confidence: 0.84638876

01:14:48.305 --> 01:14:50.679 this has been rich in a lot of ways.
NOTE Confidence: 0.84638876

01:14:50.680 --> 01:14:52.530 I mean, I've been getting, you know,
NOTE Confidence: 0.84638876

01:14:52.530 --> 01:14:54.420 private chats from folks about how moving
NOTE Confidence: 0.84638876

01:14:54.420 --> 01:14:56.188 this whole thing has been so again,
NOTE Confidence: 0.84638876

01:14:56.190 --> 01:14:56.973 really deeply appreciative
NOTE Confidence: 0.84638876

01:14:56.973 --> 01:14:58.278 to you for your time.
NOTE Confidence: 0.84638876

01:14:58.280 --> 01:15:00.142 I guess I would encourage us also

NOTE Confidence: 0.84638876

01:15:00.142 --> 01:15:01.949 as a community not to rush away.

NOTE Confidence: 0.84638876

01:15:01.950 --> 01:15:02.826 From this moment.

NOTE Confidence: 0.84638876

01:15:02.826 --> 01:15:04.286 I know it's something we've

NOTE Confidence: 0.84638876

01:15:04.286 --> 01:15:05.878 talked about a lot in this year,

NOTE Confidence: 0.84638876

01:15:05.880 --> 01:15:07.968 but to really let some of the comments

NOTE Confidence: 0.84638876

01:15:07.968 --> 01:15:10.070 that have come up really sit with you.

NOTE Confidence: 0.84638876

01:15:10.070 --> 01:15:11.780 So this isn't something that just.

NOTE Confidence: 0.84638876

01:15:11.780 --> 01:15:14.390 Just becomes like a momentary.

NOTE Confidence: 0.84638876

01:15:14.390 --> 01:15:14.654 Conversation,

NOTE Confidence: 0.84638876

01:15:14.654 --> 01:15:16.238 but something that can really affect

NOTE Confidence: 0.84638876

01:15:16.238 --> 01:15:17.969 you and help you think about these

NOTE Confidence: 0.84638876

01:15:17.969 --> 01:15:19.301 things on a much broader scale.

NOTE Confidence: 0.84638876

01:15:19.310 --> 01:15:19.736 I mean,

NOTE Confidence: 0.84638876

01:15:19.736 --> 01:15:21.014 there's so much that we've gone

NOTE Confidence: 0.84638876

01:15:21.014 --> 01:15:22.343 through so much that's been

NOTE Confidence: 0.84638876

01:15:22.343 --> 01:15:23.487 poignant and really important,
NOTE Confidence: 0.84638876

01:15:23.490 --> 01:15:25.704 and I think you know, it's like Ray said,
NOTE Confidence: 0.84638876

01:15:25.704 --> 01:15:26.934 being in the people business.
NOTE Confidence: 0.84638876

01:15:26.940 --> 01:15:28.697 I would extend that even to the
NOTE Confidence: 0.84638876

01:15:28.697 --> 01:15:29.889 researchers among us as well.
NOTE Confidence: 0.84638876

01:15:29.890 --> 01:15:31.456 Even as we're thinking about different
NOTE Confidence: 0.84638876

01:15:31.456 --> 01:15:33.089 aspects of what happens in the brain,
NOTE Confidence: 0.84638876

01:15:33.090 --> 01:15:34.320 really thinking about oftentimes how
NOTE Confidence: 0.84638876

01:15:34.320 --> 01:15:35.550 that can influence people's lives.
NOTE Confidence: 0.84638876

01:15:35.550 --> 01:15:35.984 And so,
NOTE Confidence: 0.84638876

01:15:35.984 --> 01:15:37.503 with all the topics that have come
NOTE Confidence: 0.84638876

01:15:37.503 --> 01:15:39.248 up today with all the anti racism
NOTE Confidence: 0.84638876

01:15:39.248 --> 01:15:40.960 efforts that we have in Department,
NOTE Confidence: 0.84638876

01:15:40.960 --> 01:15:42.400 I'd encourage you to really sit
NOTE Confidence: 0.84638876

01:15:42.400 --> 01:15:43.680 with some of these comments
NOTE Confidence: 0.84638876

01:15:43.680 --> 01:15:45.040 have come today and then.

NOTE Confidence: 0.84638876

01:15:45.040 --> 01:15:46.056 Really soak them in.

NOTE Confidence: 0.84638876

01:15:46.056 --> 01:15:47.580 Take time to reflect on it.

NOTE Confidence: 0.84638876

01:15:47.580 --> 01:15:49.604 Take time to talk to others as well.

NOTE Confidence: 0.84638876

01:15:49.610 --> 01:15:51.152 If there are questions that come

NOTE Confidence: 0.84638876

01:15:51.152 --> 01:15:52.728 up things that you are thinking

NOTE Confidence: 0.84638876

01:15:52.728 --> 01:15:54.457 about for the first time or you

NOTE Confidence: 0.84638876

01:15:54.457 --> 01:15:56.215 want to talk to people about more.

NOTE Confidence: 0.84638876

01:15:56.220 --> 01:15:57.485 I know Doctor Cindy Cousteau

NOTE Confidence: 0.84638876

01:15:57.485 --> 01:15:58.244 is always available.

NOTE Confidence: 0.84638876

01:15:58.250 --> 01:15:59.774 She wasn't able to make it

NOTE Confidence: 0.84638876

01:15:59.774 --> 01:16:00.790 today because of conflict,

NOTE Confidence: 0.84638876

01:16:00.790 --> 01:16:02.120 but his extended herself because

NOTE Confidence: 0.84638876

01:16:02.120 --> 01:16:03.840 that's part of the importance to that.

NOTE Confidence: 0.84638876

01:16:03.840 --> 01:16:05.376 If there are things that are

NOTE Confidence: 0.84638876

01:16:05.376 --> 01:16:06.630 new and that come up,

NOTE Confidence: 0.84638876

01:16:06.630 --> 01:16:08.790 there is a grace that we take the time
NOTE Confidence: 0.84638876

01:16:08.790 --> 01:16:10.964 to learn and to grow so that we can
NOTE Confidence: 0.84638876

01:16:10.964 --> 01:16:12.870 be even that much more effective in
NOTE Confidence: 0.84638876

01:16:12.870 --> 01:16:15.192 our work that we do in the communities.
NOTE Confidence: 0.84638876

01:16:15.192 --> 01:16:17.076 So deeply appreciative to the Department.
NOTE Confidence: 0.84638876

01:16:17.080 --> 01:16:18.880 All of our sponsors to Lecrae,
NOTE Confidence: 0.84638876

01:16:18.880 --> 01:16:21.562 for your time join us here in this unique,
NOTE Confidence: 0.84638876

01:16:21.570 --> 01:16:22.168 unique venture.
NOTE Confidence: 0.84638876

01:16:22.168 --> 01:16:24.560 I hope that you all were ratified by,
NOTE Confidence: 0.84638876

01:16:24.560 --> 01:16:26.354 enjoyed it and are able to
NOTE Confidence: 0.84638876

01:16:26.354 --> 01:16:27.550 continue to walk through.
NOTE Confidence: 0.84638876

01:16:27.550 --> 01:16:29.488 You know there are these really
NOTE Confidence: 0.84638876

01:16:29.488 --> 01:16:31.041 important topics as we kind
NOTE Confidence: 0.84638876

01:16:31.041 --> 01:16:32.751 of go forward from here.
NOTE Confidence: 0.84638876

01:16:32.751 --> 01:16:35.296 And thanks to everyone for being here.
NOTE Confidence: 0.84638876

01:16:35.300 --> 01:16:36.460 Deeply appreciative.

NOTE Confidence: 0.80278665

01:16:51.370 --> 01:16:54.940 Thank you Lecrae. That was great. Honored

NOTE Confidence: 0.4692679

01:16:54.940 --> 01:16:58.880 sincerely as a great hub.

NOTE Confidence: 0.4692679

01:16:58.880 --> 01:17:02.540 Do that all day. I enjoyed.

NOTE Confidence: 0.4692679

01:17:02.540 --> 01:17:04.266 Listen him talking and hearing

NOTE Confidence: 0.4692679

01:17:04.266 --> 01:17:05.989 perspectives is great, excellent and

NOTE Confidence: 0.8305953

01:17:05.990 --> 01:17:08.355 we will be sharing the

NOTE Confidence: 0.8305953

01:17:08.355 --> 01:17:10.720 recording to sorry Buddy knows.

NOTE Confidence: 0.8305953

01:17:10.720 --> 01:17:12.016 Just to thank you for all

NOTE Confidence: 0.8305953

01:17:12.016 --> 01:17:13.224 your are all your support

NOTE Confidence: 0.8305953

01:17:13.224 --> 01:17:14.689 being the backbone of this.

NOTE Confidence: 0.61062205

01:17:16.230 --> 01:17:18.018 Not a problem honored.

NOTE Confidence: 0.90041775

01:17:31.690 --> 01:17:33.904 I want to make sure you get a chance

NOTE Confidence: 0.90041775

01:17:33.904 --> 01:17:36.227 to see all of these comments in chat.

NOTE Confidence: 0.90041775

01:17:36.230 --> 01:17:37.826 Look right before I shut the

NOTE Confidence: 0.90041775

01:17:37.826 --> 01:17:40.110 grand rounds down. Will do.

NOTE Confidence: 0.8442286

01:17:47.350 --> 01:17:48.760 Now they're really coming in, that's great.

NOTE Confidence: 0.8288532

01:18:56.610 --> 01:18:58.506 Now I'm also getting emails.

NOTE Confidence: 0.8288532

01:18:58.506 --> 01:19:00.780 Probably people that couldn't do chat

NOTE Confidence: 0.8288532

01:19:00.842 --> 01:19:03.038 saying this was the best grand

NOTE Confidence: 0.8288532

01:19:03.038 --> 01:19:04.502 rounds they've ever attended.

NOTE Confidence: 0.8288532

01:19:04.510 --> 01:19:05.629 Wow, that's saying

NOTE Confidence: 0.8288532

01:19:05.630 --> 01:19:07.886 a lot. That's great to hear.

NOTE Confidence: 0.8532348

01:19:10.480 --> 01:19:11.668 That is phenomenal.