



A GODDESSHEART BOOK

RAISING RACE CONSCIOUSNESS

HEALING RACISM, SEXISM AND OTHER ISMS

SAMPLER

AUDRYE S. ARBE

RAISING RACE CONSCIOUSNESS

Healing Racism, Sexism and Other Isms

SAMPLER

Audrye S. Arbe



© Goddess Heart Book

Testimonials

RAISING RACE CONSCIOUSNESS, Healing Racism, Sexism and Other Isms

"Audrye is an amazing channeler, healer, artist, author, speaker and mentor. **RAISING RACE CONSCIOUSNESS** is a heartwarming work that offers literal and practical artful ways of living.

"The beautiful exercises included in the chapters of this book will bring all the concepts to life with hands-on actions and steps that you can apply as you go through the pages, which will transform any darkness into pure luminous light.

"This book is a tool to be used to heighten the vibration of our human race and our planet itself."

Angie Rainbow G

Regenerative Lifestylist

angie@permaculture-yogi.com

permacultureyogi@gmail.com

www.permaculture-yogi.com

954.701.7515

" 'Life is a buffet and most poor suckers are starving to death!'

"Ms. Arbe should have been the one to quote this as it surely embodies her spiritual outlook on life. Life is meant to be LIVED, not observed, and this book clearly reflects her attitude to vibrancy of life while being of spiritual service to our fellow beings.

"Her understanding of the metaphysical principles of nature itself is demonstrated in her efforts to bring about healing and wholeness to her many clients within her self-planted 'garden of life.'

"You will find healing, inspiration, humor, honesty and truth in the pages of **RAISING RACE CONSCIOUSNESS** and all her books."



Rev. Kevin Lee

Senior Minister, Spiritual Medium.
Metaphysical Chapel of South Florida

www.MetaphysicalChapel.com

Contents (of Full Book)

Acknowledgments	3
Testimonials	5
Foreword	15
Preface	18
Introduction	21
Contents	22
Chapter One: What Are We?	24
Chapter Two: What is Racism? What About the Other "isms"?	40
Chapter Three: Causes: How Do We See Ourselves?	58
Chapter Four: Effects of Racism and Other Isms: What's Happening in the U.S., the World	76
Chapter Five: Metaphysical and Spiritual Approach: Going Beyond the Physical	82
Chapter Six: Healings, Solutions, "Cures": What Is Being Done to Heal Racism and Other Isms	95
Chapter Seven: Action Steps for You. Me. Us.	113
Chapter Eight: What World Do You Choose to Live In? A New Planetary Consciousness and Frequency	133
Chapter Nine: What About You? Who Are You? Who Are You Now?	147
Chapter Ten: Life as an Expression of SOURCE and AWARENESS	165

Chapter Eleven: <i>Where Do We Go From Here?</i>	187
Afterward	191
Interviewees and Contributors	192
Ongoing Possibilities	194
Author Bio	195
Editor Bio	196
Cover Graphic Designer Bio	197
Index	198
Audrye OmArt: Art That Opens the Heart, <i>Interconnectedness</i>	209

Chapter 1

What Are We?

Age of Light, Awareness, Perception, Reality

We are in the New Millennium of Aquarius, entering the Age of Light. Re-creating our connection to the Infinite, the Sself and one another. Sself refers to the Soul Self, self as the personality self.

We ARE all connected in mystical and concrete ways. Now that people are discussing quantum theory, string theory, how we create our own reality, we are in a new world of consciously being aware of consciousness. Our reality is now in mega-shift. Aspects of the brain, long shut off to most people, are now opening to some. Our DNA is opening. Soon, we may hatch a biological Internet and/or the Internet may do this by it/him/her self.

The Prince of Peace was a man of strength, great passion, and infinite gentleness, able to create intimate connections with his and others' essences and the Oneness, initiating, teaching, learning, healing. The words about him exemplify his living a life in love and service to Spirit, Peace and Alignment. This takes great courage because the way of life this can engender frequently runs on an incredibly different track from the norm. How many people do this? His parables were multidimensional. Some people understood literally, while others got the deeper meaning and significance. This is still true today.

Are suffering, misery, self-sacrifice/torture the best gateways to a Higher Realm? If something feels horrible, take this as an early clue that something is askew. Our Internal Guidance System sends a signal when something is off. We simply have to open that connection to our Inner Self, ask and be aware.

EXERCISE 1: Open a Connection to Our Inner Self

Inhale deeply, calmly and easily into your deepest self. Exhale slowly, fully, gently. Inhale again from your root to your crown. Exhale from your heart. Again. Breathe Higher Love into your feet, hands and head; breathe out Personal and Higher Love from your heart/feeling center.

Look inside (y)ourself, get present, be here. What part of your inner self is being revealed? Is there love? Fear? Anger? Breathe. Breathe. Breathe. Slowly. Gently. Lovingly. Safely. Breathe.

Allow this experience to unfold involving all of your senses. If you discover anything less than love, ask what you discover what it represents for you, what you benefit from learning from it, why it's there. Take this in. Learn! Absorb this wisdom and initiation. Shift!

Then thank whatever this is. Release it by exhaling, letting it go in a bunting of Light and Love to the Realm of Light.

Merge with your new Wisdom obtained from interacting with what you found internally. Be this newness. Feel, imagine, be, do, share this new vibration!

Breathe in Peace, Possibility, Power, Abundance, Love. Be tickled!

Free Will Universe

We all have choices in all given moments. Make the choice to put all issues and concerns of your past in a golden sack marked RECYCLE, and send it to the Creator. Embrace the future you have always cherished. Open your arms, heart and soul for it. See yourself living this future with wonderful harmonious people in a world where we like and love ourselves, where we share our talents and abilities.

Create lovingly conscious children by asking such questions as, Is anyone better/worse than anyone else? By what criteria does one make the determination? Consider that all this is simply Story, subject to interpretation and Ego Games, as my Guides like to call it.

Good, Better, Best

Is a crocus better than an oak tree? Each is beautiful. Each is precious and wondrous in its own right. Is one crocus superior to another?

Chapter 3

Causes: How Do We See Ourselves?

Racist/Racial Preference Ads, TV Shows, Assumptions

So, who has suffered the most? Let us for a moment jump into some stock categories. Is it the darker-hued peoples? The lighter-hued? Americans? Russians? Middle-Easterners? Asians? The Protestants? The Catholics? The Jews? The Muslims? The Buddhists? The Hindus? First Peoples or Native Americans? The straights? The gays? The transgenders? Men? Women? Kids? Is a prize being given? If so, what is being won?

As an example, let's reprise that TV ad in an Asian country depicting the washing and lightening of a man that the woman doing laundry preferred.

We are all allowed our preferences. Some of us only like people who "look like us," while others of us like many different looks and even prefer people who "look different." However, to blatantly shove a man of one complexion to be washed lighter, as though he is dirty, and have him emerge as a person of a different race is blatant racism. Is this Asian country upset or jealous because there are many Asian women from many countries, including the U.S., who are marrying black men?

Why is there no ad pushing a white man into a washing machine, only to have him emerge with some more "color" as a new Asian man? What is this fear? What is this anger?

As has been shown throughout time, babies and toddlers, before being influenced by parents and outside sources, will happily play with kids of any background, so long as the kid is pleasant and friendly.

Scientific studies show babies will go to a person who is loving rather than to a person who is angry, unfair or negative. We are all innately wired to go to love. Neither religion nor spirituality have to teach this because it's natural. Love comes in all colors, sizes, shapes, nationalities, sexes. So, too, does prejudice, bigotry, racism, sexism, genderism, religionism, ageism.

Dehumanization or Is It Dehu-wo-manization?

Racism – sexism, genderism, religionism, ageism, classism -- dehumanizes the people involved, creates an "us" and "them" mentality, a "better" and "worse" scenario. We are better than this. There are more enlightened and loving energies that create more enhanced belief systems and lives. We are each in charge of who we are.

In the United States, most racism insofar as I can determine originated politically with the white race. Some white folks came uninvited into another people's territory. After a bit, most of these white people determined to manipulate and/or exterminate the inhabitants of the land, the "red race." To justify these aims, these white people talked ourselves into believing it was their Creator-given right to simply expand into territory because they felt they had need of the land. These specific white people used their various religious beliefs to confuse arrogance and racism with divine right.

First Peoples, usually called "Native Americans," had no desire to move from their ancestral homes. Thus, many battles were fought. With a deep kinship with the Earth to this day, these First Peoples still are a stand for the health of our planet, in the face of foolish policies to destroy the Earth. This "divine right" thinking of the settlers is a major egoistic error of various people and cultures throughout world history. It still exists.

Some of these white settlers allowed themselves to believe that the resident-citizens of what is now called the United States were heathens because the resident-citizens' spirituality differed from that of the Europeans. As spiritual as the First Peoples were and/or may have been, to many of the newcomers, the practices of the First Peoples were no good. Rather than discussing and sharing belief systems, what happened was a kind of forced indoctrination, manipulation, and lying on the part of the newcomers. This behavior still runs rampant amongst many people. Look at the world today. Some of it is called terrorism.

There was, and sometimes still is, the attempted extermination of the red folks by some in the American government. The First Nations retaliated against their home being invaded, exploited, contaminated, their people being disrespected, and raped. The invader-manipulator-dominator mentality still thrives in dis-eased people.

Chapter 6

Healings, Solutions, "Cures": What Is Being Done to Heal Racism and Other Isms

People and Actions Making a Difference

People are making a difference. We are living in a transitional racial-sexual-gender world. Initiatives from both former President Barack Obama and former First Lady Michelle Obama, to Jane Elliott, to Prof. Dr. Rhonda Magee and her ColorInsight, to Angel Kyodo Williams, to this book and workshops have empowered people of all complexions to get along inside ourselves and with one another. Much is being done to correct attitudinal dis-eases.

Also, yes, there are those who cater to the lowest aspects of human nature. We have a person in the Oval Office who yelled and bombasted his way into the hatred, fear, ignorance that can lie rampant in any of our covert attitudes, including the dis-eases of racism, sexism, genderism, ageism, xenophobia, and the like.

Prof Dr. Rhonda Magee, professor at the University of San Francisco, mindfulness teacher and global speaker, gave me verbal permission to use her material in this book. All references to Dr. Magee's work are used with permission.

Dr. Magee, who identifies as black, woman, instituted her ColorInsight program and mindfulness practices to demonstrate how these paradigms can support the healing of unconscious bias and racism.

How Mindfulness Can Shift Racial Bias

This article by [Rhonda Magee](#), May 14, 2015, is used in its entirety with her permission.

“When I was promoted to tenured full professor, the dean of my law school kindly had flowers sent to me at my home in Pacific Heights, an overpriced San Francisco neighborhood almost devoid of black residents. I opened the door to find a tall, young, African-American deliveryman who announced, ‘Delivery for Professor Magee.’ I, a petite black woman, dressed for a simple Saturday spent in my own home, reached for the flowers saying, ‘I am Professor Magee.’

“The deliveryman looked down at the order and back up at me. Apparently shaken from the hidden ground of his preconceptions, he looked at me again. Incredulous, he asked, ‘Are you *sure*?’

“Let me be clear. I’ll never know what exactly it was that caused the deliveryman to conclude, on seeing me, that I must not actually be the person to whom the flowers were to be delivered. I am not privy to what was going on inside his head. But it seems inescapable that his confusion had something to do with features of my social identity that had, for him, been coded instantly, if not unconsciously, as inconsistent with the identity of ‘professor’ and ‘resident’ of a home in an upscale neighborhood.

“We are each reminded almost daily of the way that race intersects with judgment in our daily lives, leading to bad decisions and over-reactions—which in the context of criminal justice can have deadly consequences. As the story of my encounter with the black deliveryman indicates, none of us is immune: Black people may be as conditioned as anyone else by stereotypes and unconscious expectations.

“Is there a solution? Research shows that [mindfulness](#) practices help us focus, give us greater control over our emotions, and increase our capacity to think clearly and act with purpose. Might mindfulness assist police and other public servants in minimizing the mistaken judgments that lead to such harms? Might they help the rest of us—professors and deliverymen alike—minimize our biases as well?

“In a word, yes. The good news is that mindfulness and related practices do assist in increasing focus and raising awareness, and have been shown to assist in minimizing bias. While the research is ongoing, studies are beginning to show that mindfulness meditation and compassion practices serve as potent aids in the work of decreasing bias.

“When we consider these new findings along with some of the already proven benefits of mindfulness, and combine them with teachings about contemporary forms of racism, the outlines of an effective set of new mindfulness-based interventions—for police, doctors, educators, and the full range of others—have already begun to emerge. I call these *Mindfulness-Based ColorInsight Practices*.”

“Introducing ‘ColorInsight’

Chapter 10

Life as an Expression of SOURCE and AWARENESS

Seminars/ Playshops

We are here to raise consciousness. One way to know whether we have accomplished this is to know where we are now and where we are at the completion of this book.

Today, we are creating reality. This is not something taken out of time-space-place as a curiosity -- though it can be -- and then tucked back into "real" reality. Here is an opportunity to release fallacy and self-imposed illusion plus to embrace deeper levels of experience and evolution. It's up to each of us.

Remember, the point of power is in the ever-present NOW. Now! This moment. If any of us has held limiting belief systems, limiting thoughts, limiting feelings about ourselves, any other individual, any group and/or any culture in any way connected with the concept or idea of race, sex, gender, religion, nationality, ethnicity, class, culture, for there to be excellent mental health, these beliefs, thoughts, feelings have to be acknowledged. Because these ideas may be limiting, these aspects can and do limit us as individuals and as a group, creating a limited life, society, country, world. Let's allow ourselves to go into deep aspects of our consciousness. This includes the garbage pit that most of us detest. Then we get to dig out the muck. Consider it a spiritual intestinal flush. We get to be free!!! We shall feel great afterwards.

Forgiveness Exercise

1. Write whatever you are ashamed of or detest about yourself, especially because of your race(s), sex, gender, religion, nationality, age, if such exist.

2. Write everything you may detest about others of your race(s), sex, gender, religion, nationality, age, in general.

3. Write whatever you may detest or judge about what you consider to be other races, sexes, genders, religions, nationalities, ages.

4. Write out everything you may have always judged wrong with the world, especially as regards anything having to do with race, sex, gender, religion, nationality, age.

- Be full and complete with all of this.
- This is private. No one else is going to look at this. This is for you so you can be completely released, transformed, transmuted, released, free!!!

- Be willing to forgive/free yourself and be forgiven and free. When we lift up, be open to what happens, know that it is your free will and volition that created the shift and change, and ask that whatever occurs in your life be for your highest good, the highest good of all concerned, the highest good of all Creation, with free will and free choice for all concerned. Cooperate with the Divine internally and ever present.
- Get silent within yourself and ask your Inner Voice, the Voice of Spirit, what the deeper meaning of your actions, behavior, thoughts, attitudes of Question One is. Now, begin opening up and allowing your self-forgiveness and self-freedom for what you did, said, felt, and thought. Ask internally and of Source what you learned and why this occurred. What spiritual initiation were you participating with? Send love to yourself. Grow! Evolve! Send love to all of this.
- In this place of unconditional love, full acceptance of self on all levels, forgive and set free all of Creation in every way for whatever occurred. Be willing for everything to be fresh and new, without past or future. Everything exists in the everlasting moment of NOW. Breathe in the glory of love in the now. Exhale the glory of love in the everlasting now of being. Allow this love to fully surround you, be you, fill you up, enliven you. Allow your world to be one of open bright beings, the spirit of love, freshness, cleanliness, beingness. New born(e) in Light and Love.

10. How do you now experience yourself? Your world? Your life? Who are you now?

If we want to have a glorious, enthusiastically exuberant and abundant world, we create these kinds of internal and external experiences. Limitations can be released, redone, reworked, re-invented, replaced with the limitless-ness of Source, the universe, multi-verse, inner-verse, the true essence of every being on this Earth and wherever, until something better comes along. This means all of us. This means you.

Ongoing Possibilities

You are invited to continue your affiliation with the author, Audrye S. Arbe, via www.AudryeNow.com, her books, art, seminars, private sessions, speaking engagements.

Audrye is the author of **THE MOTHER'S MANUAL, A Spiritual and Practical Guide to Child Rearing and Motherhood**, plus its series of 20 books adapted from the original unabridged volume, all available in PDF plus the original on Kindle and Nook; **WHAT IF? YOU ARE AND LIFE IS MIRACULOUS!, ABC. Affirmation, Art Coloring Book**, printed on 100 percent post-consumer recycled paper; **VIM VIGOR VITALITY VEGAN!**, wellness, raw and cooked recipes, plus Kangen Water info. See AudryeNow.com

Audrye OmArt: Art That Opens the Heart starts with the drawing or painting of the symbol of OM. Then Audrye meditates, goes into her "zone," and the work begins. Audrye OmArt originated in black-and-white drawings that had Audrye look at them and ask: Who did this? Now the work is in brilliant colors, paintings up to 5' X 4' or larger. All of them shift the perceiver's energy to a higher level. All up-level the space.

A speaker who galvanizes crowds as she emanates healing transforming energy, Audrye is willing to come to you to inspire and teach you how to uplevel who you are. She is on an ongoing journey herself.

Find us on FB, other Social Media. Sign in at www.AudryeNow.com.

Achee, the nonprofit founded and headed by Audrye with Vice President **Shelah Marie Rhoulac** and Secretary-Treasurer **Carrin Harris**, welcomes your participation. Our Mission is to cause peace, sustainability and transformation globally. We hold seminars, dinners, galas, other events. Join us!!!! We invite your donations, participation, ideas. We are all available to you.

Call Audrye to lead seminars in and with your community, school, spiritual or religious organization, privately or in groups. Toll-free at **1.888.757.3223** or **917 336.6529**

We bless you as you shift your frequency on this gorgeous planet, Earth, our home. Wherever, whenever, however, any of us may have originated, we are localized here now. Let's make this a marvelous place that has us shine within and without. Now is the time.

RAISING RACE CONSCIOUSNESS IS DESIGNED TO FREE OUR SPECIES OF THE LIMITED BEHAVIOR OF THE VARIOUS "ISMS" THAT HAVE PLAGUED US FOR MILLENNIA, PLUS LEAD AND INSPIRE US TO BE THE MAGNIFICENT BEINGS WE ARE.



AUDRYE S. ARBE IS A COSMIC BEING, MYSTIC INTUITIVE, FREQUENCY SHIFTER, ENERGY ENHANCER. SHE IS AN ARTIST, AUTHOR, HEALER, CHANNEL, CLAIRVOYANT, METAPHYSICIAN, SPEAKER, SEMINAR LEADER, VEGETARIAN, MOSTLY RAW VEGAN, KANGEN WATER ENTHUSIAST, WELLNESS PRACTITIONER, MOM AND GRAMMIE. AUDRYE FOUNDED AND INSPIRES GODDESSHEART AND ACHEE, AND ABSOLUTELY ADORES DANCING TO DRUMS UNDER BOTH SUN AND MOON. SHE MAKES HER HOME IN SOUTH FLORIDA. VISIT HER AT AUDRYENOW.COM.

"AUDRYE'S UNDERSTANDING OF THE METAPHYSICAL PRINCIPLES OF NATURE ITSELF IS DEMONSTRATED IN HER EFFORTS TO BRING ABOUT HEALING AND WHOLENESS TO HER MANY CLIENTS WITHIN HER SELF-PLANTED 'GARDEN OF LIFE.' YOU WILL FIND HEALING, INSPIRATION, HUMOR, HONESTY AND TRUTH IN THE PAGES OF **RAISING RACE CONSCIOUSNESS** AND ALL HER BOOKS."

— REV. KEVIN LEE

WHY IS THIS A PDF? WHEN GODDESSHEART PRINTS BOOKS, WE PRINT ON 100 PERCENT POST-CONSUMER RECYCLED PAPER, TO BENEFIT PLANET AND PEOPLE. ACCORDING TO GREENPRESSINITIATIVE.ORG, ABOUT 30 MILLION TREES ARE USED TO MAKE BOOKS SOLD YEARLY IN THE U.S., MANY SOURCED FROM ENDANGERED FORESTS. USING 100% POST-CONSUMER RECYCLED PAPER SAVES TREES, FORESTS, PLANET, PEOPLE! TO PRINT PAGES OF THIS PDF BOOK, YOU CAN PURCHASE THIS KIND OF COPY PAPER AT SHOPLET.COM AND AN STAPLES.COM.

CONSCIOUSNESS / SPIRITUALITY
US \$7.17