

Conclusions and recommendations of the second session

Friday, 2 June 2023.

Thank you for this opportunity to speak.

My name is Dr S. Ama Wray. I am a researcher and an artist - working with Ancestral ways of knowing - that are grounded by Ubuntu. A person - is a person through and unto other persons. I translate implicit indigenous knowledge into concrete and actionable forms. We are embattled within a global order that continuously refines a pernicious psycho-social violence on people of African descent.

I thank madame chair and all the powerful members of the forum who are holding this space.

What I understand more viscerally than ever before - requires a collective exhale. Please take this moment to -release your belly, relax your jaw - this constant state of vigilance, over produces cortisol, increasing our blood pressure to harmful levels. Undo tension BREATHE. Bodies and minds are one undivided reality. Cartesian duality is another White toxin that distorts our capacity to see clearly.

As we listen, we cognate not only in our heads but also in our guts - where we have our "second brain". Our gut impacts certain diseases and also our mental health. The third brain is the heart, and its neurons send more messages to the brain than vice versa. Movement is the most fundamental feature of life - studied from a nano level to the cosmo. As we move - we think differently, co-create, and heal. See the drums at the front, they induce polycentric motion and revolutionary thought - one of our many spiritual technologies. There's a reason they were banned. Pharmacologists and psychiatrist Dr Dele Olajide confirms that movement and rhythm are incompatible with anxiety.

I have two RECOMMENDATIONS: 1) Interdisciplinary research teams should include those that harness knowledge beyond of the western canon. Epistemic violence is part of what we must address to expedite our way to higher and deeper reparatory ground. 2) These proceedings should include collective ways for us to recalibrate/relieve our bodies of stress, daily. This is because our empathic state needs to remain open and not calcify; we must protect ourselves in order to tolerate the intensity of bringing global events together.

Thank you and continuing exhale.