

2-23-23 Are you woke

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Hello, hello, welcome back. And thank you so much for joining us again, today is going to be interesting, I hope you've had a great day so far. You know, the, I'm fighting the urge to say a really bad joke. So I'm not going to do it. Okay. I'm just not going to do it. Because I don't want to make a mockery of the topic that we have today. Which is, are you woke? That's a good question, isn't it? I had this conversation with my mother in law not too long ago, in the last week or so. And it was interesting, you know, the question became, what is what? What does that mean? And we had some conversation around it, it was it was really, we have some different views me and her. But we both remained open to that the dialogue. And, you know, I walked away saying, you know, I really got to do this on my podcast, because if I just met one person who is wrestling with this, I guarantee there's 10 million people out there probably trying to figure out what this is about. So when this is done, if I do a great job, do me a favor, share it with your mother, your father, your grandpa, grandma, your aunt and your uncle, your brother and your sister, because here's the thing, if we don't understand what's happening, we sometimes by default, perpetuate cycles that are unhealthy. So we get a little bit of insight, sometimes we can be a little more intentional about our actions, our behaviors, our thoughts, our feelings, and what we're trying to accomplish in the world. And that's my hope today, which is like, that is a huge, huge obstacle to try to take on at one time. But we're gonna get after it, we're gonna see what we can do. And you're welcome to ask questions. Have conversation about this, and all of that kind of good stuff. Because what we're trying to do is improve perspective help people understand things better. So where does this terminology come from? I'm gonna, you know, I'm not a big history buff. It's not like not my thing, necessarily. Because I'm not great with dates and names and stuff like that. So take this, as you know, me, I did When did my research so this is not uninformed. But go do your research to don't don't count on me to get it 100%. Correct. But I'm going to try to give you a little bit of background. So some of the story that I've been reading, and I spent a fair amount of time trying to figure it out. He was somewhere back maybe even as early as the 20s, the 1920s. But definitely around the 40s, there was there was a lot of a documented conversation about what it means to be woke. At that time. It was intended if to mean racial injustice, it's really it was a very narrow meaning. It was about racial injustice. And you fast forward, you know, it kind of was in, in some of our culture off and on from the 40s to the 60s, but in the 60s, it seems to have picked up some momentum, and in the 70s, even more momentum, you know, but it changed what it

meant a little bit, right? Like a lot of things, we got to be really careful about how we define words how we define meaning, because it sort of morphed into this consciousness concept, this idea of understanding. And that was great, you know, like, you know, from what I read and what I learned, that seems to be a really good trajectory of like, Hey, come on, people wait Come up, wake up. There's problems here. Let's deal with them. So I was like, Okay, well, that's cool. You know, I fast forward. And you know, even around this is when what we know of it today starts to be more it morphs into what we see it as today, around the tooth 2016 2017. You know, there's conversation about it being in Saturday Night Live, and then, you know, there's the Black Lives Matter, got a hold of it, it really, it probably stemmed from Black Lives Matter, to be honest, but it's hard to tell it gets a little fuzzy as to where exactly it comes from there. But we do know that it was a big portion of the the BLM Movement. And it began to get tied to many, many things. It got tied to, you know, just the general concept of social injustice, it got tied to misappropriation, it got tied to, you know, dei and political correctness and all of these things. And so what does it mean, today, I'm gonna end up spending a little bit of time on that, because with a little bit of that history, we know where it sort of came from. It really came out of, you know, racial justice, the idea of creating a more socially appropriate interaction between blacks, whites, browns, and all of that kind of stuff. And, you know, in whether you're an illegal immigrant or illegal immigrant, like it's designed to sort of address some of those things, originally. But let me tell you what I've as I was breaking it down, I had to do again, some more research. And so I said, Okay, I'm going to find out what the Democrats think of it, I'm going to find out what the Republicans think of it. Because let's be real in our country, we right now have these polarizing viewpoints. That's what they are, whether you like it or not, when we look at our culture, in Democrats and Republicans, more or less or at wars, of of words, if nothing else. So I dug into it. And let me give you a little bit of a synopsis. This is going to be this is probably not gonna help you much, but I'm gonna give it to you. That way. You understand? What if you're a Democrat, where it's coming from, and if you're a Republican, where it's coming from the Democrats, they would look at this and say, it's about social justice. Therefore, it's about diversity, equity and inclusion, social emotional learning, acceptance, reputation, equity, environmental responsibility, wait a minute, you're probably going, how does it become all of those things? It does follow it. You can go do your own research, it becomes all of those things. And then I've even seen that it has sort of been lumped into this category of progressivism, and I'm like, Oh, my gosh, that opens up a whole nother Pandora's box. And of course, you know, me, I'm looking for perspective. So I dive right in, I dive in. And what do I see? Right behind the curtain? You see systemic brokenness, systemic racism, systemic, systemic, systemic, it's, it's about the systemic problems of gasoline, the systemic problems of environmental issues, the systemic problems. And so what, what it really gets tied to in many cases, whether you know, Democrats wants to admit it or not, is like things like critical race theory, because that takes that same sort of pathway. Okay, so I set that aside, and I go, okay, what are the Republicans saying about it? They're talking about it being misappropriation. They're talking about it being political correctness gone too far to be healthy. They're talking about canceled culture and destroying family and Marxism, communism, socialism. I'm going, how could it be all of those things? So I backed up with went to a ma high to look down at these two polarizing, polarizing perspectives. And I said, Alright, if it's both of those things, then what the heck is it? Actually, if I get, you know, a mile high, and I'm looking down from a distance, what is it that I'm seeing? Here's what I'm seeing. The term woke is all about confusion. Okay, so bear with me here. It was intended to mean clarity. But it has been morphed into confusion. Where can when we look at it politically, at least, where can we tie this in, so that we have this badge, you know, on one side, or you know, the identifier on the other side. And it got tied into confusion. Everything about being woke, is designed to confuse you. So I go back to that conversation I had with my mother in law, and I'm like, Yeah, I totally get why she was saying, what is it? Because it looks like smells like feels like 1020 35,000 different things. It's really become a tool for manipulation. Because when we can create confusion, and we can get people to believe the badge, believe the you know that this is something you need to put on your chest, you need to put it on your profile, you need to, because if you're not what, and then the other ones are saying, if if

you're woke, you're gonna go broke, like there's all these, these things being tied to it. It's designed to create confusion now, not originally, originally, like many things that we encounter in our culture, things can start off being intentionally good, intentionally helpful, clarifying.

And then they can be manipulated, turned around, so that you have no idea what you're talking about. So I came back to that and went, alright, so the question then is, is being woke a good thing. Because back in the, you know, the 20s, the 30s, the 40s, when this thing originated, being woke would mean, you're seeing a person, as a person, not as a white person, not as a black person, not as a brown person, you're seeing, you're not blind, you're not stupid. But you're seeing them. I think of it like the movie Avatar, if you have seen the movie Avatar, there's this scene in the first one, where he takes his hair, and he, he puts it into the I don't know what the thing is called. But anyway, he he attaches it to the animal, and and the moment that they connect, he gets this realization that I see you why because I'm part of you temporarily, like I cared enough about you to understand you, uniquely. That's amazing. That's good. But what it has become, is this concept of systemic racism. I mean, look, I hear, I'm not saying that there aren't systemic issues. But when we try to lump a whole bunch of things into one category, some of them just don't fit neatly. That's just a reality. I mean, things are complex, not simple. They're, they're difficult, not easy. And we're trying to make things in some cases a little bit too easy. The idea of of being woke, if it means if it turns out to mean, the idea of, you know, you can't have a unique perspective, then it's unhealthy. It's a problem, you should have a unique perspective, you were made uniquely to have a unique perspective. Right? The idea of social justice, as the is the Democrats would have suggested in a lot of the things that I read the social justice, like, when we talk about social justice, we can't, we can't ignore reality. Right? We use social justice now is oftentimes ignoring reality. Just like when the Republicans say it's Marxism and communism, can it lead down those paths? Maybe. But is it? No, not inherently. Now, if we're trying to predict the future, let's be real, not too many people are good at it. And so I would even argue that that needs to be tapered off to both sides, not just not just the Democrats or the Republicans, but let's be real. We need to understand enough about what it means historically, and enough about what it means today to sit down and have conversations about these subcategories, right you if you've been with me for very long, you know, I could break down each and every one of these things, but Because I have researched and researched and researched them, the idea of social justice, social justice in the eyes of the law is very different than social justice in the eyes of a therapist, as a therapist, I go with the Einstein version, the Einstein version is if you ask a fish to climb a tree, it'll spend its entire life feeling stupid, the Einstein version, I have to treat a fish like a fish, a monkey, like a monkey, a mole, like a mole, a bird, like a bird, a person, like a person, a male, like a male, a female, like a female. I know this gets really confusing, because we're being told that we have to treat them how they want to be treated. Okay, that's great. But there's lines that you can cross, like, for instance, when it comes to social justice, if somebody says, I really want you to crack me over the head with a baseball bat, until you can see my brains. I know, that's really graphic, and I apologize. If that's if that's hard for you. The answer to that is not just know it, heck, no, not doing it not ever going to do it. Why? Because I value you. And if you value yourself less than I value you. I mean, that's okay, that happens. I get it. You know, like, I would love love to see, to have my wife see herself through my eyes, because I in some ways, at least value her much more than she values herself. Now she doesn't have I mean, she has some confidence things like anybody, like I do, like you do. But she's not terribly, you know, not confident. But I look at her, and I see, priceless, amazing, wonderful. Like, I see somebody who's hot. Like, let's go, let's it's gonna be like, let's go on adventure. Let's let's take a trip. Just you and me. Like, I just want to be around her and spend time with her. I would love to treat her uniquely. Because she is. My guess is in her eyes. She sees me in a unique way also. And I I tried to see what it would look like from her view. But I it's hard. It's hard. But social justice is about that. It is not about equality. Equality is a legal term, should we be treated with equality in the eyes of

the law? Absolutely. Are we know? Is there some systemic things in place that should be adjusted so that it is more equal in a term in terms of the law? Yes. But social justice is not that social justice is I'm going to treat you uniquely. I'm not going to treat you like a white man. A black man, a brown man, I'm going to treat you as you are. So I can go down this list, I can talk about dei SEL, I could talk about misappropriations. Like there are times where political correctness becomes dangerous. Because we we fight so hard for political correctness that we lose track of reality, I'm going to propose to you that what we really ought to be doing is waking up to what is real, because when we go back to the origins, that's the design. That's the design of being woke. What is real? And unfortunately, in our current state, our current cultural views, we're actually getting further from that. We're not looking at reality. We are we are trying to affirm fantasy, with a fair amount of regularity. And that is the opposite of what woke was intended to me. So, are you woke? Should you be woke? Should everybody be woke? If it means clarity, understanding of truth and reality, then I would propose Yes. But if it means confusion, chaos, a tool to manipulate then I have to go with no. I know I left you here without a real clear answer. And part of the reason for With that, I just want to clarify this so you don't walk away confused. I want you to understand the nature of the issue. I'm not here to tell you what you have to do. That's not my point. I'm here to help you understand what actually is. A healthy perspective is one that's based in reality. So, as people try to redefine this, as people try to use it for demagoguery and shove it down your throat as an emotional manipulation tool, don't fall for it. Be above that. And then you're more in line with the original intent behind being welke. All right. That's what I got for you today. I hope that was helpful. Thanks for joining us. Please share this with as many people as you can. Let's get the word out what this means and what what the dilemma actually is that we are in. Have a great day. I'll see you next time.

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