

# Sunshine Michelle Final

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## SPEAKERS

Duncan Autrey, Sunshine Michelle Coleman



Sunshine Michelle Coleman 00:00

I believe authentic self expression requires several qualities, one of which is vulnerability. I believe we have to we're hearing something that could be perceived as sensitive or that we're putting ourselves out there or people may think a certain way about us that we find through faith and trust in this holy boldness, the courage to come forth and to ask, and certainly you may ask it a certain way or you may put it out there a certain way, or maybe you just need to just blurt it out. And my experience has been when you do that, not that you do it because of that, but it always for me, has opened the door for me.



Duncan Autrey 00:41

Hello there. My name is Duncan Autrey, and you are listening to Fractal Friends, the podcast where we explore our self similarity across our diversity. We all have a role to play in the hall and the purpose of the shows and a few people with interesting perspectives on the world and see what it is that we can learn from each other. And this episode, I talk with the Reverend Doctor Diva Sunshine Michelle Coleman. Okay, she doesn't officially have her PhD yet. But that does not get in the way of the fact that she has a lot to teach us. Sunshine. Michelle is a spiritual leader, a visionary, and academic and a poet, who's deep into her doctoral thesis about authentic self expression of black and brown women. her thesis inquiry is based on a sacred sister circle that she has been holding over the last year in Berkeley, California. In this conversation, which I'm calling an intersectional transformation, we talk about finding your authentic self, and the powerful rippling out of

healing that can be created when someone expresses themselves with authenticity. And we acknowledge that this can also bring clarity to the relationships that are not working for us anymore. We talk about the intersectionality of oppression and liberation, black feminist theory and spirituality, and how they all intersect with one another. This is a timely conversation, where we talk about navigating and calling in the profound transformation that the world is going through right now. And how that is reflected in our own personal transformation. We talk about forgiveness, holy boldness, oneness, the whispers of our ancestors and so much more. I love how this episode is both spiritually and divinely inspired, while also being grounded, practical and realistic. This is good medicine for those who are struggling with how to be in these times. Thank you for listening to Fractal Friends. If you like this show, please subscribe to the podcast wherever you're listening to it and please give it a review if you have a chance. Also come visit [Fractalfriends.us](https://fractalfriends.us) where you can get more information about Sunshine Michelle Coleman, and the things that we discuss in this episode. There is particularly a great wealth of resources about Patricia Hill, Collins, black feminist and intersectionality. Also check out the archive of that episodes which are now organized by category, I'm super excited to say that it is now possible for you to support Fractal Friends, you can make a donation through PayPal. Or you can become a patron of Fractal Friends through Patreon, where you can subscribe to make a contribution for each episode. You can find buttons to make contributions at [Fractal friends.us](https://fractalfriends.us). And one last thing before we get started, I'm professionally dedicated to helping the world improve its capacity to communicate across our differences. at my company Spoke & Wheel. We work with teams, companies, organizations and groups to help them transform their relationship with conflict with each other. If you know teams or groups that need support, to be able to be happily and effectively working together towards their life affirming purpose, please send them my way. We offer free initial calls at our website [Spokeandwheel.co](https://spokeandwheel.co) that's [Spokeandwheel.co](https://spokeandwheel.co). This episode of Fractal Friends was recorded in August of 2020. And now please enjoy this Conversation with Reverend Sunshine Michelle Coleman. Sunshine Michelle, I am so glad to be talking to you today on Fractal Friends. I really appreciate having you in my life has this wonderful intersection as like a colleague and a friend, an elder, and someone I just really respect a lot. And I look forward to this conversation. I just think that the perspective that you bring, and the perspective that you've been developing through your academic work is really important. And I think it's just super relevant for these times. And I appreciate the both the heart and the practice that you bring into your life. So I just wanted to start by just giving you a chance to introduce yourself and kind of say, you know, how you describe yourself in this world.



Sunshine Michelle Coleman 04:54

Sure, and thanks, Duncan appreciate your interest, your invitation to come on to your

Show, I'm really honored to be able to share with you as well. I am native Bay Area, born in Vallejo, California, raised in Berkeley, back in the day when Berkeley was still probably considered pretty radical, doing things on the front line. And I'm an only child, and have been here in the Bay Area, all my life except for about seven years when I was in Southern California. So basically, I've only been in California. And I choose to stay here. And I straddled two worlds, which are all worlds, you know, I believe in oneness. And by that I mean, I've worked in the corporate, business, nonprofit, even industries fields for years and years. while simultaneously for years and years I've been deeply immersed in the spiritual world and That's where I lead from, have found over the past block of years, the way to bring all of me and which leads with my spirituality into all sectors. So that's been really important introduction to my work of authentic self expression, which is my passion is how do I show up in mind, body and spirit, take any and everything that I do. And that's what I feel is the gift that we all bring, because we're here for a reason, or also wouldn't be here. And we all have our own unique signature that's unique just to us. And so we might as well just show up as fully as we can, whatever that is, at the moment, to live our purpose, even if we don't know what that is. That's kind of me in a nutshell. If you want me to say more or anything else I'm happy to.



Duncan Autrey 06:55

That's a great start. I just really want to lift up like this. This theme of Like authentic self expression. It's, you know, something that I think about a lot. And also personally like think about, I saw this talk recently called, like the art of being you or the art of being yourself. And this woman, she's specifically helps, she helps people like find their authentic self expression. And she says, like, the thing that is the same about all these people is that they're all totally different. Because each of us have our own signature, and figuring out what that signature is, and kind of trusting that and then sharing it. And so there's a big moves in life. I think they will see that as a theme in this conversation, because, you know, there's interesting leaving a lot of barriers to that self expression, or people, you know, we're both trusting that they have it, finding it, and then and then getting it out there. So I also know that this is part of your doctoral thesis work. And I wonder if you'd be willing to tell us a bit about the circle. You've been holding and where you have been like specifically working on exploring, inquiring about self expression.



Sunshine Michelle Coleman 08:08

Yeah, sure. And just listening to you, Duncan, what comes to my mind first before I get to my work is we're in such a capitalistic patriarchal society that's crumbling. I'm just knowing it's crumbling, and we're moving into something different. We have to do that in order for it to work for all of us. But being in that space, we're led to believe like we have

to, it has to look like something in particular. Like if we're not represented, like, even our family does that like it has to be this or it has to be that and if it's not, then it's this over here, which is less than and that's why I believe kind of thumbed up. People are reluctant to show like who they are and what they're thinking because they feel like they'll be judged to certain way you know, kids grow up. Unfortunately with peer pressure and even As adults, we have peer pressure. If we don't show up a certain way, then we're not accepted and we're rejected and all of that. And so I believe authentic self expression is the antithesis of that. And what my doctoral work is exploring is the empowerment of authentic self expression within black and brown women in particular, and the way it's framed is the US born women of African Latinx and or indigenous descent. And ironically enough, a couple years ago when I was narrowing my my theme so that I could you know, get into who, who I was going to explore this with and as I, because the way I see it, let me just let me just interject for a moment. I'll come back to that. The way I see it is that this worked for me in my heart, it started with me and my own work on my own self, and which was through trauma and it was through how They can pain and I felt like I was suppressed and not necessarily depressed. But I wasn't expressed, I noticed, mainly because of the way I was showing up in the world. And I thought that people would think of me. And then that became more of a curiosity like I would think something for, let's say, in a group were in a meeting, and not say that because I felt like it would be seen as odd or why are you asking that or provocative or whatever. But as I did my spiritual work, I kept exploring that within myself, and then I kept testing it out and doing those things that I was hearing, which I call faith, that I would just have faith and trust that it was okay and that, that I'm okay, and this is what I have to bring. And the more I did that, even though sometimes it was, it was hard because people didn't think of me a certain way or whatever, but I learned to not care about that. I had to learn to put myself first and put them second, third, fourth, or even not at all, in order to stand more fully in who I am. And so that's how the Curiosity was born within me. And the way I see it is not only within it with Well, let me say it differently The way I see it is, for people in particular have what I call social identity in the world called difference. But I think we're none of us are different. We're all unique. We're all different for that matter. It's not you know, so I try to stay away from that word difference. Maybe one was social uniqueness or that is in a non normative identity or intersectionality, like gender, race, physical ability, sexual orientation, you know, class economics, it goes on and on. So I believe my theories that were burgeoning applies to all those categories in particular, that's where my curiosity was. But as I began to narrow the field work, in what population would I look at? I reflected back on myself. Yeah, you're a woman of African descent born in this country. So that's how I narrowed on us born. And in particular, black and brown women. Certainly that's to the exclusion of other women. But I was in, in particular curious about that, because I fit into that group. And it was ironic because it was a couple years ago before. So, you know, social unrest for black and brown people have gone on for so long, but so much more. So now, as we know, it's heightened.

And when I narrowed this, this was before the social unrest that we're experiencing right now. Right, right. So as I look at this work right now, and look at the interesting experiences of black and brown women born in this country is a whole unique perspective than other groups. So that's how I got started with it.



Duncan Autrey 13:15

There's so many ways I want to go with this. One, I just want to just flag that in a conversation I had with a Shawnee branch and another podcast interview, he works with young boys. And he, you know, we talked about this idea of theme of like being cool and like needing to fit in, and how that totally spills over into adulthood. And we don't necessarily try to be cool, but we're doing something and maybe it's like being professional, or maybe it's been whatever, but just like that way that we're suppressing our own expression, because we don't think it's what other people want to want. It's just fascinating that this is something that we carry with us. What I also appreciate though, is like we're drilling into this like, you know, as you focus your academic inquiry into the experiences of black and brown Women and authentic self expression had the joy of like getting deep into black feminist scholarship, you know, as I've been preparing for this, and really understanding that there's an experience that's happening here that's like not just the experience of women and feminism that feminism is helping with, and not just the experience of black rights and racial justice, or that there's like, something that is both a combination of these things. And also something that's even more other, there's something even more, more significant there and unique. And that's also interesting, because each of us in our authentic self is some sort of intersection of things, which makes us each, in a way be our own intersectional unique, authentic self. In my research, like we ran into learning a lot about Patricia Hill Collins, she talks about this creating spaces like a self definition and just like this So one been able to just name their own reality. And that she talks about this idea of like, creating spaces for black women, or in this case, you know, for black and brown women were like self definition is like not crowded by other faces that are objectifying or defining it, to create the space for, because like, freedom to be like, if we're not having men here, and we're not having white folks here, we're not having our bosses here, like in this like specific space that you're creating in your work. I mean, it's, I imagine that you're like, part of what you're finding is the Ukrainian space for something to flower in these women that maybe wasn't going to happen out in the world when they're like trying to live in the systems that they're in. And I guess I'm curious, for whatever ways you're able to share what are some of the things that you see blossoming in this space that you're creating for, you know, black and brown women to be amongst black and brown women and again, conscious thank

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Sunshine Michelle Coleman 16:01

space. Thanks for the way you asked that because I was so caught up in the last response, I did not respond to the circles that you asked me about the work that I'm doing. The method that I use to for this exploration that I described, was through what I call the sacred sister circle. So they were nine of us, including myself, because I used a participant what is called a participatory action research practice, which takes the researcher from out there into in here, and so we co create the space together. And I've conducted and convened sister circles for many years on my own, not just for black and brown women, but for women in general. And so, when I when spirit whispered in my ear to use this as the method, I was really excited by that And so the nine of us participated in a sacred sister circle over a seven month period meeting once a month. So for seven times, and to your current question of, what am I seeing blossom. The beauty of this has been the research knowledge because I have it ingrained within my spirit. But to be able to research and find, like tangible evidence of the benefits of sacred circles, we hear these days about restorative justice circles and we hear, you know, the indigenous people have done circles like forever and ever, never, never, never, this is not new. And so, but to integrate it into a research practice is beautiful. I mean, I thought it was just magnificent that spirit to do that. And so what we're realizing is our roots, we're realizing more of who we are. We're realizing how we heal in group Planning community, were able to come together in sacred ritual, there was lots of ritual and ceremony and be able to support one another and learn from one another and to express ourselves and even to find like what that means. Because that's a self reflective type of practice to really only you can say who you are, right? And who you want to be. And the way I've heard the work is to really get to self reflective practice that I theorize has to come from a spiritual place doesn't not religious spiritual, some connection to a higher power that allows you to look within deeply to reconcile with what comes up because I surmise that this is not an easy work necessarily, if you're going to be honest with yourself that things come up. That if you're willing to work with that can be you can work through, and then you face off with yourself you express authentically with yourself first and then come into Express outwardly from that place of authenticity, and I believe that there's a vibrational healing resonance that happens that has been researched as well called morphic resonance. There's a variety of folks that have talked about that. But I hear it differently. It's a vibrational resonance. And I hear it in community that I believe as to people express authentically that in that place, and that could be difficult conversation that can be hard. And when you come to it that way, there's a healing that happens out in the world, it ripples out. And that's what we need. That's what we need everybody to bring his bring who you are, and we can learn from that, like an appreciation of what that is and who that is. And then I'll stop. And I want to say, though, that I actually created a theory in my work called the IBC factor, or the I don't care factor and it speaks to what I said earlier is learning how to to not care what others think of me. Now, that doesn't mean we don't care. Of course we care, putting

ourselves first so that we can stand in our power and other people can reconcile with that if they don't if they have an issue with it. So what we experienced in circle Duncan was just, you know, appreciation of one another of each other's wisdom, of support of slowing down of needing self care of coming to community, and revealing, you know, the things that that can be in the in between, that we can benefit from



Duncan Autrey 20:35

kind of wanting, like, dig into a little bit about this theme of like, ritual and just like even our intentional space and circle of like, just such a powerful ancient, you know, process and I hear you because one on their own can develop their own IDC factor. I'm gonna go over just be mean I don't really care how what other people think about it, but that's not always easy. So I noticed that also by creating this, like space, both intentional, like, you know, in a way, like safe container that's like, you know, are structured. And I guess the ritual contributes into this. And then also being amongst peers where there's at least some sort of common thread of even though we're all unique, like all these, all these women are unique, they're still having some sort of shared life experience that allows them to lower the baseline for what they care about is already an easier bar to clear. Does that make sense like that there's this idea that, like, it's like, wow, I don't really have to care what my husband thinks, because he doesn't know what the heck's going on here. I don't have to care what other people think. And so then you're allowing space for that healing in this container. And then of course, it's still going to ripple out because now it's changing their lives changing each other in that group. And then, you know, I get to benefit from it because I get to be in community with you, because like, the role of that container And ritual, I guess I'd be interested to hear some of your thoughts on that.



Sunshine Michelle Coleman 22:03

So there's a lot that's running through here. I think as people learn to stand in their own power, and to identify what they need, their what they want, then that could have maybe not, but could have an impact on how others perceive that person and how they receive that person and they interact with them. So let's say, I realized that I'm intimidated by talking to Suzy. And every time I get ready that you know, like, either she rubs me the wrong way or there's Thunder she doesn't get me or she's misinterpreting me or there's something but every time I go to say something about it, I get nervous and I don't. And I'm the one who suffers with that, because she may not even know it's me. That's having constantly anxiety, but to the degree that I can do the self reflection, and what I was saying earlier and get to the root of why am I nervous? What's intimidating? What is it that I need? And that I come to find out that, you know, I really need to have a conversation with her so that I can feel better understood, and so that our relationship

can at least a better night could be that Suzy might get the sense that you can't control what somebody else is going to do. And I think that's why people have a problem coming on the reel because they may be rejected, the that you know, people get defensive, it could be all sorts of things. But let's say that Susie has a space of openness for AI and I find the strength within myself and the courage to say what it is I need to say to her, then we can perhaps have a conversation, and to the degree that we can have that conversation, then it opens up that space. I may not care I And learn to not care what she thinks about me because it took so much courage for me to even stand up to say what it is that I need. And I can have strength and fortitude in that. And it can go beyond that. Because then even if Suzy does get defensive, she might go away, and then she might reflect on it herself. And then come back to the conversation is and apologize and say, Well, you know, I, I thought about what you said, and I can you tell me a little more, or whatever it is, and then we get somewhere. And then the relationship and the dynamic can shift, because I've now stood in to who it is and how I am and here's what I bring in this. And I've, I've impacted this person seeing me differently, and therefore she reacts to me differently or interfaces with me differently. That's nurturing for me and the relationship. And then she learns she gets something out of it to know it's that dynamic of the flower opening in But he could go the other direction. And perhaps that person, you know, this might be a hard pill to swallow, but maybe they didn't need to be in my life. Like if Suzy is going to be defensive and not hear what I have to say or not own, that I was offended by what she had to say. Then perhaps I need to shift my relationship with Suzy and that habit there.



Duncan Autrey 25:20

Right? Yeah. Have you got this nugget of wisdom the other couple months ago that really was a tricky one for me. And it was if everyone likes you, then you're not being yourself. If you're truly being yourself, then there's a bunch of people out there that probably aren't gonna like you brought much and I was like, Are you sure? Because I wanted to be my full self and have everyone like me and I noticed that there was like a crazy like, two sided delusion there they're like, either that means that I think that I am so amazing that like everyone's gonna like me, or somehow Yeah, or just like I made myself be too flexible, adaptable of like, who can be so appreciate that, that like that like that it can go both ways. But I would say on the whole, there's this sense that in these my experience is that when the more authentic that you are, people dig it, you know, even if they don't necessarily like what you're saying they can connect with that and I appreciate how like this like the way this fits into the ripple out so like you being more authentic, a cop Suzy be more authentic. And then Suzy is now more authentic with the people that she's with, which it makes me think about, just like the way that we ever get to make change or



transformation in this world is by just making a look way better than, like, whatever the status quo is, you know, and so, you can imagine someone's seen someone who has been moved by finding their own sense of self expression, that impacting other people and being like, I want to be more self Express.

 Sunshine Michelle Coleman 26:53

Yeah, they might not even be able to admit it to you, but if you employ the IDC factor and you know Like you deal with you, and come as real as you can, from your own perspective, every moment of the day, you never know how you're going to impact somebody else. Whether they're in your life or not, or maybe they go out of your life and they come back and they say, you know, I just have to say, You're one of my, my strongest teachers in my life, and you're like, Wow, I didn't know that. And they tell you why. It's because you're always real. I have told I've heard people say that, to me, is not necessarily You know, sometimes it's enough to unpopular point of view, that are a place to come from because and I find that I was always vocal in groups and I still am. And, you know, some people just and they, you get kind of put to the side or whatever. And then somebody in the hallway would say they wouldn't say it in the room. But they'd say it in the hallway, one on one. I really appreciate what you said is like, how come you say it back there? It's because they don't have the same courage perhaps that I had been looking within myself to clean



Duncan Autrey 28:04

you know, and it all makes a difference. There's something about about this in this idea about like, I didn't feel okay to do it in there. And as I go white man talking to a black woman, you know, like, like there's an edge here where like I get I noticed that I'm just go for it like, like, think

 Sunshine Michelle Coleman 28:20

about going for it yeah



Duncan Autrey 28:25

that like that there's an experience that that's valid of being like wow I didn't actually feel safe to speak up in the space and the dad experiences is real and and like that that might be it's like something that's learned from being living in systems and cultures of oppression and all these different ways. Like this has to do with like, part of the like, that unique experience of being in like an intersectional space. Right that what's the right

question here like? One of the things that I found to be really interesting, again, like, you know, Learning about like black feminist scholarship and theory and such. As black women sort of finally spoke up, they were saying like, hey, there's something that we're experiencing here that's not being touched on here. And, and academia was like, Oh, no, we already covered that we already did racism, we already dealt with sexism. And it's like, no, there's something more here. And there's something about being able to say like, this is actually our experience and like, our experiences relevant, you know, in this conversation. Like in this moment, and I one thing I also learned in this is that the Black Lives Matter movement was started by three queer women, black women, and like, it's very intentional, like a very intersectional approach that they're taking. And oftentimes, they're like, you know, fighting for, like white supremacy you know, patriarchal society, what are some messages that that the world needs to be hearing and then and is actually beginning to hear that maybe that hasn't felt safe to say, up until now.

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Sunshine Michelle Coleman 30:14

So you touched on a couple of things. One of the other things I forgot to bring in a bit, you've said several times and let me mention it here is that as my theoretical framework and my doctoral research and I, by the way I stay away for I try to stay away from the word research and researcher because it has usually meant for women and people of color are being studied or being experimented on, in in in being used in ways that are that are not cool. And so I use the word inquiry, which you've used already in and I am initiating inquire and I'm going to call a co Inquirer with the sister circle and we use I use as the critical theoretical framework, what I call women of colors feminism, that you're referring to black feminism that first, you know, came during the time of the errors of early feminism of Well, hey, wait a minute, where are we in this picture? And as black women started to rise up to bring in the intersectionality, of which you and I were talking about before the program, that there's other intersections that happen and that's why I think black feminism spread to also include sexual orientation and ableism and our physical ability and all the other ways where people are oppressed and marginalized. So that is my framework that I use, and it's not just black feminists, it's I call her mother and I'll do a GLORIA And I'll do I don't know if you know who she is who was a Chicana lesbian feminist and she's, you know, an idol. So there's others that are Speaking into this space in a lot of the indigenous scholars, you know, I just heard a talk by Sherry Mitchell. There's so many that are a part of this space as well. And it brings us into like, other ways of knowing it's nonlinear. That's what we need to know today. We need to know that there's other ways of thinking and actually, thank God for that. Or thank goddess thank who but the divine because our limited ways of thinking as humans are it has got us where we are right now. And we need to be thinking broader. And we there are other ways of knowing and the people of color have always tapped into the other round. And as a matter of fact, what

makes my work so unique is that I have experience with that I cite very specifically, the Archangel Michael, who talks about all the time, I think self expression and authenticity, and the imbalance of the masculine and the need for feminine energy in this world to help balance out and the need for diversity in what have you. And that was an unexpected, but welcome. Whole parallel source of data that came to me that I was drawn to and magnified. And it just shows that there's other ways of knowing I'm if, if I open myself up to spirit and say, Show me and use me, I'm being used, but you have to listen. I think that's something that we don't do as humans because we feel like we know it all. We're in control. We know what we think we know. We don't know anything. And when we open ourselves up and say, Show me and then the answer comes, then we need to listen and obey that and move in that direction. So that's why I am why I am where I am with this work. This is not my PhD at all. This is spirits, PhD that I am answering the call, I'm only doing what I'm hearing. And if we all did what we were hearing, and listen deeply, then we'd be in a whole nother place.



Duncan Autrey 34:13

And I was preparing for this interview yesterday and slipping into that liminal space of falling asleep and, you know, which is where all the magic comes through. I like I was thinking about intersectionality and spirituality and just like, the start to blur together in this way that just is like, we are the intersection of like mind, body and spirit, like the way we approach to the world gets to be like, practice and academics and spirituality. You know, become this like, intersection point. And, and it's like, as soon as we start asking this question, just like black feminism did is like, Look, once we start looking at these couple things, like Wait, what about queer and what about different bodies? And what about all these different perspectives? Like, okay, let's just take that the next level. Like, what about being at the intersection of a body in a spirit, you know, and and like, and like, let's bring that perspective and like, and then let's bring in our ancestors and let's bring in the future next generations and like, all these pieces start coming together and and it's like then we just realized that like what are these each kind of unique nodes of transformation that are happening at this like, you know, very special intersection and so I just really appreciate you know, how you how you connected that and how you are connecting these and how you're inspiring this kind of connection. And it's a part of the authentic self expression as well. And so, as I used to be interested in maybe that's a good question like, like, this sense of like, you know, you're finding your own voice, but you also are now a medium for the voice of spirit to be talking through you, uniquely through you. And we're talking about self expression We're also like I've even heard you talk about, like, you're speaking through your ancestors, your ancestors are speaking through you, this like self, but the self is like way bigger than just you. But yet, you know, I don't know, this is making sense.



Sunshine Michelle Coleman 36:14

Absolutely make sense. And this is the this is this is not new. This is where people come from when I say our people are indigenous people, black and brown people in particular, that's why I'm so fascinated to work with my own group, you know, it's a part and and I've always been one that's connected to the elders and and when they move to the other side, I pray to them, I always acknowledge my angels and my ancestors every day. And I thank them for being in front of me behind me on either side above and below that they guide me and they show me and that they, you know that they leave me and they whisper to me, and to listen to that. That's where that comes from. It's not linear. That's why I say it's, it's it's much broader than this linear perspective. And this is knew that so in the sacred sister circle we're taking format that is, is age old and current. And we're opening ourselves through ritual, through altars and through practices that are honoring and that are sacred. This is where we find what my grandma do. I called her my grandmother, my maternal grandmother. I was interviewing her once and she not interviewing, I was talking to her and she said, she told me about the term holy boldness. She didn't call it a term. She just said it. And I appropriated it totally.



Duncan Autrey 37:40

Holy bully me



Sunshine Michelle Coleman 37:41

holy, bold, yes. And she, in her mind, it was being holy bolding God, that all things can be done in God, there's nothing that can't be and that's one of my favorite terms. And that's the way I'm able to be my true authentic self by being wholly bold. And one of the ways I meant to say earlier Especially when you said you were kind of struggling with, like what to say and how to ask it and wondering if there was a fear as a white man asking this black woman this question. I believe authentic self expression requires several qualities, one of which is vulnerability. I believe we have to, we're hearing something that could be perceived as sensitive or that we're putting ourselves out there or people may think a certain way about us that we find through faith and trust in this holy boldness, the courage to come forth and to ask it, and certainly you may ask it a certain way or you may put it out there a certain way or maybe you just need to just blurt it out. And my experience has been when you do that, it opens the not that you do it because of that, but it always for me has opened the door for other people. Like I was in a group the other day you and I were in a group, and I just started sobbing. And but the facilitator didn't know or wasn't thinking like that, and I asked said, Can we just hold on for a second? I just need a moment. But I did that in group and I was on zoom, I could have taken myself on

video, they had done mute. I didn't do that because I was in community and I'm taking a risk and I'm being my full self. And what it did was open the pathway for others to express the same about grief. We're living in such a time. And when I show up fully with what I'm hearing, then I can bring my full self to the table and so can everybody else. So trust and faith and openness and willingness we can choose to be unhappy Duncan all we want, we don't have to change. That's the thing. We can be miserable all we want. But if you choose to live a life that is on the divine path and that is enlightened and that we are answering the call or what have you, then we'll be doing things differently. And that's what This work is all about not easy work. Absolutely not. So worthwhile, though.



Duncan Autrey 40:05

Yeah, well, thank you for that. And I just want to publicly really thank you for that, like that moment is this, you know, this moment of us just, you know, like reflecting on just how we're all isolated and bleeding, like grabbing this connection through computer screens and, and like your tears there were so powerful and it moved me like I found myself sobbing, like, actually letting myself feel just how scary and insane this moment is, which was something that it just my day to day, I've just been rolling with it and just like whatever and, you know, so you're letting that that move through. You gave it space for it to move through me.



40:45

And let me just say that the only reason the main reason I was able to do that is that I'm in touch with this authentic self that I'm telling you about it. I've nurtured it. And I've honed it for so many years, that it's just right there at the ready. I didn't have time to think about oh my god, what are people going to say? I even made a joke. I said, I put makeup on today once I collected myself, I you know, I kind of came back in with a sense of humor. I could have been the diva that I am said, Oh my gosh, let me go on video. I'm all emotional animal wet rag. I didn't I didn't it wasn't that it because I was feeling so grounded with my community and with who the hard part Duncan is sometimes we're at the table where we don't feel welcome. You mentioned earlier where sometimes we don't feel safe. Yeah. And those are times that we need to take into consideration cautiously but even then, it's not safe for you to speak to what's real for you in the moment. Maybe you allow yourself to get to a safe space and then address it. Yeah, but that's where the authenticity comes in is like wherever you are, and whenever it makes most sense. You come with that. And that's why that means the me to movement grew so much. People didn't come up with it. Didn't they didn't let it come up early on. But then when one person found that courage to speak it forward, then other people found that courage to.



Duncan Autrey 42:10

Yeah. I appreciate the intersection you know of this both like cultivating that personal power and like I can be more courageous to express myself in more spaces. And when you're in the right container, that container you know, that container can hold you and there's like this little bit of like this both/and there. Hi Fractal Friends. Sorry for the interruption. I'll keep this one quick. So are you part of a team or a group or an organization? I bet that you are. Actually I bet that you're part of a few of them. Whatever your purpose is, I know that for you to be successful, you need to be able to count on the web of relationships that hold you together as you work toward your mission. It's hard sometimes to find a balance between being effective and acting decisively and getting things done on one hand, but also cultivating a safe caring, joyful and collaborative environment, on the other. It is vitally important, that your group both strikes and sustains that balance between people and purpose. So how's your team doing? Are you getting along. How are you adapting to the changing context that we're all in? Is your team struggling to work together to achieve its life affirming purpose? If so, I would love to talk to you. In my company Spoke & Wheel. We call ourselves the workplace relationship experts. And we believe a great relationships are what drive great organizations. Whether you're part of a big company or a small startup, or something in between, we've got you covered. Or maybe you're part of a group or organization that's working for political and social change. We've got that covered too, through our partnership with Mediators Beyond Borders International. And as a bonus, we are designed to work with remote teams in 100% virtual environment. So wherever you are, whatever you're doing, if you are ready to transform your relationships and Get your crew to be happily moving in the same direction again, we're here for you. Come on over to [spokeandwheel.co](https://spokeandwheel.co) and schedule a free call with us, Again that is Spoke and wheel dot CO. Now back to the show. It's like the combination of, of the brave space and the safe space. Well, a moment ago you are like mentioning about, we're talking about like the voice is coming through and we have ancestors. And I know that like something that's been coming through for you lately has been poetry, which is a new experience for you. Maybe I don't think you even still Yeah, consider yourself a poet. But the ancestors are being poets coming through you. And I know that you have something here that you might be able to share. I was wondering if you'd be willing to do that and tell us kind of what that experience was a bit coming through.



44:49

Yeah, thank you for that opportunity. And I want to correct something that I thought I heard you say back to me like when I mentioned the Archangel Michael. He has not been speaking through me but through someone that is a part of a team that I'm in that you

know, so I have had conversations with him, but he's not coming through me. But nonetheless, it's a magnetic attraction because he has had things to say to me directly, like Sunshine Michelle, I need you to do this. Mm hmm. So anyway, I just wanted to clarify that appreciate that I was given in this is goes into deep listening. Like I've had several, what turned out to be poems recently, drop, download, I get these divine downloads, because I'm listening. And then if you have to take it a step further and jot it down, if you're if you're anything like me, you'll forget. And so I was given the opportunity at this diversity forum, to they were having this poetry slam, it was virtual. They put us into these groups and said, okay, we want you to get creative. Here's a poetry template in 10 minutes, come up with your own poem, and then share it amongst Your breakout group. And instead of using the template, I just breathed in and just listen to what spirit was saying to me. And this is what came up. And it turned out I think to be a bit of poetry, called I am a whisper from my ancestors hearts. I am a whisper from my ancestors hearts, the sweet song of pride, love and harmony. My grandmother was seated in my soul, her notion to be holy, both to be courageous, introspective, and have a deep trusting God, to be the best me that I can be always. I am a whisper from my ancestors hearts, to listen deeply to God's signature of me that unique impression that allows for total authentic expression from deep within my soul's calling. I am a whisper from my ancestors hearts filled with compassion and drive to reach and expand, to touch and lift to try A gift to receive God's full bounty to know the knower within, that fills me up to the brim, and overflowing. I am a whisper from my ancestors hearts, to live my life full out so that I may become an inspiring ancestor of the next generation to lift them to higher heights and greater horizons. Despite the trials and tribulations of our people, we are resilient and thrive. Regardless of the shackles disparities in justices and such. I am a whisper from my ancestors hearts. I am the me that is we that is us as community, our greatest multiplicity as oneness.



Duncan Autrey 47:45

Thank you.



Sunshine Michelle Coleman 47:46

Yeah, thank you.



Duncan Autrey 47:49

Thanks for doing the deep listening. Yeah, I'm no one else to like, explore a little bit about this idea. You've mentioned in college times of oneness, you know, it comes up in this

poem. And so help us unpack this like, oneness, but then unique authentic self expression, you know. So like, I'm my unique self. And we're part of this oneness. This kind of been a joke in the last couple episodes about how even talking about this topic is almost impossible to do with language because you can see both sentences at the same time. So we're both one and we're individuals is I'm curious what your experiences with that?



Sunshine Michelle Coleman 48:28

Well, I'll start with what's coming up and I didn't say in my introduction of qualified in a moment, oneness is not sameness. That there is multiplicity, in diversity in oneness. That that's why each, we would say each, each blade of grass, each grain of sand, each leaf on a tree is different. That even twins, identical twins are different. But we're from the same substance. I kind of see it as an ad. It was interesting. To read in one of my pieces of literature, as I'm doing my writing, where she said the same thing is like, you've got to be kidding. I mean, I thought that was an original thing. And we come from that same one mind. What I've always had for a long, long time, at least is that I'm divinely connected. It's like the divine umbilical cord. Like each one of us is tethered to the divine. And we are nurtured and fed from that place of oneness yet we're each individual. And it was Sherry Mitchell That said, the umbilical cord, she didn't quite see it like that. It was like cut it out. Anyway, what I was going to clarify is that I'm a an ordained, New Thought minister, and I've been in the new thought movement for decades, and even within a spiritual movement that honors multiple in various religious and spiritual philosophies. There's been some debate around this idea of oneness, and it being sameness. And so from a racial disparity perspective, even in the movement, there's been challenged of people, white people in particular, who feel like, can't we just all get along? And, you know, it's like, we're all the same. We're apart from this. That's bypassing, there's a term for that. That's called spiritual bypass, that's ignoring what's real. We're not all the same, but we're from the same oneness, but it's like, or else we would I would be here and I would, I would look just like you, we would all be, you know, some of these. I love sci fi movies, we'd all be with the Borg, you know, look the same. You know, we'd all have the same colors, the same everything. Everything's the same, and that's not who we are. So that's it. I think they're very, it's very clear about people get it twisted. oneness is not sameness. But it's beauty because it's infinite possibility. In, in what is incorporated into oneness in the divine is I believe the divine is always creating. It's always co creating. It's limitless. So that oneness expands into infinity. It never stops.



Duncan Autrey 51:29

For me this touches on Yeah, some of them like most profound thing that we could possibly, you know, sit with. I recently had, like, the most like, mundane location, spiritual



experience as like an airport restaurant and I and, and, and it really struck me this this idea that like, Whoa, we are just like one universe. And then we have like, you know, diversity I did so many crazy different things, you know, just just insane amount of, you know, eating and I was thinking Norland steams restaurant, you know, and I was just thinking about man, what does it take for Cajun food to come into existence with French and you know, and just like this history and then just like, you know, the server given me food and just like to hold all of it, like just again, the chaotic diversity of existence, just the drive of life to just keep on going and going and just populating just changing and changing and, and at the same time first of all the one and it's like it's really tempting to want to simplify that. But it's not, you know, like we it's like, how can we hold just like this incredible abundance of life and existence and to all be of the same thing? You know, definitely all of us on this planet we all were a star ones you know, like we're all just and I also love that you can come to one s from like so many paths, right? Like, you know, like, you read the Bible You know, the word of this thing that God created, like go through science and you can find you know, just one universe that basically exploded and then you know, you can find it through any religion, you know, you can find this like path to oneness and some sort of understanding of how we're in this diversity and, and that's the most amazing thing. And as someone who



Sunshine Michelle Coleman 53:23

is like, you're the name of your program, Fractal Friends, you think of it I'm sure that had something to do with it. You know, when you think of a fractal, you think of quantum physics, when you think of being able to witness and realize something into manifestation, you know, and bring it from the invisible to the visible. This is all that. Yes.



Duncan Autrey 53:46

Yeah, exactly. Yeah. That's exactly why it's called fractalfriends.us. You know, like, we were just like, super infinitely complex yet, self-similar thing, like so. I mean, you and I have Extremely Driven Life paths and you know, and and life experiences and and, and yet there's a million things here that we can relate to each other about you know, and the premise of the whole episode is that you know, anyone who's going to be listening to this, whoever they are, is going to be able to find something from your life experiences. Oh, yeah, I see that. Yeah, yeah. This actually inspires me. So something I found when I was doing research about, again, the Patricia Hill Collins and just, she's amazing



Sunshine Michelle Coleman 54:33

that you did this research See that? That's how we're pressing? Hmm, exactly. Right. I love her.



Duncan Autrey 54:39

So her inspiration to get into intersectionality was from a quote by someone named June millison Jordan, who is a Caribbean- American poet, essayist and activist and goes like this: "Freedom is indivisible or it has nothing at all besides sloganeering and temporary short sighted and short lived advancement for a few, freedom is indivisible. And either we are working for freedom, or you are working for the sake of your self interests, and I am working for mine." This idea that like fighting social injustice is not just about any specific race or class or gender identity, or this is for a better society for one and the freedom for everyone. And there's something just like, what does it take for us to like, actually get into solidarity with like, everyone's freedom, and it's kind of born out of that, and especially because we're all just, again, that's like one thing that is super diverse. And then as soon as it's a minute ago, like, like, that's also like the source of conflict as well, like, you know, is that like, Okay, well, I want to be in relationship with you. We're interconnected. Okay, now we're different. You have a different view of things. Now we have that friction, that's gonna happen, and that's fine. That's just what we do, but doesn't have to be a bad experience. It just means that it's gonna be a little crunchy sometimes. And like, anyways, but this is like when we're fighting for anyone's liberation we're fighting for everyone's liberation.



Sunshine Michelle Coleman 56:09

Yeah, before the program you told me about I hadn't heard her say this but Patricia Hill Collins also said like simple solidarity and I think that's what you're talking about in it embraces that we're, you know, the the multiplicity, I believe, I mean, if I had to make it up, I need to read what it is that she said about it. But yeah, you know, there's and speaking of intersectionality, I had told you about where I know the term is in it's it's from several feminists have said it including Patricia Hill Collins, but in particular, Kimberly Crenshaw, who I really enjoyed reading some of her articles doing my research, and she had this concept of the basement, and it's almost contrasting themes of the basement where people, the more social identity and intersectionality you have the further in the basement you are there. My further away from the hatch of admittance, which is where in my case in my study is is where white women are. So I was so impressed and struck by that whole notion that I'm not an image maker. But I did a PowerPoint diagram of this basement the depiction of this basement where at the very bottom, if you think of stair steps, at the very bottom, it's the darkest that it can get. It's black, the stair, it is thin. And

let's say let's give an example of a poor black and brown mixed race disabled, lesbian, an educated women. Then the next step, as you go up, you take one of those away, it's a black and brown mixed race disabled lesbian, an educated woman. And as you go up the stairs, the stairs get lighter. Now we're into gray where it's black and brown mixed race disabled level. We have women, and you go up, it's a little lighter. It's black and brown mixed race lesbian women, and up a little further is lighter is black and brown mixed race women. And it's lighter, even going toward the hatch of admittance of mixed race women. And then you have the hash of admittance. And then you have white women. So you started at the basement, and you're trying to get out of the basement, and the more intersectionality that you have, that is put on us by society. It's not how we were born. That's through colonization and oppression. But the further down you are, the harder it is to get up to the top, and that there's something wrong with that picture. intersectionality should be great.



Duncan Autrey 58:45

Yeah. And I like to point out that it's like the more perspectives that we can get on any topic, like, the more precise we're going to be able to see right. So you know, like, I think that's about this. You think that about it. Okay, we have two of us now, we might totally disagree, because we're looking at it from two different sides, right? Well, we get like 100 people on here, you know, and eventually, the true is true thing would be, if we had all seven and a half billion people looking at the thing, we would then get as, you know, as close to human truth as we could. Right? Right. It's kind of crowded, but those who are living in this intersectional perspective, have this like, in a certain way, this extremely powerful understanding of what what is going on. Right. Yeah. And, and there's a certain level, I mean, almost with that ladder, it makes me think about, like, there's a certain level of just like, blindness to the system as you get higher up, or if you start higher up, right, and I don't have



Sunshine Michelle Coleman 59:41

That's our problem right now. That's a problem.



Duncan Autrey 59:43

right. I mean, as someone who has, like, you know, like, like, middle upper class like white man, US born able bodied cisgendered Man, I like started right there at the top of that door of access, and literally the door is just like open For me whenever I want, and oftentimes people are like pushing me through the door, you know, like your point you

Come on in, you know, like, it was a huge moment in my life, too, was a moment in my life where I was working on a Green Party senate campaign for Aaron Dixon, who was a Black Panther back in the day, and he and I were doing some campaign organizing and I was like, leading the volunteers because I was in the leadership position, you know, is happens. And this woman, African American woman, black woman, like was just like, called me out for just like, whatever. Like for me just like being just super entitled in front of everyone. And I was like, out my girlfriend at the time, who's Colombian was like, you know, a Duncan like I know that really hurt there, but you should listen to what she said. And because someone who like gave who loved me was able to say like, you better check your your, your privilege there, buddy. I sat with it and ended up getting involved with like, like a lot of anti racist work, and actually the Women Actually, we actually wanted a coffee and she like talked to me about what it felt like to have me be doing that and to hear about her experience. And you know, she took the time to sort of point me in the direction of where I could learn about my privilege. And what was crazy was in this moment of realizing that was the top of that ladder at the door access, and that when my whole life like, I wasn't sure, like, my whole life, I was just in charge of everything I ever did. And I was like, I just because I'm awesome, because I'm a great leader, right? And I was like, Maybe, maybe not. And like how much of this was just because I was just like, started at there at the top. And it was intense, because there was ended up becoming this journey of actually own self discovery that I had to like, do the work to do to be like, Who am I actually as Duncan, not like just what society was just handing to me. And I had to go and just like learn about like, what we're The steps that were below me that I just had. And in a way, I kind of turned myself off for a bit like there was like, I'm not sure if I deserve to be here. And then kind of like, in a way of like, you know, working myself back to like, let me see if I can just like find a way of like, to whatever degree and it's not static, it's dynamic, that changing thing, but I had to like learn each of those steps, you know, and like, find out like, who are my ancestors?

S

Sunshine Michelle Coleman 1:02:25

You had to learn, and you had to unlearn. And you know, I believe that there's, you know, if there's shaming that happens, there's guilt, blame, shame that can be loaded on to some of this stuff. And I believe at some point, it needs to be a level of forgiveness. There has to be some point where it's not excusing behavior. That doesn't mean you get to get away with behavior that is oppressive to somebody else. And there needs to be a point of reconciliation. I believe in order to move forward where you realize that I believe people do the best that they can live with. gut? How do we expect them to do more than that? Sure, you can try more. But it you know, you can start fresh and be willing and open to have your eyes open more to learn more whatever. But at the time, you know, you're giving what you have. And then you can clap for you can you can bounce from there. Mm

hmm. There has to be this reconciliation. That's what I mean. Yeah, You mirrored it exactly the way I said it earlier. And the way I see this work is that, you know, it's some point of self reflection that you take into inside yourself, where you come into this realization of whatever it is, in your case, this whole big thing, oh, my God, and then you have to like reconcile with that. And then be able to be clear on who you are and how you're going to show up and then express that way to yourself first, because you owe that to yourself, and then Express from that place out in the world. So then you're able to go apologize to somebody or you're able to say, I want to be inspired solidarity with you or show me or whatever it is, you know that our movement these days or if people are coming to a different or reckoning This is what's happening today?



Duncan Autrey 1:04:12

Yeah, yeah, I was like saved million times this like self forgiveness is the answer to almost every problem in the world. You have to start there, you know, like and there's something I've cried the tears of my trouble that my ancestors have caused. And there's something about being able to face it and then pick up from there. And because actually it was a dinner, Armando. Yeah, he was like a guest in the podcast in the back in the day. He's the one who actually called me I was like, Duncan, you been on your local pity party about being some sort of white man. It's like wasting time, like, you know, he was just like, yeah, like, get it together, buddy. Like we need you in the game here. Make the space you know, do what you need to do. And like when I have a chance, I'll lift someone up and by I'm also learning to be me. And trust in like when I, when I make mistakes, I can do the repairs.



Sunshine Michelle Coleman 1:05:06


Well, that's all you can do, you can only do the best that you can. But that's part of the challenge. Some people aren't doing what they can, you know, I have another theory in my work about I'm toying with how to frame it, it's, I think it's going to be bringing 100 theory. And that's for women of color is different than what kind of what we're talking about here. But to bring 100% of yourself, bring all of yourself that you can, even though you may only have 10% to bring, but if you bring 100% of the 10% you're bringing all that you have and all that you are then you know at some point when that increases to 100% you know, you strive to bring 100% but you know, not many of us can bring 100% of who we are to it for a variety of reasons. There's layers that we have.





Duncan Autrey 1:05:55


Yeah, I appreciate that. Like bring 100% of whatever percent you can bring, Cause I think


it's really good. Yeah,

 Sunshine Michelle Coleman 1:06:01  
you heard it here.

 Duncan Autrey 1:06:02  
Yeah.

 1:06:04  
Bring 100 Theory, Reverend Sunshine Michelle Coleman or Doctor .

 Duncan Autrey 1:06:09  
Dr. Dr. Reverend. So, there's this piece here about this rippling out. And just like, I appreciate that you were like, you know, like, that experience that I had is like an experience or like the kind of huge chunk of the country in the world is like going through this like reconciliation of like, oh, man, we've been doing what? And I appreciate how you pointed out that this is like a time of a deep transformation and is like, how would you articulate like what this transformation that moment that we're in, you know, what you're seeing as possible or hoping is possible.

 Sunshine Michelle Coleman 1:06:45  
I love that question. Duncan. I love it. And from a fractal perspective, a quantum perspective. Sherry Mitchell calls it quantum entanglement and my spiritual practice are called the quantum something else. Anyway, this is just all on my mind these days. I'm sad. I traded in my work. But here's how I think about it. I alluded to it earlier, I believe in infinite possibility. I believe that what people call miracles are ordinary, just ordinary actions. Miracles happen all the time. It's just that we choose to frame it as something that's extraordinary. So the way I see it, and the way I'm praying into it, I don't know what the healing looks like, or the transformation, but I know it needs to be quantum to heal. This deep seated stuff that has been going on, that has been uprooted our thrive community hosted a chi wynwood and I'm waiting to actually have a conversation with her tomorrow. Who is she? The air stopped when she said on that interview, and I quoted all the time, that's why I wanted to talk to her is the taproot This is her words, the taproot of patriarchy has just been uprooted from the ground. And when she said that she was almost like, Ah,

you know, and we were too on the Call in it's that and it's like it has been I have to believe that it's being uprooted I believe what she said was she caught in that as its uprooted, she was imploring us to take a look at our own roots because we've all lived in patriarchy, all of us no matter what role and is to examine those roots and make sure it's all up rooted, you know, roots can grow pretty deep, uproot all that stuff. And then let the soil rest before we plant anything else. We don't want that patriarchal root to still be in there and we're expecting roses and we get some other crap, right? But here's what I believe getting to that is that it can go poof, Wallah. Like poof, our pandemic, right. People are getting better. Scientists can explain the medical profession Kenny's the numbers are going down. People are going home. We're able to lift the shelter and we come with a new consciousness that people are governing. differently. People are being Kinder they're being wiser. They're reduce, reuse, recycle. The earth is healing because of it can be in an instant. That's the transformation that I see. I don't have to know what I always say is I know I need to know the wet I don't have to know the How do I know the what? I know the healing that I want to breathe into this is what I'm signed up for. This is my purpose. ancestors, angels greater beings divine show me what I need to do. That's my prayer from my altar every day. Show me what I need to help me to see help the claws to be removed from my eyes helped me to hear from clear vision, clear hearing, clear heart helped me to reconcile to atone helped me to do what I need to do help all of us to do that. And then it will be what it needs to be. That's how I see transformation .It can happen poof voila. Just like that.



Duncan Autrey 1:10:01

I another nugget of wisdom that I got recently is that like, yeah, about this idea like the transformation can happen instantly and that like, when we're thinking about intention This isn't like it's not something that's like out there that we're like oh, we'll get there someday but it's like, Can we recognize that like right here right now we have all the solutions to all of our problems right or our hands and as soon as we accept that, then we are building the new future right like it's like and and it's I mean, I get it appreciate getting like the fractal quantum like you know like aspect of this it's like with myself I am already the man that I want to be like, Can I just like I can just side side I'm gonna be that man. And I could start being that man right now. Right And same thing like we you know is humanity you know, like Americans idea, we want it to be like, the do it. There is like certain things so About this moment, with just like this, like both like the level of attention that is being put on, like the challenges in the world and just like just things are just laid bare. And also, we're just in this natural reset moment, you know, given the Coronavirus, and given that, like all the things, it's like, we could just wake up right now and we want to do that. I don't know, their friends say like, it's just sending about like finding your personal

expression and sending about finding our like a highest humanity expression. Like, you can make it as hard as you want to be. Right. Yeah, you want to make that hard. Go ahead. No, I'm



1:11:34

I tell you. It's all about choice. Yeah, exactly. You can be as miserable or as happy as you want. And here's another thing Duncan, it's controversial even for me, and I'm still working with it. And some of me doesn't know how to, but I know that I need to as a spiritual leader, and that is ultimate forgiveness. So how is it that I as a black woman whose ancestor ancestors in current day, like the KKK are hanging in full order in have have been doing this stuff always. How do I forgive that? How do I recognize that? You know, if I see you in oneness, then I've got to see them in oneness. How do I bring myself to that? I don't have the answer for it. But I know that I have to do it. This is something I think we have to kind of come to how do we embrace and love and many of us are trying to do that, that it's all about love. It doesn't mean that we forgive that behavior that you did over there. But we have to it's almost like I've mentioned sci fi earlier with Star Wars, you know, the Darth Vader character, but underneath there was a man. And you know, he did there was there's always that part of the force. It's like the opposite sides of the continuum. Yeah, be around one side. There's faith on the other. It's a matter of where you turn your attention. So in that movie, The tension was turned the force was used over in that direction and they became at a want to mystify darkness too, because there's darkness can be fertile and gray. You know, it has been, you know, kind of capitalized in different direction. But you know, that darkness went down the rabbit hole. But there was always those symbols of light. They can always hear, they were always tormented by the right side, the space of love, that tormented them. So it's a matter of choice.



Duncan Autrey 1:13:29

Something that's kind of coming together for me, right now. There was another woman who he spoke at Thrive once where she says, like, every day, I am praying to the little beautiful unicorn spirit inside of Donald Trump. I just loved it when she said that is like, and I was



Sunshine Michelle Coleman 1:13:46

That's what I'm talking about.





Duncan Autrey 1:13:47

Yeah. Like, Darth Vader has this little beautiful little human rainbow unicorn spirit. And and what I was thinking as we were talking is you're talking about this idea of ultimate forgiveness, like how do I forgive the person who's like, actively Fighting for white supremacy out there, you know, and, and all the history of just rape and oppression and just the destruction and I mean, for me it comes back to this piece about like, where it starts with self forgiveness, like there's something about just like we know that there's the rainbow unicorn spirit inside of, you know Darth Vader and can we recognize that nugget of oppression and, and anger, you know and wanting to take control and wanting to defend our power inside of ourselves and forgive that little, you know, and maybe it's small but like, Can we see the darkness in ourselves and say, I forgive that, you know, like, it seems like that's like a step here. And I use this quote all the time. Like, there's Alexander Solzhenitsyn, who wrote about the Gulag archipelago about, you know, Stalinist times and like massive concentration camps and he had this quote, like, wouldn't it be great if there are just evil people in the world at all? All we had to do was just separate them from the rest of society and all of our problems would be solved. But the truth is that the line between good and evil cuts through every one of our hearts. And no one wants to cut away a part of their own heart. And then I think that also it has to do with all that levels of like work and capacity, if you're not ready to go forgive the little unicorn spirit and you know, like, already, like, if someone's not ready to do that for someone, for whatever reason, that's okay, that maybe that's not on you to go out there and find the forgiveness, you know, like it's a quicker path for me. I know my family own slaves, I know that my forefathers participated in in you know, oppression of women. And I also know that if I go back far enough that there was a time where someone came into that to to my people. And, but, you know, so it's a it's a quicker path for me to find Like, I only have to go back a little bit to have to need to find the part of me that a couple years, like last week before I could find the part of me that's taking advantage of my privilege and you know, that I have, and are benefiting from racism, but then recognizing that, like, Can I forgive that dark seed inside of me? And then like, how does that then help me?



Sunshine Michelle Coleman 1:16:23

Well, I like what you're saying Duncan is because of, you know, to the degree that I'm healing it in myself, I recognize that I'm, that it's being healed within you. And I think it speaks to, it's the reconciliation that I talked about that self reflection when you can reconcile for yourself, then you can stand on your own in your own power and do what you know is right. If I see somebody in front of me in the store, drop a \$20. Bill, it's on me that if I go scoop it up and stick it in my pocket, nobody saw me or do I say excuse me, you drop this. There's no question for me. I know what I would do. And there's some

people who You know, and in do you allow that to happen? And can you forgive yourself when you later said, Oh my gosh, I took that \$20 bill, and I should have told you no, it's a matter of that forgiveness. And then it has a vibrational healing resonance. That's what I was talking about earlier, that to the degree that we can do that, and we're talking together, you and I were putting these things on the table about your ancestors who own slaves, and I'm telling you about my stuff. And we have this heart to heart and it's rippling out. I believe that this helps, to the degree that we help ourselves become more conscious and more aware. It helps my ancestors to, you know, for their whole space to be reconciled in to be healed. It helps set the pathway for the future generations. This is an indigenous wisdom of the seven generations that we're setting the stage for our future generations to be able to live in a world that does work for all and that does have something left because we were able to reconcile with it they can look back and say Say, oh my God look at the atrocities but then they can also say, look at the healing work that they did they did some transformational work for us.



Duncan Autrey 1:18:08

Yeah. Yeah, just like, very moved by the idea of like, can I live my life in such a way that again, seven generations out 1000 years out 10,000 years out, that people can look back and go Holy smokes while the world was getting increase he and 2020s what they used to call it back then, you know, and, and you know, and I've got all the rule got all globalized and all connected on the internet and the brink of economic catastrophe, environmental collapse in economic catastrophe. And, wow, they pull it off for us. like, Wow, that's amazing, you know, and can we live our life in the way that Yeah, just like the you and I can look back on our ancestors and be like, Wow, thank you for letting me be here.



Sunshine Michelle Coleman 1:18:54

Yeah, which I thank them for every day, every day, every morning in the shower. I am giving thanks that I have an inside toilet. Because some of my answers just didn't have that. And that I bless them for the pathway that they walk to help me to be where I am today. Yeah, and that I might make them proud that I am walking a pathway that they're helping to guide me on that I'm listening to that I'm moving forward.



Duncan Autrey 1:19:22

Totally. Sunshine Michelle, a question that I ask all the guests on the show is, you know, given your life experience, what are something that you might invite people to pay attention to, as they are trying to make a better life for themselves in the world?



Sunshine Michelle Coleman 1:19:38

I would say is to ask the questions and to listen. And it's not just asking another person to ask out into the ethers to ask whatever your divine connection is, and to listen, and to act on that one of my favorite favorite, I don't even know how long it's still it's been it's kind of like, more than an affirmation is kind of like A way of living now for me or it used to be an intention statement, but it is I hear and act upon my divine inner messages without hesitation. I hear and act upon my divine inner messages without hesitation. And if we are attuned to that, whatever that means for us, that's the atheist. That's the agnostic. That's the people who feel like they don't have any divine connection or whatever. They know, they didn't make themselves. They have their own theory about how they got here, or how the world exists to just to open up this space of connection to say, what is mine to do? What would you have me to do? What What is it mine to do? And to listen, and to do the spiritual practices to listen more deeply. We have to be attuned because it's so noisy, outside and some of us are not well practice, to be able to listen and to hear and then to follow that nudge when you hear it. I get I happen to get downloads when I sleep or I get these downloads like the poetry or whatever. And sometimes it's a little whisper, but I've attuned to myself in them. So well practice. Now when I get the whisper, I just do it. And you do it. You don't have to know why. Just do it. Because that's the listen. That's what we need today. for everybody to listen and to be honest, it's all about authentic self expression for me, Duncan, it's about being genuine, being honest, being true. And if we know your connection, then we're going to make the world a better place.



Duncan Autrey 1:21:41

Ask the question, listen, and do whatever it is that you do.



Sunshine Michelle Coleman 1:21:48

The hard part without hesitation is because you driving down the street, you drive the same way home every day, you hear a little voice that says turn right here. You say, Oh no, I'm not going to cuz this is the quicker way you hear you may hear it again at the next week now I'm going to go this way, and then you run into this big accident, and you're late for your appointment. And what's the first thing you say? I knew I should have followed that voice? Yeah, we don't know. We think we know that's part of our problem. We have thought we've known so much that we have got ourselves in horrible trouble.



Duncan Autrey 1:22:21

Yeah. What appreciate that example because like, because in our day to day and are just

like our squirrel and plus was just all the distractions in the world but and just especially when we also get into like routines or our tunnel vision. It's like, easy to like not listen to those voices, because we just can't even hear it and all the static that's going on. There are times when I like when I was traveling, you know, like where I'm like in a place. It's like a new city. Like no one I know that knows what I'm doing and I have no plan. Those are the times are like dial in to that voice because I'm like, not in my routine on all these places. He says, actually, you appreciate that. It's like there was huge part of how I was able to do my master's thesis. I went to go there's these mining conflicts happening. Argentina has like went out and I'm like, Where am I going to find the people who I need to talk to? And I just sat there and I was literally at a crossroads and do I go here? Do I go there and and go off as dirt road and like found this person and you know, like, ended up becoming this huge part of my work? Who's the head of listens to whispers we're back to the listening to the whispers again.



Sunshine Michelle Coleman 1:23:29

They didn't have it. Well, you there's always choice but you were forced into a state of surrender because you were in a place that you didn't know you'd have anything else to do. Exactly. Wait is that in this place? Where we think we know everything and where we're used to the hustle and bustle of life? And we're in pandemic Yeah, we're in a whole nother time right now.



Duncan Autrey 1:23:48

Right I mean, like right now I'm just like, you know, like in my like, I have my like, he rested my day planned, but like right now walking around my house with that idea of what I'm going to do for the next couple hours. What would it take for me to listen To the whisper that says, just take that book off the shelf and read it right now or you know, whatever it is,



1:24:06

or so and so comes in your mind, this is what I do. Somebody hits my mind, I will stop right then and call them I'm more than not they will say I was just thinking about you, I we've been on my mind or so. So it's happening or this is happening and I'm so dialed in, they say Wow, now they'll be like, I am not surprised, you know, knowing that I follow that voice voice will lead you to gold.



Duncan Autrey 1:24:35

Well really pay attention to that. That's what I like. Definitely the calling people it's a good one. If people want to find out more about you or you know, is there a way that they can find your your stuff?



1:24:48

Yeah, thanks for the question. And what I didn't mention is I have faith based nonprofit called authenticity journey of renewal. So I can be reached through [www authenticity journey.org](http://www.authenticityjourney.org) there's a contact page there. And that's the best way right now. But stay tuned because Reverend Doctor Diva as I'm known, has kept coming down the pike. So I should be able to be found if you want to find



Duncan Autrey 1:25:18

excellent. Just listen. And also say that like anyone's listening to this like, as usual, I've made a little whole resource page, you know, based on the things we talked about here today. So anything that people heard us talk about, if you want to learn more about it, you can also find it at [Fractal friends.us](http://Fractal friends.us). Wow, this has been so great.



Sunshine Michelle Coleman 1:25:39

Thank you for the invitation. It's been great.



Duncan Autrey 1:25:42

Thank you. Thank you again for listening to this episode of Fractal Friends with Sunshine Michelle Coleman. You can find more content links and resources about this episode, as well as other episodes at [Fractalfriends.us](http://Fractalfriends.us). And while you're there, sign up for the newsletter so you can get updates on New episodes and learn more about my work as the chief transformation officer at [spokeandwheel.co](http://spokeandwheel.co). please consider donating to Fractal Friends or subscribing to be a patron. You could find buttons for that on the website. You can find out more about Sunshine Michelle at [authenticityjourney.org](http://authenticityjourney.org) and you can learn more about me Duncan Autrey Autrey at [Duncanautrey.com](http://Duncanautrey.com). If you like this episode, please take a moment to share it with someone texted to a friend or post it on Facebook. Or you can send an email to a whole bunch of folks. I'm doing my part to amplify these voices now would love to have your support and spreading the word. As usual, I'll close this out with a song. The song is called " We Survived. And it's by Climbing Poetee. That's

spelt with two E's like a tree. This duo of amazing women Alexa and Naima are probably my favorite revolutionary transformational artists. If you don't know them yet, you need to check them out. And one way to do that is to check out the music video for this song. But you can find on the episode page at fractalfriends.us dot us or at climbingpoetree.com. That's P-O-E-T-R-E-E dot com. And the reason for choosing this song is about to come obvious. I'll say this though: Our ancestors are rooting for us. Expect miracles. We will survive? Our descendants are counting on us. It is our sacred duty. We must survive. We all have a role to play the whole. Thank you for listening to Fractal Friends.



1:27:37

The buyers of Selma and Nagasaki will survive Palestine. We survived Vietnam



1:27:47

and Mississippi.



1:27:50

around our star



1:27:54

bars we survived middle school and self inflicted scars. The mothers to our fathers. We survived slavery genocide came back from the dead and



1:28:25

the embargo the



1:28:28

police feeding



1:28:32

back fictions the droughts and the Jim Crow and gas chambers for warfare. Strange been

sprinkled across this terrain by



1:28:51

every inch of rock.



1:28:56

You're here



1:29:44

They have to



1:29:47

summon the strength of all those who came before us



1:31:11

Everything