

PARENTING DECOLONIZED PODCAST



PDP Ep #50

Yolanda Williams: Welcome to the Parenting Decolonized Podcast. I'm your host, Yolanda Williams, entrepreneur, conscious parenting coach, and a single mom to one amazing toddler. I'm on a mission to help shine the light on how colonization has impacted the black family structure. If you're a parent that wants to learn how to decolonize your parenting, you're in the right place. Let's do this.

Welcome back to the Parenting Decolonized Podcast. I'm your host, Yolanda Williams, and today is a solo podcast; I know, I don't do very many of these, and I'm going to start doing more of them, but I wanted to come on by myself and just discuss the most recent happenings of Parenting Decolonized and just talk to y'all and, hopefully at the end of this, be able to encourage you to seek rest and just pause and be more present in your day-to-day. You know, last week was supposed to be the third Annual Parenting Decolonized Conference. Most of y'all received an e-mail where I stated that I decided to postpone that conference from May 20th to 22nd to September 23rd to 25th. The reason why I did that was because I was feeling a lot of anxiety. I was feeling like my mental health was suffering as I was trying to market and put everything together for this conference, and if y'all didn't know this, I wanted to be really clear that Parenting Decolonized is run by one person, Yolanda Williams, me, I am a solopreneur. I did have an assistant; I no longer have an assistant and even though I take on, my girl, Danielle, is someone that helps me produce my conferences. For the most part, everything you see is me and that's why lately, you are missing very much of it because I just don't have the bandwidth. I have the time; I don't have the motivation; I don't feel like trying to overcome these feelings I am having within myself. Last year, after the conference, I was supposed to take a month off and that never happened. I've been running this company for three years and I have not had a significant break at all and I'm finding that it's harder and harder for me to be creative, for me to find an inspiration, for me to be able to write blogs, for me to be able to do podcasts, for me to be organized. I'm finding it really difficult and it's beyond burnout. I'm also just be down right now from these oppressive systems, I'm feeling very much like what's the point of it at all, and I'm just being honest with y'all. I want you to understand like there's a person you know behind this whole thing and I'm not someone that can easily shut off the happenings of the outside world to discuss these things with you. Because I don't have a team and everything relies on me, I feel everything really deeply and I'm the forward-facing person responsible for, you know, getting the content out and so as I was planning this conference, I just was feeling just dread. I was not feeling joy, I wasn't feeling excitement, I wasn't feeling happiness, I was feeling like shit, this thing is coming up and I don't have it. I didn't have the mental capacity, I didn't have the emotional capacity, I had zero spoons in the drawer, okay! So, when I sat down at my computer and I'm looking at this long as, to do a list of everything I have to do in two weeks for this conference. I just was like I can't do this and this is not going to work and sometimes, we need permission, or we feel like I need permission in order to do the thing that we know we need to do. So, I call my girl, Demaree, from Positive and Purposeful Parenting and burst into tears like just that I can't do it. I don't know what I am

going to do because I cannot do this conference and she is like “then just don’t, like this is yours, this is your share, like this is your company, you made the rules, if you can't do it then just don't do it; postpone it, do we should need to do because you have to be well and if you're not well, then what's the point of it all”, and it got me to thinking. I went ahead and postponed the conference and I sent Joe an e-mail and outpouring of love and support for that has been amazing.

I was afraid of how that was going to be received, but also it reaffirmed for me that this is a beautiful community. I'm so blessed to be surrounded by people, who care about me as a person, and I hope you all know that I care about you as well, and I'm excited to be able to have a break to just rest and rejuvenate and be creative again because I was feeling - I couldn't even read a book, like I was sitting up to read a book and my thoughts were so scattered, and recently, I realized too that I just need a complete break. So, I'm going to be taking a few months off for the podcast as well, will be taking a break in order to just to rest y'all like having a toddler, a 4-year-old autistic toddler, being a single mom trying to adult, trying to find my way back to myself as a woman, it takes a lot out of me every day and then, on top of that, we have, you know issues with being racialized as black and being in this gendered body and I'm also more divergent, so a lot of this is burned out in so many different areas of my life and am feeling as though there is a call for me just to go slow right now and I think that's because I'm trying to build a slow life. I talk about this a little bit, but I am starting an intentional community with a few other single black moms and it's going to be based in Georgia where we're going to live communally and help raise our children together on school, farm. I really am craving a slow life and craving a soft life. I'm not sure if farming and softness go together, but you know what I mean, and I'm craving a release from these oppressive systems and I know that me going into the woods is not necessarily a release from that, but I'm trying to create a refuge for my daughter and aide other black children in black films and in doing that, you know, I'm building this thing and when I first started building in and we first got together, the ladies and I, we were really like on it; like let's write blogs, let's do this, let's do that, like trying to figure out how we're going to get this money and how we're going to buy this land and build, you know, small homes on it and build infrastructure like we're really trying to figure out and hustle and get as much as we can, as fast as we can to escape this whole thing and in doing that, what we ended up doing was perpetuating the very systems of oppression inside our little community that we were trying to escape from. Instantly came out like capitalism, like ableism and all these things started floating to the surface and because there's not very many of us, it became apparent that what we were building wasn't something that was an escape, we're just doing the same shit, just on a smaller scale and we actually ended up losing a few of the members because those systems of oppression are harmful and us not recognizing that we were creating hard, but now that we know that, now we're focused on let's slow down, let's know like we know like we know that this is going to happen and not try to force it, and not try to hustle to get it and in slowing down and in getting to know each other better and becoming better people and better friends and we're building community in just a more holistic, less forced way. So, at our last meeting, we were discussing things and it came to me like how could you want to slow life and want to have this vision for how you want your life to be an escape these, build a refuge against these oppressive systems when you're doing everything that feeds into these oppressive systems, like you can't say you want to slow life and then turn around and be a hustler. You can't say you want to slow life and then turn around and all you're doing is focusing on production; it is just a not energetic match and so once I have really realized like the energy I was putting out was incongruent with my actual goal is when I really had to sit down and look at,

what the hell are you doing? What is this all for? Why are you doing it? and answer those questions for myself, and really fight the urge to feel a sense of urgency and fight the urge to feel like I am behind in some way and it is scary because I am an entrepreneur, so there's always things for me to be doing, but I don't have to give into the frenzy of life and I don't have to give into the hustle and that's why I decided I need to take a break from the podcast too. It is not because the podcast or anything was a kind of hustle, just because it's another thing on my plate that was making me anxious, that was making me feel really pulled in a bunch of different directions and I need a break; I need to take some time for myself, be more present with my daughter, be more present with myself and like just rejuvenate. So over the course of the summer, I'm going to just do that and I'm going to encourage all to figure out what parts of your life can you take a pause, you may not fully be able to do it. It is a privilege for me to be able to say I'm not doing this thing right now. It's a privilege for me to take a break; everyone doesn't have that privilege, but I do believe that all of us have space somewhere where we can say I'm going to say no to this. I'm going to postpone this. I am going to rearrange my schedule so I'm not always in a damn meeting, where you feel like seriously if y'all are in meetings for most of your day, I'm not sure how you (indiscernible) (00:11:43). It takes a lot of energy to do these things and you have to make space for yourself because when we start making space for our own healing and our own well-being, we end up being (profanity) to our kids most of us do. I felt my parenting was being definitely impacted by the choices I was making in my business. This necessity to always to like get money and what is the end goal of "liberation" but money isn't liberation. Chasing money will never make us liberated. I'm going to say it again, chasing money will never make us liberated. Of course, we need money in order to be able to live a certain lifestyle; however, the money is not when you chase that and you are investment capitalism, it just feeds into every other oppressive system and it just goes round and round in circles, hard to get out of. What I am going to chase is my purpose and also pleasure, and in chasing those two things, and I hate to even use the word chase because I'm just going to call it in; yeah come out you chase me, okay! Chase me purpose, chase me joy, chase me pleasure because I'm coming to get you. I'm going to bring these things to me and just live as though my life is already slow, live as though my life is already full of pleasure and joy, and that's hard to do because I lay in my bed and I'm like okay. You don't have anything super-pressing, so you can just lay here for a minute and that's okay, but my mind is like grow now, you got to go ahead make this money, better get up. This may not going to make itself. You've got bills to pay, you got farms to buy and I have to sit there and purposely say it's going be okay, and it sounds ridiculous, because I know everyone can do that. I know y'all have to go to work, have to get into the car, have to commute, have to be sit up in somebody's face, be in meetings; I know that is mostly everyone's reality I get it. I do again think that there are places in our lives where we can't slow down, where we can't say no, where we can't postpone, where we don't have to fill our lives up all the time with something to do or we're able to just figure out how can I get some quiet, how can I be able to come back to myself and allow myself to think and feel, and I have to also admit this my frenzy, that hustler mode that I was in, it was a way for me not to feel things, it was a way for me not to have to think too deeply about some of the stuff that really bothers me, past traumas, things left unsaid. It was a way for me to avoid that because when you're busy your mind is busy in other things, you don't have to think about how you are going to heal or even healing in general. So, I'm going have to do the hard work of allowing myself to think about things that I want to forget and bring those things up, bring them to the surface in order for me to be able to work through whatever it is need to work through and then do that over and over like I said never-ending thing healing right, I'm going to torture myself with

it, but I'm going to allow myself to feel the things that I haven't been able, have and allow myself to feel and that's a scary thing, and I think that's why I was staying so busy, part of the reason. So, again, I want to encourage you, I'm not going to do some sort of like "Oh! Let's pause and challenge each other." When I say challenge, all I am going to say is in whatever capacity, I challenge you this summer to be able to say no, to be able to allow your kids to be bored sometimes, to be able all yourself to be bored sometimes, to allow yourself to do things that you normally said you don't have time to do. I have been saying that I want to read at least 10 pages a day and I haven't been doing it because I have been filling my days up with other things, but this is important to me because I love to read books, I actually buy physical books and I love it, and I believe because of how I have been operating after I have to reintroduced my mind to that idea of just being quiet of sitting down, being quiet and reading, I'm going to do that. I plan on reading at least three books this summer and am working with my girl, Demaree, to write one, so I need all the creative space I can muster in my brain to do that. I hope that y'all understand, I encourage you to take this time to go back into my old podcasts and you not give them, listen if you've missed any and I'm hopefully going to come back feeling a lot more at peace, a lot more safe, a lot less anxious and more focused on my well-being. So, I will talk to y'all soon. I'll still be around, I'll still be on social media, I'm just going to take a break from the podcasts, just for a little bit.