

EC PSYCHOLOGY AND PSYCHIATRY Short Communication

The Tubman Syndrome Same War Different Tactics

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Have you ever wondered why the United States, China and Russia are considered the world's most powerful nations? Could it be due to the population or the intelligence of the individuals within these countries? While these factors are exceptional and importance towards that make up of these great nations, they are only secondary to its ability to forcefully and tactically acquire land. Anytime you examine the United States and their ability to gain or acquires additional land, it is imperative to review their strategic approach.

When Andrew Jackson broke the treaty that was once held between the Native Americans and George Washington, he did not openly tell the Indians that he was coming to remove them, nor was his army unorganized as they battled many Native American tribes. The United States military is extremely structured and very meticulous regarding their movement and positioning. Their steps are very simplistic, yet critical. They always observe and critique the terrain and climate prior to positioning their personnel and equipment.

It is important to understand that the United State and other forces never used the same tactics for different wars. Why is that? Well, let's use this simplistic example to bring more clarity to their rationale. It is like fighting a bully or one of your enemies and you tell them that you are going to punch him or her in their left jaw at 3:00pm tomorrow. What do you believe the bully would probably do? For the majority, the bully would prepare and be ready with a counter attack. This is similar to the United States and others' military planning and tactics.

The United States military would never use their jungle tactics like that in Korea or Vietnam in the barren region area of Iraq. Different Wars requires different tactics and this should be a model used in the Black community as well. One individual upheld these principles and should be recognized as an important guide to help our modern culture address police brutality, inequality, wealth and other issues.

Harriett Tubman was an exceptional and monumental activist during the 1800s and she was very courageous in her efforts to liberate thousands of slaves. However, I do not believe her audacious demeanor began as an adult. No, this strength and tenaciousness was embedded and woven in fabric of her childhood. Tubman was born to lead a nation of slaves out of bondage and into productive and liberated land. However, she bared a distinctive title that carried great responsibility, humbleness and unwavering discipline.

This honor was bestowed on to her at birth and while she was still in slavery. However, this cruel bondage was only preparation for Harriett but it would only consume her for a brief moment in time. While physically constrained as a child, she was beaten and scorned by various slave owners. The treatment was so severe that Tubman suffered a traumatic head injury which stayed with her throughout her entire life.

These battle wounds never fully healed, however they prepared her for the next battle she was going to face. In addition to her physically strength and tenaciousness, Tubman was also psychologically and mentally prepared to triumph over any adversity that came her way. Could you imagine being abused repeatedly through the usage of negative words or to be told you were worth nothing and that if you thought about escaping or trying to read or write, that you would killed?

For any individual it would damage the core of their spirit in some sort of fashion. However, it was not enough to keep Harriet in bondage nor was it enough punishment to keep her from traveling back and forth to rescue her family and fellow slaves. Harriett turned her personal quest from liberation and freedom to a personal determination to free-them. She would travel repeatedly throughout the treacherous jungles and swamps of the south to aid over seventy enslaved individuals.

That is not a simplistic task and required a lot of planning, preparation, structure, loyalty, discipline and secretiveness. If Harriett Tubman was alive today, I would have several questions to present to her regarding her journey from the south to the safe houses in the north. Two questions I would love to ask is "Why wasn't more freed? and Why was it so important to be secretive and silence regarding your journey to the safe houses?" Now, some would think these questions are rhetorical and are self explanatory, but I believe the golden nuggets are always found in the smallest things.

It's like when you were a child and parents got you your favorite cereal; it was not simply the cereal that made you happy, it the small prize that awaits once the box of cereal was completed. Tubman did not know how to read nor write, however she was knowledgeable in what it took to rescue her family and many others from the hand of cruelty; she knew a person would have to be clever in their approach in order to travel undetected and unnoticeable through the south because if that person was caught he or she would surely face death.

Harriett Tubman was extremely meticulous and was far from being a loquacious activist. She was not parading around town or through the cities promoting her railroad company, nor was she displaying flyers in every neighborhood. Harriett was so discreet that slave owners thought that the person helping to free slaves was a male. For many owners, this person who had freed slaves was a myth or folklore that truly did not exist. However, even though the accounts were unbelievable many owners would keep a look out for him and even offered a generous reward for his capture. They never saw him, he was never captured and his whereabouts remained unknown.

This was puzzling to many owners because days after their investigation, a good amount of slaves would be missing from their plantation. Tubman was very strategic and tactical; she knew exactly when to travel and what day to travel. Tubman would journey throughout the night, specifically on Saturday nights because posters offering rewards for fugitives could not be printed until Monday.

The men who were trained in hunting for runaway slaves could not be reached because they would be spending time with their family or attending church meetings. Harriett Tubman was very wise and she did not just wait for a clear night when the North Star was visible. No, she would reconnaissance the plantation and select slaves that she would take with her. Harriett did not yell out to the town that she was coming to rescue them; no she announced her arrival singing a forbidden spiritual called "Go down, Moses, way down to Egypt Land".

She was singing it softly and unnoticeable outside the doors of a slave cabin during the late night hours. Once slaves heard this beautiful melody within the air, they quickly spread the word that Moses had arrived and to get ready for the journey to the promise land.

The silence treatment

Silence has always been a global instrument that can either bring peace to a chaotic environment or it can bring war to peaceful setting. To some, silence is a lethal expression that could be considered one of the most dangerous weapons on earth, depending on the person and his or her intentions. If you are in a group with people who are very talkative and loud, it could be a great opportunity to retrieve a lot of information due to being silence.

The expression "The loudest person in the room is usually the weakest", is a valid statement because a silence individual is perceived stronger because he or she does not leak out information that could damage them in the future. Tubman knew this as well as the United States and many other military forces.

If you ever want to sneak up on your enemy, run away from your enemy or even take advantage of your enemy, all a person would have to do is use silence. However, this simplistic expression seems to not be considered a useable tactic these days due to social media,

competition and many individuals grandiose nature. On social media like Facebook or twitter, people cannot wait to share their family vacation photos or update the world on what they are currently doing.

Even political figures are expressing themselves globally on social media leaving little curiosity about them to the world. We have become a culture in which silence is a bad thing; "closes mouths don't get feed" so you better speak up for yourself. To some degree I would agree to that quote and yes, individuals should not be shy and should express their feeling, but they must remember that it comes with a cost.

As mention earlier, the more you talk the more information someone receives. A family that is posting pictures taken while on vacation may attract unwanted attention from a robber who is quietly surfing the web to identify a gullible and loquacious victim to steal from. Now there are times in which silences can be detrimental to a society in particular the African American community and I want to make sure that I bring clarity when I am explaining the importance of being silence and when not to be silence. Speaking out against injustice and police brutality should be a mandatory policy that it learned and expressed throughout the world. Discussing the importance of mental health in the Black community is a requirement that should never be bottled up inside and finally, it is truly vital that Blacks should never live by the principle or oath "What is said in this house, stays in this house". This quote has caused many children and adults not to speak out about sexual molestation, physical and verbal abuse and mental illnesses. What this chapter is bringing to light, is the importance of knowing when to express your thoughts and when not to and the importance of thinking critically and being careful before speaking. In the Black community we have taken the blueprint from significant trailblazers like Martin Luther King, Malcolm X, Stokley Carmichael, Rosa Parks, and etc. and used their prolific framework to continue the fight for equality and justice. Many activists had their platform that was aggressive and radical that demanded a seat at the table or they would knock out all of the legs and made sure that no one was represented at the table. Then you had those that believed that peace was the only way to achieve equality and true liberty. Now, which ideology was held as being a right method or approach is still a great debate and ultimately depends on one's position. However, both approaches and perspective do have something in common and was very relatable, which may have been overlooked due to their setting and things that was going on during that period. As I said before, there is a time to be silence and a time to be heard and during this period of great revolt and revolution, it was a time to be heard. It was a time to speak out regarding the mistreatment and lynching of so many Blacks and I truly believe that the Civil Right Act of 1964 and Voting Rights Act of 1965 would have never occurred if these trailblazers had kept silence. In addition, during that time boycotting and picketing was a good tool used to get the government attention and it really did not hurt the Black community much because they were accustom to being segregated. However, in our current society and as I stated before, different wars require different tactics and we cannot rest our hopes on simply boycotting and picketing. You may be wondering why and what are our other options? There are two main reasons why we cannot resort to the past tactics to address current issues:

1) In the past, the community was very much together (either they lived by each other or someone in the community knew who they were). Even Martin Luther King knew that in order to work in any community he had to have a representative who was well liked and known in the community. That is why boycotting was very successful. People in the community helped each other, if one lacked something the other would make up for it. There wasn't easy access to hotels; Blacks open their home to people in the community. However, in our current society it is difficult to boycott unless there was something major that transpired like the killing of an unarmed Black man. However, the boycott is unorganized and temporary, due to the limited number of participants and their contentment. I call it the GRIEF cycle similar to Elisabeth Kubler Ross and David Kessler Five Stages of grief. After a terrible mistreatment of an African American, our community goes through this same cycle. First, Denial (No, this cannot be happening again, this is not the 1960's), then Anger (You are not going to get away with this, may burn down stores or destroy their own community. This is when boycotting and picketing may be used.) next, Depression (the court find the police or person involved not guilty and the Black community feel that there is no justice for them), then come Bargaining (This is when the community try to get whatever they can to make it seem fair or that justice has prevailed because the opposition offered more workshops on cultural

- diversity, the family filed a civil case against the police officers involved or the community accepted the resignation of some high ranking officials) and then finally, Acceptance (Everybody is satisfied, News media turn their attention to something else and many Blacks go back to what they were doing prior to tragic event).
- 2) Remember when I said earlier in the chapter regarding the bully or enemy who knew about your plans and what were the consequences of telling him or her all about it? Well, that is going to be another reason why boycotting and picketing is not the best technique to use in our current society. The federal government and others see it coming. There are numerous literature on understanding conformity, organization and aggression. They (the government) have prepared through mock trainings and workshops so they know how to deal with boycotting and picketing. So how can we bring the community together and keep the individuals from knowing our tactics? The answer to those questions are very simply, move back into the Black community and use silence as a covert tactic (an operation that is so planned and executed as to conceal the identity of or permit plausible denial by the sponsor) Using the Tubman model. The following will give a better description of how the model would work:
- 1) First step would to be recon an underprivileged black community. You would want to review the community close to a recession because the value would be even lower and the need to sell would be higher. Best day to observe the community would be during the day because night would bring more attention to the surveyor (through police officers or even people in the community who would suspect you as being the police officers, which could lose the trust of the people once you occupy the land).
- 2) Second step would be to buy up all of the land and invest heavy in the school (Preschool, Elementary and High School). Successful and productive schools are going to be important when attracting prominent Black scholars and their family to the community. Buying up the land will lay the foundation for urban development and will dictate who comes. It will be important to lease not sell the land to Black own franchisers.
- 3) Third step is Partnering with the community focusing on insurance, health, employment generational wealth. The goal is prepare students for employment and leadership position starting the 6th grade; creating a pipeline to success and not prison. In addition, Black mental health professionals will offer weekly counseling sessions for free to those in the community to address a history of mistreatment and provide tools that will help them better adapt to the external and internal stressors.
- 4) Fourth step provides schooling on state and federal laws, train and certified Blacks in the community and provide free legal representation to all members in the community. This will eliminate "the grief cycle" and focus on providing justice to any person who has been victimized by the courts.

These steps have to be done in secretiveness and in discretion. The major issue is that many know the plans that Blacks are making and they are countering their tactics using microaggression and pseudo-promises. Instead of conducting open speaking engagements or speaking openly on news outlets, members within the Black community need to concentrate on being silence and uniting the community on all levels (schooling, finance and mental health). It's amazing how militias, nationalists and Klan's men are able to spread their rhetoric and ideology around the world without many knowing about them. Is it because the literature like the The Turner Diaries is private and only certain members can get it? No, it's because many of these members are secretive and discrete. They rarely want to be openly known as a racist (now, there are some that do) and there are those nice guys who smiles in your face but their ultimate intention are not good and only benefits their well being and lively hood. Now, I am not judging anyone morals, I am only interested in the effectiveness of their technique and I believe this is the one element that is missing for the Black community. If we have a cohesive community and we maintain structure, discipline and silence, I can promise that the Black community will continue to strive and gain the equality they have been so desperately seeking.

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