

**I can't breathe, please stop. I'm choking!**

**I am sorry George Floyd! I know "I am Sorry" is not enough.  
I'm totally ashamed, embarrassed, & outraged!**

**Stop this cycle of violence as it is a vicious cycle, begetting more violence!  
Remember what Dr. Martin Luther King said:**

**Only light could transform darkness!**

**African Americans have suffered for over 400 years, our job is to help heal their pain,  
empathize, and uplift them to their potential!  
We are creating suffering and re-traumatizing ourselves and spreading PTSD to 14 generations!  
Therefore, we are creating a trap, a traumatic trap that no one will be able to escape!**

**My parents survived the Ottoman Turkish Genocide, and this trauma was transmitted to me!  
Remember, trauma that is not transformed will be transferred to the next generations!  
My family then left Syria in search for democracy and freedom of expression!  
As Turks denied them the right of speaking in Armenian under their colonization!  
Turks even cut their tongues, if caught speaking in Armenian!  
That was 105 years ago, isn't it time to transform cycles of violence?**

**The UN Declaration for Human Rights clearly indicates equal rights for all race, creed, and color!  
Do not be complacent, write letters to your police chiefs, to your elected officials, and demand justice,  
and uphold basic human rights.  
History despite its wrenching pain cannot be unlived, but if it is faced with courage, need not be lived  
again, said Maya Angelou.  
Why don't we listen?**

**What have African Americans done to you? Think about it: They built this country with their sweat  
and blood! They were enslaved for over 400 years! Blacks have died for America's development,  
sacrificing their lives for prosperity of others! Isn't it time to express your deep gratitude and  
appreciation?**

**We all need to empathize with one another, Validate the suffering of all generations, pay reparations to  
the collective trauma, uplift their broken spirit, So, we ALL can be human again, standing up  
with courage, transforming our common pain, building a peaceful future together!**

**Please stop people, We cannot breathe!**

**Dr. Ani Kalayjian, 2020**