

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

**Dr. Ani Kalayjian**

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

**My father was an Armenian survivor of Ottoman Turkish Genocide,  
and this trauma was transmitted to me!  
Remember, trauma that is not transformed will be transferred to the next generations!**

**Stop this cycle of violence as it's a vicious cycle, begetting more violence!  
Remember what Dr. King said:  
Only light could transform darkness!**

**African Americans have suffered over 400 years, our job is to help heal their pain,  
empathize, and uplift them to their potentials!  
Racism continues cycles of suffering and keeps retraumatizing us  
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,  
They found refuge in Syria, only to leave again searching for democracy,  
and freedom of expression! As Turks denied them the right of speaking in Armenian under  
their oppressive regime! Turks even cut their tongues, if caught speaking in Armenian!  
That was 106 years ago, isn't it time to change?**

**The UN Declaration for Human Right clearly indicates rights for all race, creed, and color!  
Don't be complacent, write letters to your police chiefs, to your elected officials,  
and demand justice, and protection. As Maya Angelou said it so well,  
"History despite its wrenching pain cannot be un-lived, but if it's faced with courage, need  
not be lived again," why don't we listen?**

**Dear white people, remember what African Americans done to our country. Think about  
it:  
They built our country with their sweat and blood! We enslaved them for over 400 years!  
Blacks have died for America's development, without a choice,  
they sacrificed their lives for our development!**

**We benefit from empathizing with one another,  
Validating the suffering of black race,  
Uplift their broken spirit, so we could call ourselves human again,  
standing up with courage, transforming our common pain,  
Building a peaceful future together, one heart at a time.**

**Please stop the destruction, I can't breathe!**