

What signs and symptoms were apparent in the Jamaican culture as manifested by Jamaicans to warrant such a quote?

But what about the blatant and overt sign of self hate as manifested by certain behaviors such as skin bleaching? Was this even a concern when Marley made the quote? Well, it might not have been an issue back then, but undoubtedly has been wreaking havoc in Jamaica and other parts of the world over the past few years.

This pervasive demon and destroyer of souls come in varying forms: substance abuse, self mutilation, self sabotage, self deprecation, violence against self, violence against others, disregard for societal laws and the most insidious and most widely accepted behavior of all, self bleaching.

The most troublesome aspect of this issue though, is the fact that some mothers in Jamaica are using this toxic concoction not only on themselves but on their young powerless and vulnerable underage children. This is tantamount to severe child abuse and neglect.

Not intending on delving blame, most of these young people who can afford to purchase bleaching cream, they are usually of a maturity level that allow them to decipher right from wrong. Therefore, it's a choice, albeit a poor and dangerous one. Just like choosing to go to college or break the law or going to church etc. But as an article in the Washington post states, a lot of these girls who are bleaching claim a fairer skin allow for more opportunity. "The browning have more blys than the blackies" (more opportunities are available to lighter skin blacks than their darker counter paths) This is sad, sad, sad. Such a departure from the wisdom and self empowerment messages imparted to us by our freedom fighters and heroes. Marcus Garvey said it most eloquently when he stated, "God and Nature first made us what we are, and then out of our own created genius we make ourselves what we want to be..." So in this powerful statement, Garvey reminded Blacks that they are responsible for their destiny. The

question is, how did we as a people evolve to be such self haters? Is it a spinoff from slavery where the mixed slaves would get more opportunities than the pure black slaves? But wait a minute! Slavery has been abolished over two hundred years ago. The act of enslavement has been abolished but the mental slavery Bob Marley sang about is still very much alive and kicking.

The contributing factors are varied. One of the most salient contributing factors is ones upbringing and the values imparted from parents to children. When children are taught to love and respect themselves, they inevitably grow into adulthood with a strong sense of self and a healthy self esteem. The opposite is also true. The parents are the first and most influential teachers. A friend once shared a very disturbing story with me. I will call him Jeff in the name of privacy. Jeff's mom continuously praised whites whose eyes were blue and commented that it's a pity her children didn't have blue eyes as they would be more beautiful than they were with their brown eyes. So, just imagine growing up in an environment where you are told you are not as beautiful as whites because your eyes are brown. How disturbing! And yet, we wonder why so many young blacks feel inferior. Peers, television and other outside influences also play a major roll in how we perceive ourselves as a people. A handsome, intelligent young man, John (not his real name) shared one of the saddest stories I have heard. He said during his teenage years in Jamaica, he was dating a class mate Madge (not her real name.) he was quite fond of her. He said they got on very well and he thought she would have become his wife. However, she looked at him one day and told him that he was too dark and she preferred his friend who was light skinned. Madge and John eventually parted ways. Nonetheless John's self esteem took a nose dive. He said this impacted him so much that at one time he thought about marrying someone from another more 'desirable race' such as a Caucasian person. John eventually rebuilds his confidence. He left Jamaica and attended University in the US. While he was there he started studying the Rastafarian doctrine with the strong message of self love and acceptance. This way his children would be light skinned and would not be exposed to the kind of rejection such as he has experienced because he is a black male. How does one even attempt to rectify this problem? One thing is crystal clear, the problem of self hate didn't occur over night and it will take a lot of hard work over an extended period of time to identify, define and eradicate this double edged sword.

In the mean time, how can we attempt to start dealing with this very serious problem? For starters we can remind our kids, grand kids, niece, nephews, brother, sister, granny and just about anyone we can share the message with 'Black is Beautiful'! Remember what the great one Marcus Garvey said, 'The Black skin is not a badge of shame, but rather a glorious symbol of national greatness.'

Oh! And by the way, Jamaica is home to some of the most beautiful people in the world. If in doubt, look at how many times Jamaica has won Miss World and Miss Universe in the international beauty pageant. It's also home to the fastest runners in the world and some of the brightest minds. We as Jamaican have so much to be proud of. And one more thing, Jamaica made history as the first (and only) tropical climate country to enter a bobsled race.

So let's remind our young people to be proud of themselves, proud of their heritage and most importantly, love themselves. If the freedom fighters: Nanny, Dr. King, Sam Sharpe, Marcus Garvey, Malcolm X were self haters, we would still be an enslaved people to this day.

So come on people, make our fore parents and our freedom fighters proud!By: Audrey Reeves