

LIFE, LIBERTY AND THE PURSUIT OF JOY



## Dr Karmen Smith, LCSW, DD

Writer, Director, and Producer of  
The American Labyrinth Series of thought-  
provoking Films.



I intend to bring love as a bridge to the conversation of race and implicit bias. America has some healing to do and providing a safe and loving environment to let go of the fear and embrace connection is here now.

As a Trauma Specialist, I have worked as a Licensed Clinical Social Worker with many families. Often, there were topics that the family would not discuss either because they avoided it or pushed them to their subconscious. This is the Elephant in the living room. It is a major issue that no one addresses. America has an elephant in the living room, it is racism or implicit bias. It is the hate and division we are fed daily that we don't question or discuss. The purpose of the American Labyrinth is to acknowledge the elephant, question where it came from, and shine the light of love on it. The American Labyrinth brings love into the conversation so we don't invite guilt, shame, or denial into the healing process. It is time to heal and connect instead of buying into all of the divisions. The American Labyrinth may trigger you which is a gateway for the excavation of biases that no longer serve ourselves or humanity. Be loving to yourself as we all go through the healing process of addressing America's deepest wound.

### THE AMERICAN LABYRINTH ( 30 MIN SHORT)



A love story between a mother and son as they keep their heart open amid hate. The labyrinth is an inner journey using A walking meditation. It incorporates movement with silence, where we become energized by our intention as we move to Release, Receive, and Return anew. Our sacred space is found within, and from here we navigate our journey. **SETTING AN INTENTION** My intention is "The freedom of all from the trauma of systemic racism and implicit bias by awakening to our Oneness with love and Joy." **IMPLICIT BIAS** Is a form of bias that occurs automatically and affects beliefs, judgments, decisions, and behaviors. The American Labyrinth exposes the fear that causes systemic racism and the Love that is squelched intentionally by hate. Hate will not close my heart, and I will win when I choose to LOVE.

Introduction

Screening

Behind the scenes insights

Question and Answer

Action steps exercise

trailer

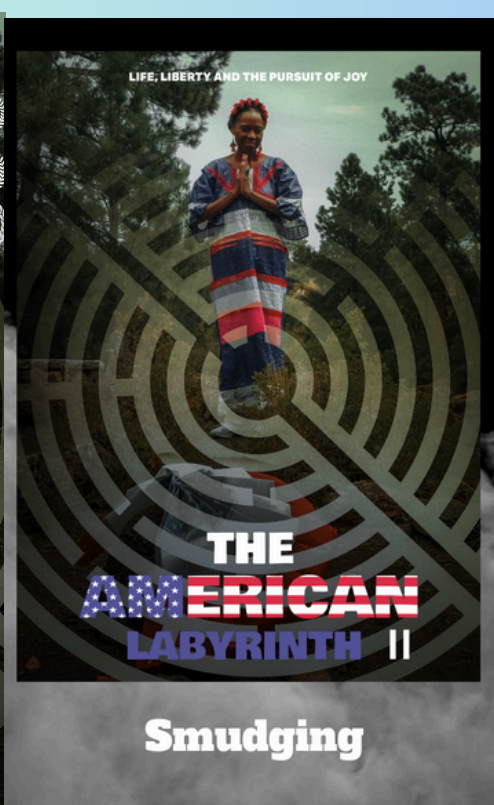
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Total time 1 hour 30 minutes



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Writer, Director and Producer of The American Labyrinth a thought provoking film series



The American Labyrinth is a collection of short films that tackle the racist propaganda that is present in the media and how it affects children and adults. She explores the intention behind keeping our collective hearts divided and closed to love.

Dr. Karmen Smith is a Licensed Clinical Social Worker, Trauma Specialist, and Sacred Space holder. She unveils the programming of hate and division and offers the only solution, which is love.

The American Labyrinth is a love story that helps us uncover our true power when we fall in love with ourselves and humanity.

## Workshop schedule

Introduction  
Screening of The AMERICAN LABYRINTH (30 MIN SHORT) Q AND A  
EXERCISE OF ONENESS

Screening of The AMERICAN LABYRINTH III SOUNDS OF FREEDOM  
Q AND A  
MOVEMENT

Screening The American LABYRINTH II SMUDGING  
Q AND A  
BREAK

TIME 2 HOURS - 30 MINUTES  
WITH A 10 MINUTE BREAK