

compassionate activism

Healing from Toxic Whiteness

Chat Log for Training Session 2 - October 15, 2016

12:40:22 From Joshua, he, Victoria-Lekwungen Territory : Hi everyone. My name is Joshua Goldberg and I'm joining from Victoria, Kosampsom family lands, Lekwungen Territory (colonial name = southern Vancouver Island, BC, Canada). What stood out to you from the last training session was the kindness and curiosity possible in response to people who are at a different place in understanding about white supremacy and racism, as often my tendency is to get judgmental and angry and freaked out.

12:42:39 From kxm : Is there any way to make the font size bigger in the chat box. I'm old, reading 5pt font is a challenge.

12:46:42 From kxm : My name is Khrys. I'm logging in from Pittsburgh, PA. What stood out for me from the last session was the similarity of experiences among people. I would also echo Joshua's sentiment that I appreciate seeing so many people interested in exploring these issues with curiosity and openness.

12:46:47 From kxm : I can also hear you. :)

12:47:11 From Andrea : Hi my name is Andrea and I'm logging in from Vancouver, Canada.

12:48:54 From breeshiaturner : Welcome, Andrea

12:49:19 From breeshiaturner : kxm, are you using Chrome? If so, this is what I've found online: <https://support.google.com/chrome/answer/96810?hl=en>

12:49:27 From kxm : I don't know if it matters, but I'm on a Mac

12:49:38 From gktraina : Ginna from Sunnyvale Ca. What stood out for me from the last session was the honesty coming from people. Also I had no idea how much emotion I would have around this.

12:51:10 From kxm : I got something to pop up that makes what I write bigger.

12:51:28 From kxm : but it doesn't make what is in the chat box bigger.

12:51:30 From Jennifer : Jennifer here in sunny Philadelphia. I really liked the breakout sessions from the last training session.

12:52:02 From kxm : The instructions you found work for resizing text in webpages, I already tried that in the chat box and it doesn't work.

12:53:08 From Jenny : Hi everyone, from St. Louis. Glad to be back!

12:54:02 From Fenanda : Fenanda, from The Netherlands. What stood out: learning how to give space to, and have compassion for my own feelings, and other people's feelings concerning social justice issues.

12:54:03 From Lloyd Graham : Hello all! Lloyd from Bloomington, IN. Personally missed last week but glad to be here now.

12:54:15 From Andrea : I also missed last week.

12:55:04 From seangardner : Missed last week also, but really happy to be here today.

12:55:52 From Jenny : I'm still holding onto: perfectionism is white supremacy.

12:56:49 From Sandy Robinson : Sandy Robinson - Waupaca, Wisconsin (rural, central part of the state) - What stood out? The concept of and language for calling in; the small breakout sessions - a chance to connect so directly with others; the meditation exercise as a means to self-knowledge and kindness. Oh yes, and the heads-up about backwash.

12:57:02 From breeshiaturner : Kxm, give this a try: <http://www.macworld.com/article/2026699/stop-squinting-make-text-bigger-in-os-x.html>

12:57:38 From Cara Baltimore : My name is Cara from Baltimore. I'm still thinking about the ways that we can neglect or forget about parts of our being by denying the pain caused by racism and white supremacy.

12:57:52 From jennagreenwood : Hi there- Courtney from Oregon. What stood out to me is how helpful it can be to have language to name where you're at, specifically the three core pains

12:57:53 From Josiah : Hi everyone, my name's Josiah and I'm in London, England. I wasn't able to make it to the last session but have briefly caught up on the video. Hoping to go through it more in detail tomorrow!

12:58:37 From kxm : with

12:58:38 From Ellis : Ellis from the Netherlands. What stood out was meeting others with compassion.

12:58:49 From Angharaad : Hi! Angharad and Mercedes here. We are calling in from Seattle and were not able to attend the last session, and are still playing catch up in watching the recording.

12:58:53 From A.J. Pape : Hi ! If we couldn't make the last session and haven't listened to it yet, should we just join today or go back and do it sequentially?

12:59:02 From A.J. Pape : AJ + Heather from Boulder, CO

12:59:05 From Janice Eng : HI everyone, This is Janice from Seattle.

12:59:14 From smolashn : Naava in Vancouver :) hi everyone

12:59:19 From Jessica : Jessica from Portland OR.

12:59:22 From janetgray1 : Hi people from all over the place, I'm Janet in New Jersey. Happy to be back!

12:59:25 From emilyalter : Hi, this is Emily in southern Maryland. I agree with Jenny that the idea of perfectionism as white supremacy is very helpful. I also appreciated the ability to sit with and notice without judgement how I feel with these experiences.

12:59:43 From Meg Tokunaga : Hi everyone. My name is Meg and I'm from Estes Park, Colorado. I was able to watch half of the last video

12:59:58 From smolashn : :)

13:00:28 From Madelyn : Hey all, Madelyn calling from Portland OR today. I've been thinking about how as white folks we've learn to disconnect from our bodies to remain in denial of racism, and part of our healing work is to reconnect with our emotional bodies

13:00:37 From seangardner : Hi, Sean from Montreal Qc

13:00:57 From smolashn : hey has anybody in the chat figured out how to change a profile name?

13:01:00 From tencia birkebak : Tencia from Seattle. Really appreciate the breakout sessions from last week.

13:01:03 From smolashn : or a screen name i mean

13:01:04 From ReInvestment Team : Cindy calling from the Hudson Valley

13:01:36 From Noel : Noel in DC. What stood out was that the effect of white supremacy on white people is toxic and that we have to address that with ourselves.

13:02:20 From Ariana Manov : I'm Ariana from Los Angeles a disabled senior living in an assisted living facility. I was particularly touched by last week's integration of a number of intersectional issues -- and I loved the breakout sessions and the intimacy of small group connection.

13:02:21 From smolashn : hi!

13:02:23 From Jenny : Hi breeshia!

13:02:55 From Bernie Smith : Bernie Portland OR

btw...the day and date were wrong on the email about this week

13:03:04 From A.J. Pape : Hi Breeshia!

13:03:20 From kxm : Hi Breeshia: None of the normal things for changing fonts on Mac generally seem to be affecting the chat box. I also googled for something for Zoom, but no dice either.

13:03:27 From Drewww : Hi everybody! I'm Drew, from Lexington, KY. I work at a civil rights office that fights housing discrimination and by night I'm a MSW student.

13:03:57 From Kathleen : Social worker from northern CA. Loved connection with other people to work on social justice for all! I love the solidarity.

13:04:40 From Sarah : sarah calling in from rural Sweden! still didn't make it all the way through the initial session but hoping to catch up today!

13:07:14 From Ben : Hi Everyone,

13:08:03 From Ben : I'm Ben, from Brooklyn, I work with teachers and students as a trainer teaching about equity issues including racism.

13:08:11 From Ben : Happy to be here!

13:09:38 From Cindy : The biggest core pain for me has been the invisibilizing of my own complex heritage and identity.

13:12:34 From smolashn : :) this is helpful

13:14:09 From A.J. Pape : The situation to pick is one where we have privilege?

13:16:02 From breeshiaturner : Thank you for sharing your core pain, Cindy. Dealing with the ways we experience violence and invisibility with the ways we also experience privilege is difficult. Having compassion for ourselves as well as others, while holding ourselves accountable, is difficult. Thanks for being here!

13:17:01 From breeshiaturner : Yes; we are picking a situation where we have privilege

13:18:14 From A.J. Pape : ty breeshia

13:23:58 From smolashn : yes yes yes. to be both loving of self and reality and openly naming oppression. do you think that takes trusting that we're seeing reality accurately - ie undoing the gaslighting of oppression

13:24:21 From A.J. Pape : I'm finding this 'acknowledging reality' idea super helpful. for me, i can start by acknowledging that i feel late to bringing myself to social justice. like i should have done more sooner. but i can just accept that i didn't and now i can start in the reality of that instead of resisting it.

13:25:07 From Leigh Ann : That's a good one. I feel the same AJ!

13:25:23 From Sandy Robinson : Sandra, did you use the word "othering"? I think I can guess what that means, but could you please define it? Thank you.

13:25:32 From Jenny : I like that, smolashn--undoing the gaslighting of oppression

13:25:47 From Hanna : Thank you for that application AJ. I too feel the same way.

13:25:57 From Drewww : I'm really ruminating over this "current reality" approach insofar interacting with other white people who may be less committed to anti-racist work.

13:26:23 From janetgray1 : Also can we address Sandy's question about "othering"?

13:26:33 From Josh Van Vliet : I love this model. It's incredibly empowering to hold the vision you see with the current reality, and see what there is to do in the moment.

13:27:09 From breeshiaturner : I will bring up othering soon—thanks for flagging it!

13:27:20 From janetgray1 : ty Breeshia!

13:28:38 From amanda : I have many friends who subscribe to the new age moniker of "The Secret" or only thinking positively and by me wanting to discuss racism I'm perceived as negative because I'm talking about the problem, not the solution. But nobody seems to have the solution yet that's why we are talking about it. Also that attitude seems to be a way to divert attention so that the person can continue to feel good about their life as a white person.

13:28:45 From Susan Bragg : Hmm, that's helpful for some people, I bet. What do I do when my cultural heritage is in that "elite English" colonizing WASP-y history? How do I connect with that? (Not expecting an answer right now, but throwing out my own musings).

13:28:53 From rachelmessenger : thank you so much for your example, Sandra. my question is related: when you switched to a compassionate and direct approach with the older white man, what was it exactly that felt better to you about that approach?

13:29:56 From Bernie Smith : I only made it about halfway through 'the secret' and had to turn it off

13:30:07 From rachelmessenger : To clarify, was it letting go of your frustration, humanizing that oppressive man, or something else? I want to make sure i understand, thank you!

13:30:41 From janetgray1 : Great point, Amanda...

13:31:12 From amanda : Bernie, same here. But you should check out Anthony Browder's youtube video titled "The Secret behind The Secret" It blew my mind

13:32:10 From rachelmessenger : got it. thank you so much!

13:32:30 From Bernie Smith : Amanda ...that sounds familiar. I might've seen that a while ago. But I agree...it does seem to be rooted in privileged diversion from issues. Just wish it away...don't talk about it...that type of deal.

13:33:18 From Mathew Green : "entitled curiosity" - I have seen this so many times, and to be honest been guilty of it myself in the past

13:33:24 From amanda : Exactly!! I feel like a car spinning it's wheels in the mud. I want to be able to move the conversations beyond that kind of diversion without getting angry.

13:34:13 From Dori Steigman : How do I know if I'm exhibiting entitled curiosity or curiosity to truly understand another's experience for the goal of being more compassionate?

13:34:15 From Bernie Smith : often they may very well not realize their role in the problems. It's something 'over there.'

13:34:30 From Cindy : Thanks Breeshia for bringing my comment up. It has happened as Sandra described, and is happening also right now in real time. I am a white skinned Latina from Venezuela and often feel like in the current moment I have to invisibilize my Latina heritage because of my privilege. And not that I am being forced to, but that it is somehow my responsibility to in order to somehow acknowledge the white supremacy that harms so many of the people around me.

13:35:14 From amanda : True, thats why compassion, not frustration, is important. Priviledged Diversion, thats a very good way to describe it. Thank you

13:36:06 From Susan Bragg : How do we justify this as allies? I often feel that if I am affirming the humanity of other white people (the ones acting in racist ways) while still affirming the experience of the PoC around me, I'm still like a "traitor" to those PoC b/c I'm not on "their side." As if I'm trying to use my privilege to have my (white privilege) cake and eat it (the ally cake), too.

13:36:25 From rachelmessenger : Thank you so much, that was so incredibly enlightening. THANK YOU!

13:36:25 From Drewww : Would you say that anger ever has a place in these compassionate interactions? And if so, what is anger's place (if any)?

13:36:28 From Bernie Smith : Dori...one way to think of it is...is the person volunteering their experience, or are you eliciting it

13:36:29 From carmina : Thank you for mentioning your experience, Cindy. I am in a similar situation.

13:36:30 From Susan Bragg : It seems different than when used by the person in the oppressed position...

13:36:52 From rachelmessenger : Yay Everyday Feminism!

13:37:09 From Josiah : Cindy thanks for your point about your background - I feel in a similar position

13:37:44 From Drewww : Thanks for asking that, Dori.

13:37:49 From breeshiaturner : No problem, Cindy. Thank you for sharing your experience and allowing us to engage.

13:37:55 From Joshua, he, Victoria-Lekwungen Territory : @Susan Bragg thanks for raising this - in myself I notice I want to pull away from being compassionately firm with other white people for self-centred reasons, I want to be a "good" white person and distance myself from the "bad" white person

13:38:48 From breeshiaturner : I apologize for not getting to everyone's questions. Everyone's input/concerns are important, but we are limited on time. You all rock socks for engaging with each other here <3

13:38:49 From Terry : So, in trying to erase our differences in relationships with non-white or nonchristians we are creating More of a separation?

13:39:22 From Jenny : Terry, yes, I think so.

13:39:37 From Terry : ty

13:39:47 From Kathleen : Can you imagine what it would be like if white people started randomly going up to other white people all of the time and ask them where are they from? Over and over again. Maybe we should start doing that.

13:39:55 From janetgray1 : Agree, Jenny...to erase the differences is to erase aspects of identity...

13:40:07 From janetgray1 : lol Kathleen!

13:40:26 From Terry : good point

13:40:33 From Meg Tokunaga : Kathleen, so.much.yes. This is my daily struggle of my favorite question, "So...what are you?!"

13:40:38 From Jenny : Susan, that's a great question. I think I can relate. It's hard not to pull away from others who are at a different understanding than me in terms of white supremacy.

13:40:48 From A.J. Pape : Kathleen yes haha. Love that idea :)

13:41:35 From Martha : I don't think the goal is to erase--or not to erase-- differences among us. Entitled curiosity, it seems, is when, because we see a difference, we think we can ask someone about it. That's not like being in a relationship with someone, and trying to learn more about them in the context of that relationship.

13:41:41 From Susan Bragg : That's a great observation Joshua. I think it's a pull for me about "trying to be the good white person," and oddly it may sometimes slow me down from actually having the conversations that would be helpful...

13:41:42 From rachelmesser : Susan Bragg brings up a good follow up question related to white allyship and how white people talk to other white people

13:41:45 From Meg Tokunaga : Yes, Sandra! What a great way to capture that "bothering"

13:41:52 From Meg Tokunaga : *othering

13:42:14 From Leigh Ann : and bothering!

13:43:13 From Jody Lynn : from my point of view it dosent matter colour of skin or ethnic back ground i don't even see that at all I just see another humanbeing thats it and we all bleed,cry feel pain the same way andI wish that everyone could be able to see that.

13:44:32 From Sister Ocean : so, jody lynn, do you not see eye color? seeing skin color is only a problem when it comes connected to discrimination.

13:44:37 From Bernie Smith : except, we don't experience pain in the same way

13:44:44 From Jenny : I agree that we all feel pain and joy, but I worry that not seeing our differences leads to homogenizing.

13:44:57 From Mathew Green : Jody Lynn - if we don't see people's differences then we erase a significant part of someone's experience

13:45:24 From Bernie Smith : Matthew..spot on

13:47:15 From Bernie Smith : it challenges our comfort zones

13:48:32 From Jody Lynn : how is it we dont feel the pain the same way if bullied or a loss of a child or say are in a car accident and hurt badly you mean we don't feel the same thing

13:49:24 From Sofia : Is Sandra saying that the Toxicity in our reactions *is* the demaning and the making someone wrong?

13:49:53 From Jenny : Jody Lynn, it's not that. It's that often, POC's experiences are minimized--such as doctors assuming POC don't feel pain/don't feel it as much as white people. That makes their experience different than mine as a white person visiting a doctor when in pain.

13:51:08 From Jenny : It's like Sandra is saying--our realities are different.

13:51:48 From Drewww : That external reality seems to be where the crucial component of context comes in to play on our interactions with other people.

13:51:51 From smolashn : do others struggle with even believing your own reality when faced with the reality of a more powerful person?

13:52:20 From A.J. Pape : smolashn yes I do.

13:52:25 From rachelmessenger : wondering: what if someone's intention is to harm and be oppressive?

13:52:28 From allegra : in this understanding, is intention always a conscious choice? it seems like sometimes people have conflicting intentions

13:52:33 From Joshua, he, Victoria-Lekwungen Territory : @smolashn yes I do

13:52:34 From Martha : sure, that is a big part of what that more powerful person's power is about!

13:52:35 From Jenny : yes, smolashn.

13:52:44 From smolashn : ie even believing your own perception as a POC when faced with white supremacy and white ppl doign oppressive things (actively or passively whatever), or as women or trans folks engaging cishetnormativity and/or masculinity

13:53:03 From smolashn : because i have a hard time even remembering what i'm experiencing if someone with that kind of power tells me i'm not.

13:53:07 From Jody Lynn : im not saying getting rid of peoples culture or ethnic backgrouds but we all are humans and if a doctor is saying poc dosent feel pain the same way thats bullshit and being racial

13:53:55 From Bernie Smith : Jody...but remember, that PoC experience at a doctor isn't likely an isolated experience

13:54:07 From breeshiaturner : smolashn, can you please expound upon your question? it is important, but i want to make sure i understand it

13:54:19 From smolashn : cuz how do you even hang on to what you know, when faced with the erasure of your own thoughts

13:54:46 From Jenny : I agree, Jody Lynn. It is terrible. And yes, it isn't isolated--it's part of a pattern, which is the problem of white supremacy, of racism.

13:54:55 From Bernie Smith : smolashn...you mean like the effects of gaslighting?

13:54:55 From smolashn : i think oppression creates dissociation

13:55:02 From smolashn : yes - that it creates dissociation

13:55:33 From smolashn : i've been doing workshops on this and trying to understand it and trying ot write about it and it all feels connected/the same process, so like how would you even hang on to your own reality enough to acknowledge that it is happening

13:55:47 From samanthabernard : Another way of phrasing what Sandra just said, I think, is the difference between acceptance and complacency

13:55:58 From Jenny : "accepting doesn't mean this is acceptable"--I think that's really important.

13:56:06 From Kathleen : smolashn, safety in numbers with like minded folks and fight hard

13:56:11 From smolashn : ie do others struggle to even know / recognize reality

13:56:22 From smolashn : when faced with this kind of oppression

13:57:05 From smolashn : thnx kathleen yes that

13:57:06 From katmi : reaction to what?

13:57:11 From Sandra Kim : What are the ways toxicity shows up in your initial reaction?

What shifts, if anything, if you consider that we all have different experiences of the same thing and that happens?

13:57:19 From allegra : maybe witnessing is a more neutral word than acknowledging

13:57:39 From Joshua, he, Victoria-Lekwungen Territory : @smolashn that's my experience too in areas where I experience oppression - as a white person the challenge is more not to be self-centred and question my own reality because it's constantly affirmed as "true" (even though not as a trans person, queer, Jew, etc.)

14:04:38 From smolashn : hey @joshua yeah. so if the folks with oppression in given situations/axes are likely to doubt their own perceptions because systemic power teaches us to be entitled to our own perceptions as privileged ppl (like everything in this culture privileges my whiteness, so i don't have ot listen to poc, while i experience this massive erasure of experience of oppression when i face cismen who have the whole culture backing them up) - if it's so hard to even hang on to what you are seeing that feels liek a challenge for how to get to even the stage where someone expeiriencing oppression could do what Sandra's proposing. like, it feels like i wouldn't know how to get there yet if i don't even trust my perception. and then as a white person holding up POC is it important to recognize this might be happening to them

14:06:07 From Jody Lynn : i was in 22 different foster homes by the time I was 7 then I was adopted and then having cancer for two years telling me im going to die everyday only to survive and be in a horrific car accident that then claimed my second youngest daughters life and then being told by the news media that drugs and alcohol may of played a contributing factor oh and by the way their wasnt but because the media had put that on the news i payed the price dearly for that so we all have our own crosses to bare, so id rather be a leader instead of a follower and by no means am I

going to inflict or cause pain for someone else and thats why I choose to stand up against white toxic swril and try to show my friends hey making crude jokes or using differnt names that are so ignorant for different nationalities ain't cool and I won't stand their while you do it i speak up about it and even try showing hey you cant be doing that and if it keeps happening i'll actually stop talking to you or having anything to do with you because it needs

14:08:12 From katmi : we can't hear you anymore?

14:08:31 From Joshua, he, Victoria-Lekwungen Territory : Can you explain how to annotate on teh whiteboard?

14:08:32 From A.J. Pape : Sound is ok here

14:08:33 From breeshiaturner : Are you unable to hear sandra?

14:08:38 From Jody Lynn : to stop we as humanbeings need to stand together and say enough is enough no more hiding behind its just a part of us to be racial i dont beleive in that at all we need to take accountability for our actions and stop making excuses for our selves

14:08:40 From Kathleen : Laura, my breakout room partner, we didn't get to say good bye! It was awesome to meet you!

14:08:41 From Jennifer : I feel embarassment and shame for things that I have said or done in the past or questions that I have asked people.

14:08:46 From katmi : it might be me, but she cut out and ic ant hear anymore

14:09:06 From A.J. Pape : Judging myself and others

14:09:11 From katmi : its back

14:09:14 From Angharaad : hesitation to find an example.

14:09:32 From Ilona Turner : From "options" hit "annotate"

14:09:32 From Jennifer Carey : Sorrow for the reality that led to our disconnection

14:09:34 From Jenny : Such a great talk--powerful to remember that self-compassion is important.

14:09:34 From Josh Van Vliet : It was really useful for me to see that one of the ways I talk myself out of taking action in the moment is the though "oh I need to have more relationship with this person before I can say something"

14:09:34 From carmina : wanting to hide, freezing, silence

14:09:42 From Terry : Options, annotate, text

14:09:43 From Gabriela : for whiteboard: full screen, top green bar on the right has a drop down, click annotate

14:09:43 From A.J. Pape : Options, Annotate?

14:09:44 From Joshua, he, Victoria-Lekwungen Territory : That's OK, I'll figure it out next time :)

14:09:49 From adrian c : Options > Annotate

14:09:49 From Kari van Delden : Thinking about how this works has really caused me to question myself and my motives.

14:09:58 From carmina : conflict between how other people see me (as white) and how I feel (as a person of color)

14:09:59 From Cara Baltimore : we agreed that we could both benefit from clarification around "external reality"

14:10:04 From tencia birkebak : Validated and supported to know my experience isn't because I'm wrong but because there are differences in experiences.

14:10:09 From phyllisstern : felt freeing to be direct and honest

14:10:15 From Kailey : Click your mouse on the white board folks and where it says viewing sandras screen theres options, choose annotate

14:10:23 From rachelmesser : shame, anger

14:10:24 From Angharaad : i noticed in my example that there is a hesitation to connect through the silence or pain with the person who is being affected.

14:10:31 From Drewww : My partner and I discussed the difficulty of navigating context and history that shapes people's seemingly neutral experiences, especially when it comes to language and tone with how we speak with people from oppressed communities.

14:10:38 From Paris : when feeling imposed upon, self minimizing to prioritize someone else's experience

14:10:51 From Cameron Haramia : "Where do we take our white tears?" - LOVE IT!

14:10:56 From Jenny : Someone wrote on the white board, "Where do we take our white tears?"

14:11:02 From anna : I try to bypass discomfort and learning by only being focused on pleasing the other (especially POC) and getting their approval

14:11:06 From Jenny : Yes

14:11:08 From Elizabeth : we both had issues around things getting complicated when multiple forms of oppression / privilege are involved

14:11:13 From Susan Bragg : the loss of sense of certainty of reality is something i struggle with, though i take it as a good sign that i'm not just accepting "white" reality

without thought any more... but this model helps me be okay with there not being one true reality i have to

14:11:17 From Susan Bragg : “find”

14:11:22 From paulahorowitz : We appreciated the gift of BIPOC giving their truths to us as white people and the difficulty of facing our own biases and attachment to white privilege. Wanting to have privilege and wanting everyone to have that same privilege.

14:11:36 From Andrea : I get really embarassed when I accidentally say something inapproriate, because I don't want people to think I'm mean or stupid.

14:11:44 From Madelyn : My discussion partner used the term “white panic” to describe our responses when racism is called out in discussion, when we are called to face our own racism. I found that wording really useful

14:11:46 From Jenny : Andrea, I relate.

14:12:02 From Jenny : Ah, 'white panic,' Madelyn, that's a great term.

14:12:05 From Marta's iPad : good to share my experience and the discussion that ensued. The event I offered left me feeling misunderstood, and not welcome to exchange our respective inner realities. That leaves me feeling grief.

14:12:09 From Ben : instead of acknowledging my own feelings of frustration or pain when I am failing to connect with another white person who has caused harm, it is easier to judge that person and move on.

14:12:10 From Sister Ocean : there are so many ways we disconnect and they all cause pain for everyone, if we look closely enough. i used to be so afraid to offend pos, wanting so desperately to connect. now my commitment to un-learning white privilege includes making mistakes, saying sorry and continuing.

14:12:19 From Bernie Smith : that 10 minutes just flies by.

14:12:27 From janetgray1 : Yup Bernie.

14:12:28 From A.J. Pape : Ben wow, ty for that. intense =/

14:12:35 From Kathleen : Bernie, yes, I wish it was a bit longer

14:12:50 From Jenny : Yes, Ben, so much.

14:13:34 From smolashn : yes very helpful

14:14:13 From Terry : I have been focusing on makeing differences go away in my consciousness. Oh, Sandra just said it beautifully.

14:15:06 From Luke Wojtaszek : I struggled to think of a specific moment when I was racist even though I know it's happend many many times. To me this indicates how strongly I have bought into the idea that my reality is the same as everyone else's and

external reality. It's like my white privilege is blocking access to memories of me being racist

14:16:01 From Chelsey : Sandra, you've talked a lot about microaggressions on a small-scale basis. Do you believe in this model on a large-scale basis as well? For instance, when someone has great power (thinking of, for example, Donald Trump), do you suggest this model as well?

14:16:45 From A.J. Pape : Luke, I can relate to that. ty for saying that.

14:17:17 From Kathleen : This world would be such a better place if everyone took this course! FYI, what Sandra is talking about is discussed in graduate level social work courses.

14:17:23 From Terry : Where I feel I shouldn't see differences is what makes them most visible.

14:17:25 From Jenny : Very powerful, Luke.

14:17:33 From Joshua, he, Victoria-Lekwungen Territory : @Luke Wojtaszek that resonates for me too. Disconnection from reality is a fundamental part of how I experience toxic whiteness.

14:18:28 From Bernie Smith : Chelsey--or Ginsberg's latest comment. Which might be tougher to deal with.

14:19:10 From Bernie Smith : actually, not latest comment, but her initial comment

14:20:10 From Bernie Smith : regarding the anthem

14:20:39 From A : Could you give a real-life example of what it looks like when you've used humble curiosity in a painful situation?

14:20:41 From bethn : the slide is cut off

14:20:44 From Kathleen : Oh god, Ginsberg and the anthem. WTF. So disappointing.

14:21:16 From breeshiaturner : is the slide cut off for everyone?

14:21:28 From bethn : the last slide not this one

14:21:30 From Joshua, he, Victoria-Lekwungen Territory : no not cut off

14:21:31 From Drewww : I can see it all.

14:21:33 From Kathleen : I can see it

14:21:36 From Sister Ocean : i can see it

14:21:44 From breeshiaturner : thank you

14:21:53 From breeshiaturner : gotcha, bethn

14:21:57 From bethn : thanks!

14:24:14 From Mathew Green : radicalization through mindfulness! love it

14:24:40 From bethn : this slide is cut off too: "You can then choose or"

14:24:57 From Ilona Turner : not cut off for me...

14:25:03 From Kathleen : I can see the whole slide

14:25:09 From Mathew Green : "you can then choose or not choose to do so"

14:25:11 From Jenny : bethn, are you zoomed in somehow?

14:25:20 From Josh Van Vliet : You may need to move the video in order to see the whole screen

14:25:23 From bethn : ok, I switched views and got it. sorry everyone

14:25:32 From Jenny : No problem!

14:28:34 From Bernie Smith : i think the slides were delayed on my screen

14:28:41 From Bernie Smith : delayed in switching

14:31:25 From Sister Ocean : sorry - i entered late. can you give a description for the situation we're to think about? thank you!

14:35:11 From Sofia : Hi, Sister Ocean. Sandra has asked us to think about a situation that's about whiteness/racism where we felt an emotional charge.

14:38:16 From kgb : felt shame and wanting to hide

14:38:32 From A : I realized that I've been making my fear and self-policing work constantly and never giving them any time off and to be at rest

14:38:41 From sea : didn't really believe that "I care", didn't trust that I could say what I needed

14:38:46 From Mathew Green : guilt from all of my privileges makes me want to erase myself and not take up any space

14:38:47 From seangardner : I felt compassion

14:38:50 From Joshua, he, Victoria-Lekwungen Territory : The panic that I often feel when trying to feel things in my body

14:38:51 From Cara Baltimore : The affirmations were comforting and I also found myself visualizing people that I care about and sending the affirmations to them as well.

14:39:04 From rachelmessenger : i felt shame and wanted to talk to someone close about it

14:39:11 From Ben : needing to forgive myself for messing up in the past.

14:39:13 From seangardner : white fragility

14:39:15 From Paris : my voice asked to be let out

14:39:21 From phyllisstern : how do you use the whiteboard?

14:39:28 From Marta's iPad : Thinking of the event and using the breathing and words, it was comforting, relieving of sole responsibility for fixing the situation, I feel comforted and that I can continue to be patient and take time.

14:39:41 From carmina : surprised, in the situation I was thinking of, I had a lot of shame that came from the white part of me, but the part of me that is Latina feels thankful to have a place that it is acknowledged even if its confused.

14:39:42 From Andrea : I found myself able to refocus from my bad feelings about messing up to the person I upset.

14:39:50 From Arielle Spence : Torn between the feelings of 'toxic swirl' and 'gentle mindfulness'. Frustration that I can't change the past.

14:39:57 From phyllisstern : more care for myself

14:40:42 From Kathleen : Paris, same here

14:42:04 From Sofia : @phyllisstern, if Zoom is full screen, toward the top, when you put your curser up there, there will be a drop down that says "options". Choose "annotate". That will give you options of tools you can use.

14:44:30 From smolashn : hey has anybody changed their screen name in Zoom? tried updating to my first name and it didn't work

14:45:28 From Joshua, he, Victoria-Lekwungen Territory : smolashn: right-click on your name (under the video pic of you) and "rename" comes up

14:50:14 From Kari van Delden : I would rather cover something that we dont get to next time than rush

14:51:44 From Nora Samaran : sweeeet thank you!

14:52:38 From Nora Samaran : holy shit this is so fucking smart. this is the exact same list as abusive men right. so this means white supremacy is basically an abuser.

14:52:58 From Jenny : Nora, I have been coming to that same realization

14:53:06 From janetgray1 : <3 Nora and Jenny...

14:53:19 From Kathleen : Nora, wow, white supremacy as an abuser. Powerful So how are we going to fight together? We can all join together.

14:53:25 From Drewww : Jenny, Nora: totes feeling that.

14:53:57 From Bernie Smith : social punishment is a big one

14:54:00 From Terry : Only being aware of my struggle is a racist act

14:54:19 From Joshua, he, Victoria-Lekwungen Territory : @Nora Samaran: YES!

14:54:21 From Kathleen : This is narrative therapy. Give a name to it and we can join together and fight it

14:55:08 From breeshiaturner : Exactly, Nora!

14:55:23 From Andrea : @Nora Yeah!

14:55:31 From Jessica : slides still show "ten minute break"

14:55:48 From Ilona Turner : jessica that's not what i'm seeing

14:56:03 From Bernie Smith : Jessica...i had that problem earlier

14:56:24 From janetgray1 : Something I'm running into: speaking up as a white person in situations where my colleagues of color are accustomed to obeying the rules of white supremacy.... wondering if I'm just whitesplaining, if I'm being a rescuer, if I'm in some way putting my colleagues at risk by raising uncomfortable questions that other white folks might resist.

14:56:42 From Andrea : if you stand up for POC they act like you're a traitor.

14:57:17 From Andrea : if you're straight and stand up for gay people they ask if you are gay.

14:57:19 From Kailey : sometimes when you think you're standing up for POC, you're actually speaking FOR them which in itself is oppressing their voices

14:57:26 From Bernie Smith : janetgray...depending on the situation, you could be putting them at risk

14:57:48 From Nora Samaran : holy shit this entire section is incredibly, incredibly helpful

14:57:50 From janetgray1 : Yes. Thanks, Kailey & Bernie...I need to tune into this more fully.

14:57:54 From Bernie Smith : it could be putting them on the spot

14:57:55 From Kathleen : Janet, what about asking them and come up with a team plan if that is what everyone wants to do?

14:58:34 From janetgray1 : That's my intent, Kathleen. I'm trying to gauge the silences / reticence in response.

14:59:37 From breeshiaturner : Andrea, there is a difference between speaking up "for" someone and using one's privilege to point out a problem.

15:00:14 From janetgray1 : Yes, Breeshia. I suddenly have another leap of privilege—a promotion—and I want to use it in that way!

15:00:38 From Sister Ocean : so much of this is so subtle, you have to try, and learn, and fall, and try again. there are some guidelines that will help, that we're learning here, but you can't learn it in a book. you have to live it and learn it through experience.

15:01:15 From Jenny : Wow. yes. Sometimes our best is not very good, sometimes it's harmful. And there's that journey.

15:01:27 From janetgray1 : Yes: trying, messing up, reflecting, learning, trying.

15:01:31 From Sister Ocean : and even seeing it is already a big step!

15:01:39 From Cara Baltimore : Janet, I've had similar thoughts about my workplace and what has worked for me is being intentional in my expression of thoughts and feelings in that I am sharing my experience and what I am noticing and what I believe is unfair and unacceptable in the workplace. Then you are speaking your truth and you have that right.

15:01:58 From janetgray1 : Thanks, Cara—helpful!

15:02:12 From Alavida : distracted, and divided

15:02:58 From Joshua, he, Victoria-Lekwungen Territory : @janet & Cara - and also mourning that often our doing what we think is "right" has reverberations on other people - IPOC being harmed by white backlash, etc.

15:03:02 From breeshiaturner : Does that make sense? POC have a voice, but it is often either downplayed or ignored. Speaking up/standing up "for" someone can also be silencing because it doesn't allow room for the voice of the oppressed. Or, it denies the presence of their voice by you standing in. But, it is quite different to call attention to an issue by using one's privilege. It is a difficult line to straddle, and takes practice

15:03:22 From Joshua, he, Victoria-Lekwungen Territory : TY Breeshia this is helpful

15:03:43 From Terry : I've looked at/for the books from the last seminar. Is there any way to, along with the list, to list important chapters as they apply here. CLiff notes? :)

15:03:52 From Sister Ocean : totally

15:04:30 From Bernie Smith : where's the book list?

15:05:13 From Terry : It ille be sent but I made notes

15:05:47 From Leigh Ann : How do we know when we're ready to move into action?

15:06:11 From Terry : Don't have them on this computer @Bernie

15:06:26 From Cara Baltimore : Thanks Joshua. This is definitely something that will take constant reflection and will hopefully increase my inner awareness.

15:06:28 From Bernie Smith : thanks Terry

15:06:44 From janetgray1 : Love this, Breeshia—also embracing the notion of using privilege to amplify voices of my colleagues of color.

15:07:00 From janetgray1 : Rather than push “my own” agenda.

15:07:36 From Terry : Unequal Freedom is one.

15:08:33 From Bernie Smith : is the facebook page up yet?

15:08:45 From Leigh Ann : How do we know when we're ready to move into action?

15:09:02 From Kathleen : Yes, facebook page will be so awesome.

15:09:02 From Joshua, he, Victoria-Lekwungen Territory : Question: this process relies on us being able to trust our perceptions - but the delusions of racism makes white people so confused, clouded, separated from reality, etc. How do we trust that if we hear a call to do something it is coming from a genuine place of insight and not a deluded confused place?

15:09:04 From Nora Samaran : yes yes this is awesome. so basically things sound like 'just words' till you get there, and some early stuff may sound 'obvious' when you've been already doing this or related work for a long time. and so as you hit the place where you're at your edge in the work all of a sudden the 'just words' come to unfold into deep deep meaning. for me that's this bit today.

15:09:17 From Mathew Green : I think we could crowdsource annotations to the book list

15:10:13 From Nora Samaran : ok but how can it be ok for peple to be 'not there' when their lives are actively harming

15:10:16 From janetgray1 : How do we know when we're ready? I think we can mistake fear of taking a risk for “forcing it.” Perfectionism comes in here.

15:10:28 From carmina : are there resources for folks who are mixed race? trying to work around whiteness and being a person of color at the same time is confusing

15:10:55 From Nora Samaran : like, those with privilege have so little motivation to do any of the work if we don't want to right. so why would it be ok to 'just not be there' if the status quo is so violent.. where does responsibility come in

15:12:57 From Kathleen : Nora, totally. We are responsible and have to take action...not an option to do nothing.

15:13:03 From janetgray1 : “we’re making the road by walking”—yes.

15:13:16 From Leigh Ann : I second Janetgray1's question

15:13:36 From Kathleen : Janet Gray, what does your heart tell you?

15:13:50 From Joshua, he, Victoria-Lekwungen Territory : @Nora I feel thsi question too - but it's been my experiance that when people (inc myself) try to take action when not clear, more harm can result

15:14:19 From Bernie Smith : great answer

15:15:10 From Nora Samaran : right yeah

15:15:50 From Terry : Please leave the cover slide up a little longer.

15:16:03 From eswankeyes : depends on the situation. there are times when action is imperative in the moment to prevent or intervene in oppression and we have to step up whether we feel it or not. other times we can step back and feel it out. in either case, the result may not be what we like. sometimes there is privilege in being able to wait until we feel to move. again, depends on the situation. there is no "right" answer.

15:16:04 From Nora Samaran : isn't it asking a lot to ask marginalized ppl to empathize with their oppressors tho.. i am slowly feeling my way into what you're saying but it sort of scares me too to expect so much

15:16:15 From sea : +1 Terry

15:16:34 From Jenny : I worry about that, too, Nora

15:16:49 From Nora Samaran : "sometimes there is privilege in being able to wait until we feel to move. again, " right yes.

15:17:38 From Joshua, he, Victoria-Lekwungen Territory : @eswankeyes that's really helpful, TY

15:18:18 From Terry : Realization - I've never asked my friends of color how they feel about me being white. Too involved in analyzing my feelings of their otherness.

15:18:42 From rachel : clarification: when you say "this conversation" do you mean a specific conversation with another person of the larger conversation that we're engaging in for racial justice?

15:18:56 From rachel : *or, no of

15:19:43 From Nora Samaran : holy shit. this is kind of big.

15:20:38 From breeshiaturner : Rachel, I believe it is both/and

15:20:45 From Sofia : I am curious about how this idea of not "making" others do things related with how movements work toward policy change. Movements are often working to try to "make" the policy-makers make the policies that are needed for equity and safety and dignity, etc. How does that relate to these ideas?

15:21:19 From Alavida : If we say we want to help them unpack something, doesn't that sound pedagogical?

15:22:19 From Jody Lynn : can you put up the previous spread sheet for a minute please

15:23:19 From Kathleen : White people

15:23:52 From Jody Lynn : i didnt quite finish reading the preVIOUS spread sheet

15:23:57 From Kathleen : White peoples' ability to learn these skills is so important.

15:24:57 From Jennifer Carey : It's my experience that many people who are angry or have a world view of "it's their fault, they don't deserve my sympathy" also have a strong violent voice of internal judgement. If you can't love or be kind to yourself, it's hard to love or be kind to others. I don't know how to bridge that - like with my mother in law. She is angry at the homeless because they are "choosing" to be on the streets. I guess the idea here is not to try to change her perspective.

15:25:24 From Terry : @Jody Lynn, there will be a copy of the webinar sent by email and, I think, a copy of the handouts.

15:26:04 From Nora Samaran : ok but what do you do when you're actively being harmed, and the person who is actively harming you is stuck in the toxic swirl and does not want to hear.

15:26:20 From A : What are the 3 realities this is referring to?

15:26:36 From Jennifer Carey : your reality, my reality, external reality

15:26:42 From A : thanks!

15:26:57 From Jenny : Nora, I think we have to take care of ourselves--put on our own oxygen masks first.

15:27:01 From Drewww : "I" statements seem like they'd be really important to use in these conversations about someone else's internal reality.

15:27:05 From Nora Samaran : no when the person is actively harming you so you can't

15:27:10 From Sister Ocean : i think this brings up what i see as essential to this work - it has to happen in relationship. trying to engage in these conversations with people that i don't have a relationship with is usually pointless, and really easy to get into blaming, judging, and anger, without any interest in their experience or really wanting both of us to grow. i don't know if this is true for others, but it's where i'm at now. any other thoughts?

15:27:26 From rachel : would you remind posting the 3 realities again? thank you!

15:27:50 From Ariana Manov : Have you tried asking her why she supposes anyone would "choose" the streets?

15:27:53 From carmina : could we get clarification on the third reality “the external reality”

15:28:08 From Jennifer Carey : yes - I have. I've asked lots of curious questions.

15:28:33 From sea : what was the name again of this 4th practice?

15:28:47 From Susan Bragg : @Jennifer, that sounds so right to me, too. For me and where I come from, that is so deeply rooted in white, christian culture that really teaches people they are “sinners in the hands of an angry god,” fundamentally flawed. Helps me actually to have compassion for them, even as they hurt others... cause they are hurting, too!

15:28:48 From Nora Samaran : how does 'challenging someone to be the loving person i know them to be' come up against 'not making someone do something'

15:28:57 From Joshua, he, Victoria-Lekwungen Territory : @Nora this for me comes back to doing work on racism as a white person and having sufficient privilege, resources, etc. to most often not be at risk of immediate harm

15:29:07 From Kathleen : Jennifer, what about really learning three stories of homeless families and tell her them and show photos?

15:29:16 From Joshua, he, Victoria-Lekwungen Territory : It's different when I'm doing work where I'm the target of the violence

15:29:16 From janetgray1 : Jennifer—I'm wondering if she's ever explained to you what in her life has made her feel so strongly about homelessness—?

15:29:57 From Nora Samaran : i am asking when you're the one being harmed. how can it be up to the ones experiencing the harms of white supremacy to do all of this emotional work, how it can be ok to be like 'people can be where they are' if where they are is literally actively harming someone in a specific situation and the one causing the harm just doesn't care

15:30:04 From Jennifer Carey : She has a long history of abuse and pain. I suspect seeing their suffering is causing her so much pain that she needs to dehumanize them to be able to see them without suffering more.

15:30:27 From Bernie Smith : that's a great question Nora

15:30:30 From janetgray1 : Wanting to lift up Nora's question too—

15:30:59 From Jenny : Nora, I agree--I want to know how that works, too, because I am worried about that, too.

15:30:59 From Joshua, he, Victoria-Lekwungen Territory : @Nora I'm seeing this specifically in the context of a webinar primarily for white people - this is a method for white people to use with each other

15:31:13 From Nora Samaran : yeah me too

15:31:40 From Bernie Smith : Joshua...that's a good point.

15:31:47 From Nora Samaran : @joshua like there are layers happening.

15:32:37 From Joshua, he, Victoria-Lekwungen Territory : @Nora can you say more about layers?

15:32:39 From Nora Samaran : like - everythign useful can be turend to a tool of oppression right. so in this case this powerful tool could be turned to telling POC 'you didn't talk to me nicely so i don't have to listen to you.' and could be used by circles of white people to demonize POC who name harm.

15:32:48 From Nora Samaran : i see this all the time.

15:32:54 From Nora Samaran : i'm scared of this potential misuse of the tool.

15:33:13 From Joshua, he, Victoria-Lekwungen Territory : @nora thx for clarifying

15:33:39 From Nora Samaran : the 'angry Black woman' thing or, the ways gender and race work together specifically - thinking of a situation where a women of colour was getting harmed by a white man who just. didn't. want. to. stop. or care.

15:33:42 From Nora Samaran : so many situations.

15:36:34 From Joshua, he, Victoria-Lekwungen Territory : @Nora one way I think about it is that sometimes coercive intervention is necessary to stop immediate harm but that coercive intervention is not likely to make the person causing harm change their mind in a positive way to not harm in the future - so different kinds of interventions - this is a way for white people to help other white people to heal and change and stop hurting IPOC

15:37:07 From Nora Samaran : sometimes (loving) coercive intervention is the only way that someone causing harm will even get willing to see it.

15:38:35 From Nora Samaran : this bit helps. so i guess what Sanda's saying is it hurts marginalized ppl less to approach it this way.

15:39:04 From janetgray1 : I loved that this approach affirms anger...and the little story we heard from Sandra at the beginning was very much about setting a boundary.

15:39:05 From Nora Samaran : like accepting reality while naming it compassionately makes it possible to not get harmed while doing all this emotional labour with those who are gaslighting you ?

15:39:26 From Nora Samaran : "I'm coming to you as a whole person" is that what that means

15:41:07 From janetgray1 : At the least—you're standing up for your own wholeness. I don't imagine there's any guarantee of not getting hurt.

15:41:47 From Sofia : It's acting from an internally powerful place.

15:41:49 From Bernie Smith : also recognize that some people are just not ready to have the conversation beyond a certain point

15:42:40 From Nora Samaran : how do you live while getting harmed, if you have to just 'accept' that, i guess that's what i'm trying to understand. like 'if someone just lit you on fire, you may need to put out the fire before anything else' - doesn't that sometimes mean being like Stop the Harm first and it doesn't always matter if the person causing the harm Feels Like It?

15:43:03 From Sofia : And acting from an internally powerful place doesn't give power to the oppression in the way that resisting the reality does.

15:43:07 From Nora Samaran : ah

15:43:12 From breeshiaturner : Nora, there is a difference between acceptance and complacency. We must accept that the fire has been lit in order to put it out.

15:43:37 From breeshiaturner : If we cut ourselves off from feeling/noticing the fire, then we can't address it.

15:43:38 From Nora Samaran : @sofia that's the bit i guess i'm missing

15:44:31 From rachel : i'm a bit confused: is this 5-point strategy for white people to use with other white people, or white people to use with both white people and POC?

15:44:37 From Terry : @breeshiaturner Would you or Sandra repeat what we will have access to after this so we don't have to worry about missing something?

15:45:02 From paulahorowitz : I have that question that Rachel raised too.

15:45:17 From breeshiaturner : Sure, Terry. I'll ask her during next Q&A! Meant to get to it last time, but we moved on. Apologies

15:45:32 From Nora Samaran : @sofia this makes sense. ok so lke what if the oppression is your landlord harassing you and it is your home, and you have lived there for years and live in a city where there is a housing shortage and you don't think you'll be able to get another decent home. And so your landlord harassing you (like say a white landlord fetishizing an asian woman any time you have to interact) how do you just 'not be affected' and 'accept reality'

15:45:33 From Terry : Thank you!

15:45:56 From Nora Samaran : there is obviously some serious knowledge here and yet I'm not quite grasping it yet

15:46:08 From Leigh Ann : We get a video, the chat, the powerpoint, and a transcript of the video.

15:46:26 From Kailey : Hey Terry - the last online interactive session, a few days after it was live we received transcript of the chat box, the powerpoint presentation as well as white boards and the recorded video!

15:46:32 From breeshiaturner : it takes time, Nora :) this is good compassion practice—having compassion, and acceptance, for where you are :)

15:46:37 From Sister Ocean : nora, listen now!

15:47:55 From Sister Ocean : does this help, what sandra is saying?

15:48:43 From Terry : Thanks again Kaily leighann

15:49:22 From Ariana Manov : I dont thnk I receiedany of those key materias -- the video, poer point, etc. How do I do that?

15:49:43 From Leigh Ann : They sent an email Wednesday with the info

15:49:47 From Jenny : I received mine in my e-mail last time.

15:49:59 From janetgray1 : Breeshia, can we go back to Nora's questions too? I'm thinking these strategies are good for white anti-racists, but they'd need to be framed differently for a person of color who is experiencing racist oppression pretty directly.

15:50:00 From Bernie Smith : i think it's on the Everyday Feminism website. You log in and access the stuff

15:50:01 From Leslea Bowling : It might be in your junk mail folder. That's where mine was.

15:50:28 From owner : Nora, I'm hearing that you may have to disengage from people becasue they are harmful and they aren't able or willing to stop harming and/or have not interest in stopping. Sandra said very early on if people have a pattern of that behavior, you may need to disengage from the harm.

15:50:29 From Jenny : The link is the everydayfeminism.com website, and then go to the corner and pull down the menu that has the online training menu in it.

15:50:48 From Madelyn : In the past I've spoken with my family coercively, trying to force them to understand racism how I understand it. Because of my past approach, they've become afraid to engage in these discussions with me. What advice to you have for healing those relationships and creating a safer space for those conversations?

15:50:52 From Nora Samaran : all of it helps. and yet it still sounds like a massive amount of work that i don't know how we could expect ppl to do who are actively living through harm. it feels like there's a risk of it being used to silence ppl. (it is powerful, and i am slowly understanding how powerful - and yet i've seen this also get used to silence ppl, so curious if there are ways to stop that from happening. like it is a choice for an oppressed person to do this work. as white ppl we can't say like 'oh you have to be compassionate towards me' - we have to say 'it is my job to do this work, not yours' - it

can be used to shut people up if they can't do this superhuman work while being harmed.

15:50:53 From Sofia : @janetgray1, Sandra teaches these same practices for folks who are experiencing being the target of oppression.

15:52:41 From Bernie Smith : sometimes, you will lost friends and family members

15:53:05 From Bernie Smith : @ Madelyn

15:53:19 From janetgray1 : Thanks, Sofia.

15:54:01 From Bernie Smith : *lose

15:54:39 From Jenny : I think there is a lot of pain in the world, and I never expect any POC to be compassionate toward me as a white person--because I recognize that history there. Unless and until I prove myself, in a way that they understand and accept. And that's up to them, and all I can do is do my best. And I keep talking to other white people.

15:54:53 From Josh Van Vliet : I'm seeing how any principle or tool can be used as a bludgeon if we try to force other people to use it. I'm seeing the profound value of this approach is focusing on how we are engaging with the people around us, and how we are being with it. (rather than worrying about whether other people are or are not using this)

15:55:28 From Hanna : absolutely :)

15:55:39 From Angharaad : Sandra, Thank you for being so loving and compassionate to us, a video full of mostly white people, as we figure out and grapple with our own pain. I see the work you are doing and appreciate your vulnerability.

15:56:12 From janetgray1 : ...and fierceness, and faith!

15:56:15 From Nora Samaran : <3<3<3 twinkles

15:56:16 From Bernie Smith : a tool in a tool box is a good way of thinking of it

15:56:20 From Terry : Beautiful, Thank you Sandra

15:56:27 From Chelsey : what a POWERFUL ending note

15:56:30 From rachel : I want to echo @angharaad - THANK YOU Sandra! And thank you @breeshiaturne

15:56:53 From Sister Ocean : curiosity about the experience of the "other"

15:57:00 From Sister Ocean : it softens everything

15:57:04 From Paris : compassionate activism: affirming my experience + affirming someone else's humanity

15:57:05 From Angharaad : gentleness with self. and holding the 3 realities

15:57:07 From Bernie Smith : recognizing the other person's reality

15:57:23 From Rachel : being compassionate and humanizing another is the core to this work

15:57:30 From Marta's iPad : take care of one's own house and hold room for others's own house

15:57:31 From seangardner : Metta

15:57:31 From Noel : acknowledging how i feel when i mess up and being ok with what i'm feeling even when i know that what i did/didn't do may have been harmful

15:57:33 From Leigh Ann : Take care of yourself first, then when you're ready to move into action, you'll be called forth.

15:57:44 From Jenny : Sometimes doing our best means disengaging.

15:57:59 From Marta's iPad : I can learn this, because Sondra will guide us ...

15:58:03 From kgb : there IS a process - gratitude and hope

15:58:14 From Mathew : hahaha nope Mathew is just my name and it labeled the arrow :)

15:58:16 From Madelyn : Not forcing yourself or another to act, knowing where you are coming from

15:58:18 From Ben : put yourself out first if you are on fire

15:58:20 From Jennifer Carey : Be open to the truth of another person's reality, seek understanding, resist judgement and invite them to see a different reality - but never coerce.

15:58:39 From Terry : Inviting people, without forcing your opinion because you feel you are right.

15:59:06 From Drewww : "The examined life is painful." - Malcolm X

15:59:15 From eswankeyes : There are multiple realities engaging at any given moment.

15:59:48 From Jenny : breathe, listen, invite. <3

16:00:30 From Nora Samaran : appreciating the tremendous amount of patience you guys have

16:01:03 From Nora Samaran : does this require cultivating a very deep sense of safety within oneself, to be able to do this

16:01:24 From Ben : thank you thank you thank you!

16:01:25 From Joshua, he, Victoria-Lekwungen Territory : Thanks very much Sandra & Breeshia for all your work, and to everyone for participating

16:01:29 From Jenny : Thank you!

16:01:48 From janetgray1 : Nora—appreciating you!

16:01:49 From Terry : Thank you Breeshia and Sandra

16:01:57 From Mathew : "How you gonna win when you ain't right within?"

16:01:59 From Nora Samaran : thank you Breeshia and Sandra!

16:02:03 From Sandy Robinson : Compassionate connection, with ourselves, with others. Gratitude for this workshop and for your creation of a safe space, Sandra. Thanks to you and to Breeshia.

16:02:07 From rachel : woohoo!

16:02:08 From Andrea : bye

16:02:11 From MelissaW : Thanks!

16:02:11 From Susan Bragg : THank you!!

16:02:13 From Luke : thank you!

16:02:15 From Leigh Ann : thank you!

16:02:22 From Alavida : thanks everyone!

16:02:49 From Anda from Alaska : Thank you!

16:03:21 From Sofia : @nora, I think that this process helps develop internal safety over time.

16:03:34 From Terry : Agree, this is amazing.

16:04:06 From Daniel's iPad : thank you!

16:05:09 From Ariana Manov : I feel enveloped in a cloud of hopefulness which has, at least temporarily replaced the gray mist of despair which has been surrounding me! Thank you for sharing your wisdom!

16:05:13 From Mathew : I was just going to ask if you read rev. angel