

compassionate activism

Healing from Toxic Whiteness Chat Log for Practice Session 3 - November 10

17:57:43 From Sandy Robinson : Working on putting energy generated by anger to use to do good.

18:00:16 From Jennifer : sadness, anger and mourning

18:00:46 From Marta Brenden : I traveled to Thailand last Monday, the reaction in the US expats are very strong.

18:00:56 From Noel : It hurts so much to see friends of color terrified for their safety and that of their children. Working on being supportive and reaching out to them with love and at the same time finding space to step back and cry out how much it hurts to see people I love hurting.

18:01:46 From Elizabeth O : dealing with my grief as a woman and my privilege as a white person and being supportive for people of color/seeing my responsibility there

18:01:47 From Gabriela : felt a lot less resistant than i thought i would, i think thanks to this course (seriously). i'm upset, obviously, but i'm not resisting the reality of it much. hopefully this isn't denial. i also feel galvanized to work towards building the communities we envision in this space

18:02:34 From Joe Gilbert : Joe from NH. I'm an educator working with international students, including Middle Eastern students, and many across the board are worried about losing their visas, and about experiencing more discrimination or violence.

18:03:54 From Bethany : Feeling saddened by how many white women voted for Trump, guilty about our lack of substantial work in talking about racism with our friends, families, and networks, and overwhelmed by the need to establish ways to do this and organize to protect those who will face the violence if Trump's policies first

18:05:55 From Mayliss : how to keep energy, stay optimist when things are not going our way. And moreso how to keep being caring or compassionate towards people from our white community when white supremacy is expressed over and over again

18:07:16 From Josette Souza : Sorry to whoever's video I accidentally turned off!

18:10:02 From Kari, Alaska : I am feeling very intolerant of people who are intolerant and doesn't that make me intolerant.

18:16:00 From J Zirbel : I am grounded in that "I dare to care" because of how I am a participant in a community that looks out for each other

18:16:48 From Cynthia : Grieve first, share with others who are grieving, and then figure out what is in my power to do so to not get lost in despair.

18:18:02 From Ariana Manov :

My dear friend Celina Alvarez shared this quotation with me --which I find comforting!

"Nothing can temper the spirit of a warrior as much as the challenge of dealing with impossible people in positions of power. Only under those conditions can warriors acquire the sobriety and serenity to withstand the pressure of the unknowable." --Don Juan, Carlos Castaneda

18:18:04 From elaine : I am grounded in my meditation practice ...and my understanding that the opposite of love is not hate- the opposite of love is fear.

18:18:06 From Jennifer : I feel stuck in that I can't separate Trump supporters from being racist, sexist, misogynistic and homophobic. Not all are, but they could be considered guilty by association.

18:18:18 From Cara Baltimore : I find my grounding in nature so what you said totally made sense to me and brought me peace.

18:20:43 From Sandra Kim : <https://zoom.us/download>

18:23:07 From mercedesklein : I am the only one in my breakout room and I'm unclear what we are supposed to be reflecting on. Anyone who is struggling with the breakout room interested in chatting in the text box?

18:23:45 From Anisa : same for me - no one there and not clear what im supposed to be doing.

18:23:54 From Anisa : possibly how do we ground?

18:24:20 From Sandra Kim : Question is what is coming up for you around the elections and what can you ground yourself in as you navigate that and look into the future.

18:25:08 From mercedesklein : Thank you Sandra!

18:26:21 From Terry : I find I can reach out to the "others" until I hear/see "well both sides are to blame, both sides have to be responsible" especially in regards to bullying. I lose my peace then.

18:26:32 From Alavida : can someone pls mute?

18:26:38 From janetgray1 : I want my partner back!!

18:27:07 From Sandra Kim : <https://zoom.us/download>

18:27:20 From Marta Brenden : No one was in my "room.".

18:27:31 From Kari, Alaska : grounding in family and friends

18:28:29 From Elizabeth O : running on adreniline / can't sleep

18:28:29 From Jennifer : family and friends are helping keep me grounded

18:28:37 From Gabriela : grounding myself in the knowledge that there are people i love in the world who give me a sense of safety, and that there are many (especially in this space) who are committed to healing and creating positive transformation.

18:28:59 From Noel : grounding in love

18:29:10 From Paris : finding grounding in singing and making music and knowing that it is something that will always be mine

18:29:13 From phyllisstern : can't figure out how to use whiteboard — I did what you said.

18:29:40 From Marta Brenden : sharing with others

18:29:59 From Bethany : what you said about 'do what's right not what's easy'

18:30:03 From Marta Brenden : Understand what's happened

18:30:05 From Cara Baltimore : At my work, some of us held each other in a circle and and that was helpful. Connection and movement.

18:30:21 From Katie Kuriyama : grounding in my baptismal covenant

18:30:27 From phyllisstern : Knowing that integrity starts with me.

18:30:43 From Marta Brenden : Meet together and exchange understanding

18:30:51 From debam1 : looking at the past for strength - the history of people

18:31:41 From Jennifer : This has been hard for me doubly so because my grandmother passed away over the weekend and her funeral was today.

18:31:45 From Cynthia : Home isn't always a safe place in which to find grounding and protection from oppression.

18:32:09 From Joshua, he, Victoria-Lekwungen Territory : @Jennifer sending healing thoughts for you and your family.

18:32:30 From Cynthia : I'm so sorry for your loss, Jennifer.

18:32:40 From Terry : @Jennifer. So sorry for your double grieving.

18:32:46 From debam1 : knowing who we are and where we can plug in that is true for us to make a difference and feel right inside.

18:32:59 From debam1 : oh Jennifer <3

18:33:12 From Terry : My community is about healing but I'm not ready. I have to honor that.

18:33:17 From Jennifer : Thank you

18:39:45 From Harah : acknowledge...:)

18:40:03 From Cynthia : We love you anyway, Sandra. :)

18:40:56 From krhodebeck : I am having a very difficult time healing because I feel complicit in white supremacy sometimes when I recognize the other persons' reality. I feel shame there. I am lost first in healing now, but also what more I can do and could have done.

18:41:24 From krhodebeck : does that make sense? when engaging in conversations with family, etc.

18:51:57 From mercedesklein : The message I was given was: be kind to yourself, love yourself.

18:52:21 From Noel : I felt sadness. It told me that it needed me to give space to cry.

18:52:29 From elaine : Self compassion is so important here. Be kind and know I am doing the best I know how.

18:52:40 From phyllisstern : It said take space for yourself, and it's okay to need things.

18:52:55 From Kari, Alaska : tension, wanting to have compassion for everyone but having a hard time having compassion for those voted for trump. ending with so many tears

18:52:58 From Anisa : it started as fear and moved into really deep sadness. also physical aspect - shaking shoulders and lips

18:53:45 From Gabriela : i felt fear and saw myself as a child who was unsure of what was real and what to ground myself in, and also fear of committing violence without understanding how. my fear wanted me to assure it that i am inherently good rather than an evil oppressor.

18:53:49 From Joshua, he, Victoria-Lekwungen Territory : The feeling in my chest said: Be honest, admit mistakes, be accountable.

18:53:50 From Adele's Laptop : Furious at my failures. When I try to get it right it gets worse. I need to let something free.

18:54:40 From Emily Donaldson : Message: Channel the anger you have about White supremacy into love and action.

18:54:52 From Marta Brenden : I felt profound gloom and sadness, the color of dark foggy gray/black, in response to racism and the election outcomes. the process allows for visual presentation for making a bit more concrete. The shape of the dark gray was vaguely human shape, outside of me, not internal. I wonder if it's what I fear on dark streets.

18:55:14 From Mayliss : tension released as I was compassionate to myself and letting go

18:55:32 From Jessica : Message I heard: Feel what you need to feel in order to move towards stepping up and taking action. Get involved.

18:55:36 From Sandy Robinson : The message I received was "Slow down. Be present."

18:56:02 From mercedesklein : I echo that Mayliss. Feeling really thankful for that release

18:56:11 From kendallmackey : it said i needed to break down some barriers between myself and it because pretending it isn't there isn't working.

18:56:33 From Adele's Laptop : After the fury I just cried and felt devastated.

18:57:31 From Adele's Laptop : It's hard to love myself when I cause so much pain to others as part of white supremacy.

18:57:48 From J Zirbel : so tired - need to rest in this moment

19:07:02 From Lori : I think I just get this. Once we create the dynamic of you are less human than I because of your.... skin color, nationality, race, gender, ableness it harms our sense of self and humanity. Once we introduced this dynamic we have to maintain our upper, more human position because we would we become a despised ones and we are in danger. It is a survival reaction. Deeply subconscious.

19:09:52 From Cynthia : The only caveat I would propose to getting into another person's internal reality is when the other person is a narcissist. Then this is dangerous.

19:13:29 From Sandra Kim : Which toxic swirl ways do you often do?

What's the impact on the other person and on you?

What might be possible or different if you approached them with mindfulness?

19:14:35 From Emily Donaldson : Hey Sandra—could paste the toxic swirl behaviors in the chat box too for reference in our breakouts?

19:14:49 From janetgray1 : Second what Emily said!

19:15:10 From Sandra Kim : We make them wrong as a person:

- Judge them
- Shame them
- Police them
- Punish them
- Dismiss them

We resist their experience of the situation (aka their internal reality):

- Deny and minimize what they're feeling
- Focus on how they 'should' be feeling (aka make believe world)

Try to force them to agree with us (aka push our internal reality on to them)

19:23:31 From ALicia : What's coming up for me right now is that I have done a lot of work around these behaviors and I'm learning to step back when they are not reciprocating with hearing my reality, as I am doing for them. And I know that for some people, my stepping back can also be perceived as an attack on who they are, so they isn't getting out of this dynamic completely no matter what I do, I have to accept that they'll have their own experience of the situation. I've had a lot more issues with people pushing their reality on to mine and I'm getting around noticing when I am getting dragged into a toxic swirl and wanting to engage with them for who they are, but due to illness I very often just don't have it in me so I mostly spend a lot of time grieving my own limits and readjusting. I wish I could do more because I know how to do it very well (even if I am nowhere near perfect, it doesn't depend just on me, I don't connect with everyone.) I hope that made sense.

19:26:54 From elaine : Its clear that we need to take care of ourselves before trying to take care of others who are racist or taken in by the Trump talk

19:27:31 From janetgray1 : Big question from my partner and me: What can we do to invite someone (e.g. a Trump supporter) into this kind of conversation when the other person wants to lecture non-stop in ways that feel aggressive, dismissive, etc. etc.?

19:27:38 From janetgray1 : Yes—even abusive?

19:28:36 From Jessica : Everyone wants to be seen and heard. If I'm not willing to see/hear someone else, why would they want to do the same thing for me? This feels so hard sometimes.

19:29:50 From mercedesklein : When talking with people we are in relationships with, what do we do if they are not willing to make space for our internal reality to be heard and it becomes just a space for hearing theirs?

19:30:16 From Terry : I meet the BEST people in these breakouts!

19:30:37 From Gabriela : it's been helpful to get in touch with where my values and actions disconnect so that i can then be less resistant when i see that happening in others

19:30:43 From janetgray1 : Me too, Terry!

19:31:29 From Marta Brenden : Important: practice humble curiosity toward other person with opposing views. Thanks for that.

19:31:43 From Joshua, he, Victoria-Lekwungen Territory : I don't think I've ever been curious. Mostly I just want people to go away. Will have to think about how to gently stretch myself as someone who tends to be introverted and socially anxious.

19:32:32 From Emily Donaldson : This is more of a question: I would love some concrete examples of kinds of questions to ask when we are hoping to help someone else “unpack” their reality. The “humbly curious” questions—are there any sentence stems that you've found best convey our invitation so share?

19:32:53 From elaine : I like that idea to invite and if they say no to ask why.do you have some concern?

19:33:49 From debam1 : at some point there is a safety line to know when to back away

19:34:11 From Joshua, he, Victoria-Lekwungen Territory : @Emily Donaldson I'd find that really helpful too, maybe that's a brainstorm we could have on the Facebook page?

19:34:58 From Emily Donaldson : yes, @Joshua! Maybe there will be some ideas in Sandra's PPT too.

19:35:17 From debam1 : true! thank you. so much to think about.

19:35:40 From elaine : thank you all for being here..thank you Sandra and Josette

19:35:57 From debam1 : those questions to ask of myself while listening to these people without even engaging them in a conversation is interesting to reflect on

19:36:53 From Ariana Manov : Thank you all for being filled with astonishments!

19:37:00 From elaine : self compassion is key

19:37:08 From Sandy Robinson : humble curiosity / being invitational

19:37:09 From Noel : I'm not ready to continue a convo yet. And that's ok. I have a roadmap to get there.

19:37:10 From Gabriela : talking to other whites before i'm ready will cause me to perpetuate oppressive tactics

19:37:24 From Anisa : remember not to dehumanise the other (priviledged) person while disagreeing

19:37:28 From Terry : @Arianna. Thank you for your sharing.

19:37:34 From Adele's Laptop : I think I am still stuck. I need to cry a ton out.

19:37:53 From Marta Brenden : take away: to give myself time to notice, react maybe in grief, understand, practice humble curiosity, not lecture

19:39:02 From mercedesklein : hard on the system, soft on the person - love that!

19:39:54 From mercedesklein : Thank you so much Sandra and Josette, and thank you so much to this community!

19:40:12 From Jessica : Thank you for leading us.

19:40:16 From Gabriela : thank you for creating this space for us

19:40:39 From Marta Brenden : Thank you, it's a help. I'll try to get to the Fb group.

19:41:01 From Katie Kuriyama : yes, thank you all for teaching and for this space

19:41:02 From Sandy Robinson : Thank you so much, Sandra and Josette and all of you.

19:41:03 From debam1 : I looked fwd to this all day. glad you all were here. <3

19:41:32 From Joshua, he, Victoria-Lekwungen Territory : Thanks very much Sandra and Josette for all of your work and willingness to help us confused white people do better! :) And thanks to everyone for participating

19:41:35 From Luke : thank you!

19:41:36 From Alavida : thank you!

19:41:42 From Emily Donaldson : Take care, friends.

19:42:01 From Cynthia : Thank you all! Thank you, Luke and Joshua! It was wonderful talking with you both!

19:42:03 From debam1 : you too

19:42:10 From Anisa : thank you for creating this space