

compassionate activism

Healing from Toxic Whiteness Practice Session 6 Chat Log - December 8, 2016

- 19:06:51 From Alavida : sound very distorted
- 19:07:18 From Sarah : sound very distorted here too, but maybe better now
- 19:07:24 From Sandra Kim : anyone else experiencing distorted sound?
- 19:07:38 From Jennifer Vatza : Its okay for me
- 19:07:40 From Adele's Laptop : It's weird but I can hear
- 19:07:42 From Anda Saylor : It's funny but I can still understand fine here.
- 19:07:46 From Whitney : yeah same here
- 19:07:47 From Emily Donaldson : yes—it's muffled a bunch
- 19:07:51 From amyhollings : a bit garbled, but i can understand you
- 19:07:51 From Jennifer Vatza : vidoe is a little choppy, but audio is okay
- 19:07:51 From Lila : yes, but usable
- 19:07:52 From aspeyer : Phone connection here still sounding clear.
- 19:08:28 From Alavida : what is the number to call in? i'd like to try phone. thanks.
- 19:08:35 From Katie Kuriyama : muffled but i can still understand for the most part
- 19:09:47 From Sandra Kim : Join only by telephone for audio (if you have weak or no internet):

US Telephone Number: 408-638-0968 or 646-558-8656

International Number: [Click here for a list](#)

Enter Meeting ID: 176 906 734

19:09:59 From Alavida : thanks

19:10:31 From Sandra Kim : For future reference: the phone number and other information about joining the convo is available in the email reminders sent out

19:17:44 From paulahorowitz : What do you mean by internal justice?

19:18:32 From Sandra Kim : If you're on the phone and have a question, hit *6 to unmute

19:20:53 From aspeyer : Will we be able to log in to the Everyday Feminism website and access recorded sessions and other materials from this course indefinitely?

19:21:43 From michaelbrasher : They have said that we would be able to in other sessions, yes. "For as long as the internet exists" has been the phrase used.

19:22:10 From Sandra Kim : Exactly :)

19:22:34 From Ariana Manov : This is Ariana, unavoidably late to join you. Please forgive me! Glad to be here!

19:23:36 From Sandra Kim : Welcome!

19:23:58 From Lori : I agree very much that shaming each other does not help us change people. I work a few white folks in my local social justice group with who really sincerely feel we need to shame our police. They did so in a letter to a paper. I objected and asked for a change but they really felt it was needed given what happened. In my mind this situation wasn't going to be made better by shame but respectful request they hold to their stated values and pointing out this situation violated them. I was over ruled which is not a problem for me but i didn't know how to explain we might cause more harm

19:24:02 From phyllisstern : Could you go over the five practices again?

19:24:33 From Sandra Kim : Reminder: Breakout sessions are optional. Just let your partner know and come back to the main room. Folks using the phone, use *6 to unmute yourself. If you are in a breakout session alone, please wait a minute because someone may join you soon. If you end up without a partner, that's ok. Just do the activity on your own.

19:24:40 From janetgray1 : Also I haven't figured out how to get on the Facebook page...help?

19:24:48 From Emily Donaldson : Kind of related to @aspeyer's question: the private coaching sessions that were included with this course (with Sandra and/or Dara, I think?)—if we haven't used those yet, are we able to sign up for that after we part ways from this course? I feel like they might be even more meaningful after we go and try to apply what we've learned. If NOT—how long does that offer last?

19:25:34 From Leigh Ann : I second Emily's question

19:25:37 From michaelbrasher : same

19:25:41 From Leora : same

19:25:52 From Sandy Robinson : ditto

19:36:50 From Sandra Kim : Go into fullscreen mode. Once you are there you will see a green box that says you are viewing Sandra Kim's screen. To the right of that is a black box that says options. If you click on that the last option is annotate and that should bring up a whole bar with different options.

Reminder: Only put short answers in the whiteboard and any answer longer than 4 words needs to go in chat, otherwise there's not enough space for everyone's answers

19:37:17 From Jennifer Vatza : One of the things that has come up for me is on the topic of allyship and promoting diversity. They can be sensitive issues even though our intentions are good.

19:37:55 From phyllisstern : That is so generous, Sandra (coaching).

19:38:14 From amyhollings : wowee. again, thanks.

19:38:15 From michaelbrasher : 2 things i've learned: 1. we don't get to dehumanize people, no matter how wrong we think they are, no matter how much they hurt us. 2. being an ally wasn't about addressing the white supremacy i see in others as much as it is about becoming more connected to the ways that white supremacy exists and expresses itself in my life. start with myself.

19:38:16 From Emily Donaldson : Thanks for that answer! I'm glad I didn't miss the opportunity. :)

19:38:41 From Kari, Alaska : I have gained more compassion with my self and it has really helped me have more peace with others

19:39:34 From Leigh Ann : It's been so valuable to process my own emotions of shame and anger so that I can focus on action.

19:40:46 From Cara Baltimore : has changed my perspective on everything. Excited about the number of colleagues who expressed interest after i shared info about the next course in our all staff meeting today. Also excited to use the skills to engage in ongoing internal work and share the practice through conversations with others!

19:40:49 From Lori : @ michael thanks

19:40:58 From Sarah : the potent power and value of grief

19:41:01 From Anda Saylor : Me too!

19:41:33 From A : I've realized I have so much anger to deal with, anger at those who perpetuate injustice and hurt others. I'm scared at being burned up by the anger because I know that will just turn me into the kind of dehumanization that I'm trying to fight against. I appreciate the mediation exercises but would love to hear more tools about dealing with the anger and not being overwhelmed or distorted by it.

19:41:38 From Anda Saylor : People seem excited about the idea of this course when I mention it, more than I would have thought

19:41:59 From janetgray1 : Tools I've practiced in the past week: asking what I'm bringing to charged conversations connected to whiteness, staying with the discomfort, being curious about/attending to the other's reality (instead of just getting pissed off and being righteous)

19:42:37 From Jennifer Vatza : I love the meditation exercises too

19:42:46 From Lori : Was able to facilitate a conversation around racism 2 weeks ago with 14 others in a multi race environment. First time. I was told after they felt very safe and really appreciate the space to talk. I was so grateful.

19:43:13 From J Zirbel : for the first time I had a conversation with my brother that was not heavily emotionally laden for me

19:43:29 From Adele's Laptop : I've been sitting back and waiting for nondominant voices rather than just FIXING it because who knows if I would choose what they chose to do.

19:44:19 From janetgray1 : oh yes—the breathing phrases: “This is real/and it hurts/” and all the possible variations.

19:44:25 From amyhollings : i am also hoping to bring this into my feminism.

19:45:10 From phyllisstern : Don't see groups of oppressed people so much as individuals now.

19:50:42 From janetgray1 : So...systemic oppression is designed to break our capacity for compassion...yes.

19:52:05 From Sandra Kim : Yes, that's exactly right.

19:53:40 From katmi : Question: What is the invitation to?

19:54:16 From Anda Saylor : Can you talk about how this relates to war (the military industrial complex)?

19:54:30 From Sarah T : The invitation is to share each other's truths

19:55:46 From Sandra Kim : That's right, Sarah

19:57:35 From janetgray1 : This is one of the pieces I most want to share with other white people...that anti-racism work is work for our own healing—push us out of a space of condescension, “helping.”

19:58:39 From Anda Saylor : I agree janetgray <3

19:59:19 From Cynthia : "Who do you need to be to let this happen and not care." And, how do you grieve what was done to you in childhood so you can return to the capacity to care for yourself and others.

19:59:20 From janetgray1 : :) <3

20:00:00 From Adele's Laptop : That's hard Cynthia, I can only seem to land one plane at a time.

20:01:29 From Sandra Kim : Thank you for your question, Cynthia

20:02:17 From Janice Eng : Sandra, are you going to do the healing from marginalization class again?

20:03:58 From Sandy Robinson : Do you have any guidelines for helping in ways that are truly helpful, not dehumanizing or otherwise harmful?

20:05:06 From Sarah T : Showing Up for Racial Justice has published guidelines on the internet...Maybe a place to start, Sandy?

20:05:41 From paulahorowitz : Audio is unstable.

20:05:43 From Lori : That white folks don't know what it was like to be white before it, that is super important. Thank you for sharing your learning.

20:05:45 From Sandy Robinson : Thank you, Sarah. I'll look into that.

20:06:06 From Joshua, he, Victoria-Lekwungen Territory : I'm scared that with all that white people are taught about centering whiteness, there is risk that we will

prioritize doing our own healing in very self-indulgent/narcissistic ways and not also be putting time and effort into dismantling structural racism, supporting BIPOC in our lives who are really hurting, etc. Do you have any suggestions for how to commit to doing this necessary and difficult work and also not get sucked into a vortex of narcissism?

20:06:40 From Anda Saylor : How does white supremacy relate to war?

20:07:34 From janetgray1 : Good question, Anda—lots of ways I think. I keep thinking of more...

20:08:49 From Adele's Laptop : Wow Joshua, I think that you are on to something.

20:09:04 From Sandra Kim : Thank you for bringing that up, Josh. Excellent consideration!

20:09:22 From Sandra Kim : Does anyone have thoughts/ideas? Perhaps it'll come up during the breakout session

20:10:03 From Leigh Ann : Joshua put my question into words.

20:11:56 From A : I don't think it's either-or (you have to either do structural work or personal work). They're not in competition but are both key to dismantling white supremacy.

20:11:57 From janetgray1 : Right. Narcissism isn't interested in or aware of the root, doesn't look for it.

20:12:06 From Cynthia : Joshua, I think it's about simultaneous work. If we engage in anti-oppression work without engaging in our own grieving, our outward work is likely to be harmful. If we solely process our grief without every engaging in the external work of anti-oppression, we are limiting our growth and learning and remaining complicit with systems of oppression. I think it is possible and necessary to engage in both kinds of work at the same time. Which means it's always going to be incredibly messy, imperfect, humbling work.

20:12:22 From janetgray1 : Yes—Cynthia. Yes.

20:12:57 From Anda Saylor : yes

20:15:01 From Ariana Manov : This is Ariana -- I think we need to normalize references and discussions about "racism" without the "shaming". Of course I am a person damaged by racism; it "falls" on all of us like environmental pollution. Yes, I am polluted whether I choose to be or nto. It's what I do with that realization that takes deep diving and comes up with an activist strategy.

20:15:06 From Lori : I agree with Cynthia, I have done both as I am able to in my honest process and the two together have been transformational.

- 20:15:26 From Leigh Ann : yes, please write it!!!!
- 20:15:58 From Emily Donaldson : agreed—that article would be great for this work moving forward!
- 20:16:02 From phyllisstern : Question: Could you review briefly the five practices? Thank you.
- 20:16:20 From Joshua, he, Victoria-Lekwungen Territory : Thanks Sandra and Cynthia and others for weighing in on this. It gives me ideas for how to set up mutual support around keeping a balance and doing internal work in ways that are genuinely transformative to be able to do external work more effectively, and not neglecting either of those.
- 20:16:34 From Kari, Alaska : love to see the article you just mentioned Sandra
- 20:20:16 From Leora : I'd like to see that article too!
- 20:20:18 From Sandra Kim : Reminder:

Reminder: Breakout sessions are optional. Just let your partner know and come back to the main room. Folks using the phone, use *6 to unmute yourself. If you are in a breakout session alone, please wait a minute because someone may join you soon. If you end up without a partner, that's ok. Just do the activity on your own.

- 20:29:08 From Anda Saylor : Yes! Thank you everyone!
- 20:29:09 From janetgray1 : lol true Lila...I lost my partner mid-sentence!
- 20:29:17 From Sarah T : Thank you Sandra and the entire team there at Everyday Feminism for this opportunity! You all have given so much energy, it is very appreciated.
- 20:29:20 From Sandra Kim : Sorry about that!
- 20:29:26 From Sandra Kim : **Reminder on how to use the Whiteboard:

Go into fullscreen mode. Once you are there you will see a green box that says you are viewing Sandra Kim's screen. To the right of that is a black box that says options. If you click on that the last option is annotate and that should bring up a whole bar with different options.

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20:29:28 From Jennifer Vatza : bringing waht we learned into a daily practice.

20:29:32 From Cynthia : Thank you all for companionship on the journey.

20:29:35 From Kari, Alaska : like to take this again with others. Discount for those returning?

20:29:49 From Joshua, he, Victoria-Lekwungen Territory : @Kari free for those returning

20:30:21 From Marta's iPad : I will miss this opportunity to ponder with another person to talk with and to have a lecture regularly.

20:30:42 From Marta's iPad : Thank you.

20:30:43 From Lila : so grateful for all of this and each of you. i am not even sure how much this has impacted me yet, but I feel so many shifts of awareness already.

20:30:45 From janetgray1 : Ditto what Marta said. So grateful to everyone I met in the private sessions.

20:30:47 From Sandy Robinson : Thank you, Sandra, for your bravery and compassion. Thank you, Breeshia and Josette, for your presence, attention and support. Thank you, everyone, for building community.

20:31:23 From Lila : HOORAY!! Thank you Sandra!

20:31:34 From Alavida : will there be break-out opportunities in the repeat course?

20:31:35 From amyhollings : I have been accessing through the emails and the fb page.... what is the website, please?

20:31:44 From Adele's Laptop : Helped in unexpected ways!

20:31:44 From Lori : Yes, the live conversations were important. Anyway to facilitate some of those would be valuable.

20:32:02 From paulahorowitz : The breakout rooms were so special. I am so glad that I participated in this session because I got to experience that with other people from other places.

20:32:12 From Anda Saylor : no

20:32:12 From Kari, Alaska : no

20:32:12 From Alavida : no

20:32:13 From janetgray1 : No—

20:32:14 From aspeyer : No whiteboard here!

20:32:15 From Cynthia : I cannot see the whiteboard

20:32:16 From amyhollings : nope.

20:32:21 From Lila : yes - breakout rooms were wonderful

20:32:39 From Lori : Thank you, so much for the class. Really appreciate it.

20:32:44 From Sandra Kim : What about now?

20:32:47 From Sarah T : We could start FB video chats through the group...

20:33:40 From Leigh Ann : Post election, I've been so focused on external action that I haven't taken enough time to work on my own healing. So my next step is to set some time aside this weekend for it.

20:33:54 From Lori : Understand on the capacity issue.

20:34:02 From amyhollings : i have really benefitted from the live sessions. I am very grateful to have been able to take part.

20:34:30 From phyllisstern : Go forward with more humility, be willing to listen more.

20:34:31 From Anda Saylor : Go over the materials again.

20:34:33 From michaelbrasher : truly unsure. feel stuck at this question. i know i have a lot of trouble being curious with others, and not sure what else to do but work on that

20:34:38 From Joshua, he, Victoria-Lekwungen Territory : Whiteboard is working now.

Your generosity is amazing, thanks so much!

My next steps are to (1) see if SURJ would consider expanding to "Canada", (2) talk with the other white Indigenous solidarity activists who I work with locally about the next (on-demand) course together, and (3) talk with my Zen teacher about whether our sangha (which is quite white-dominated) could take this together.

20:34:51 From Emily Donaldson : Connect with my local SURJ chapter (CARW in Seattle!) and bring what I've learned here—the emotional work, primarily—into that space.

20:35:15 From Lori : I will be teaching a HeartMath workshop for our local SURJ. I will be incorporating application around toxic whiteness to that work.

20:35:19 From Janice Eng : meet with others in the group who are local and maybe start a practice group

20:35:39 From Leigh Ann : Emily, are you in the FB group? We're trying to get Seattle folks from this class together

20:36:08 From Emily Donaldson : Yes I'm there—I would love to be looped in and get together!

20:36:15 From janetgray1 : Oh question! The FB group—how do I get in it?

20:36:21 From Alavida : I am in Seattle area, on Whidbey Island

20:36:43 From Sandra Kim : Hi janet, please email breeshia@everydayfeminism.com with your Facebook question, and I'll let you in

20:37:04 From janetgray1 : Thank you, Breeshia!

20:37:18 From Lila : I took this to begin something of a discussion group in my local library as well as integrate techniques into some of the LGBTQ work that I am very involved with, but I feel like I've been working it in slowly and after repeating the course, and maybe some private meetings, and some more inner understanding with the surprises of this course, I'll be more ready

20:37:44 From amyhollings : there is a cultural safety program in BC Canada, I can try to find the link and share it on the Facebook page, if people are interested.

20:37:48 From Leigh Ann : Yes, in Seattle, I want to have a monthly meetup where we can just talk.

20:38:06 From Emily Donaldson : @Leigh Ann—Yes! I'm Emily Donaldson on FB and would love to be part.

20:38:08 From Cynthia : I'm in the Seattle area, too.

20:39:19 From phyllisstern : Anyone here from New You City area, to connect?

20:39:22 From Anda Saylor : Are we all invited to the FB group?

20:40:01 From Leigh Ann : Cynthia, Alavida, find me in the Facebook group, Leigh Ann Johnson

20:40:13 From Sandra Kim : Please send all questions pertaining to the Facebook group to: breeshia@everydayfeminism.com

20:40:47 From Cynthia : What is the facebook group name again?

20:41:06 From J Zirbel : You have given me an incredible gift that I will share everyday. ImL

20:41:27 From Sandra Kim : Healing from Toxic Whiteness

20:42:32 From Cynthia : I just typed that in and don't see anything coming up except announcements about this course.

20:43:06 From Marta's iPad : In my membership with one of the Village for senior independent living, I have introduced this disucssion and the small discussion group I belong to is highly interested. We have had one 2 hour discussion and the members want to hold a second session. The members appear to want me to be silent since I've done some work and others are vulnerable and want to get their feelings out. It was a man who voiced this perspective. I was touched by their passion, but it also means it's not a group where I can interact with people more secure with my expression of where I am. I'll be intouch for consultation. I am a member of SURJ, local and national, but haven't been in town to do anything yet.

20:43:40 From Cynthia : Can someone post the link to the facebook group, please?

20:43:55 From Lila : <3

20:43:58 From phyllisstern : Thank you!

20:44:08 From Leigh Ann : Cynthia, there are instructions on the course site. It's a hidden group, so you can't search for it

20:44:10 From Anda Saylor : Yes please post. Thank you Sandra!

20:44:13 From Sarah T : Thank you!

20:44:18 From Alavida : THANK YOU!

20:44:19 From Whitney : Thank you!!

20:44:19 From Anda Saylor : Thank you everyone!

20:44:20 From Lila : Hooray! Thank you! :D

20:44:21 From Katie Kuriyama : thank you!

20:44:21 From Marta's iPad : Sondra, this emotional revelation you are describing now, is very much felt by me. Thank you. I will keep trying, I really have no choice.

20:44:23 From Emily Donaldson : <3 Thank you!!

20:44:26 From Cynthia : I can't say thank you enough. This was rare and precious.

20:44:26 From Janice Eng : Thank you so much Sandra and everyone!

20:44:27 From Kim : Thank you!!

20:44:27 From phyllisstern : Sending you love, Sandra.

20:44:36 From Bethany : Thank you!!

20:44:39 From Lila : beautiful, powerful ripples.

20:44:41 From lindleymease : Thank you, Sandra. So grateful.