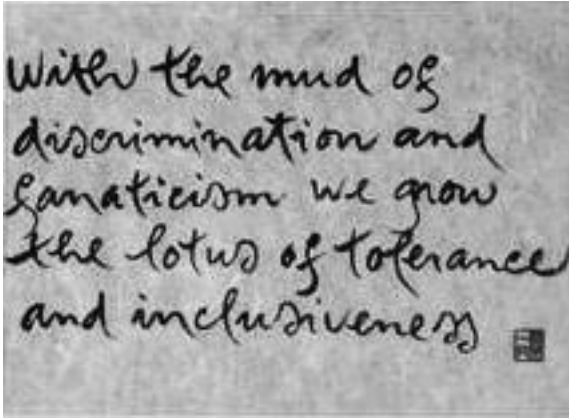


Resources for Reflecting on White Privilege



Aware of the suffering caused by racial, systemic, and social inequities, we commit ourselves, individually and as a community, to understanding the roots of these inequities, and to transforming this suffering into compassion, understanding and love in action. As a global community of practitioners, we are aware of the disproportionate racial violence and oppression, committed by institutions and by individuals, whether consciously or unconsciously, against people of color. We know that individually and as a community, looking deeply, we can engage the collective wisdom and energy of the Sangha to heal.

From the Gatha for Healing Racial, Systemic and Social Inequity by the Plum Village Sangha for Racial Equity

The following resources can support white people in looking deeply into collective and individual entanglement in racism and systems of oppression. Attending workshops and retreats led by facilitators with experience in racial equity is one way to start understanding our ancestral heritage and its impact in our own lives, in our societies and in the world. There are also many, many valuable books and online resources, we are only listing a few here.

If you have 15 minutes and are looking for a short introductory video:

Allegories on race and racism by Camara Jones:

<https://www.youtube.com/watch?v=GNhcY6fTyBM>

General Resources

White Awake is an online platform and network of trainers focused on education for people who are socialized as "white". They offer workshops, consultations and resources for self-study groups: www.whiteawake.org

Unpacking the Invisible Knapsack by Peggy Macintosh is a simple one-page checklist to begin noticing the privilege we may live with and be unaware of. http://www.winnipeg.ca/clerks/boards/citizenequity/pdfs/white_privilege.pdf

Dr Robin DiAngelo discusses "White Fragility" <https://www.youtube.com/watch?v=45ey4jg0xeU>

Plum Village Context

ARISE Sangha Plum Village Sangha for Racial Equity : www.arisesangha.org

Together we are one – Thich Nhat Hanh (2005). Thay's book, based on a retreat for People of Color

Sacred Activism Marisela B. Gomez' article on mindfulness and racial justice: http://www.huffingtonpost.com/marisela-b-gomez/sacred-activism-mindfulne_b_8080444.html

Dharma Context

Mindful of Race: Understanding and Transforming Habits of Harm by Ruth King 2018 A great book to start by studying in a White Awareness group.

Awakening Together: The Spiritual Practice of Inclusivity and Community by Larry Yang, Wisdom Publications 2017, is "a brilliant guidebook for anyone who longs to create a just and inclusive community" - Jack Kornfield.

Directing the Mind towards Practices in Diversity contains Larry Yang's formulation of 8 mindfulness trainings are a chapter in Thich Nhat Hanh's book *Friends on the Path* <http://abqsangha.org/flyers-other/diversity-precepts.pdf>

Personal and collective suffering in the context of Buddhist practice and racism, by Andrea Fella: http://religiondocbox.com/Buddhism/75983290-personal-and-collective-suffering-andrea-fella.html#download_tab_content

Making the Invisible Visible: Healing Racism in Our Buddhist Communities. A precious document bringing perspectives from different Buddhist teachers and practitioners into dialogue (2000) <https://www.dharma.org/wp-content/uploads/2017/02/Making-the-Invisible-Visible.pdf>

See work also of Rev. Kyodo Williams, Rev. Zenju Earthlyn Manuel, David Loy, and many others.

Courses

Waking Up to Whiteness. Dharma and Racism Study Curriculum. Course materials for (collective) self-study: <http://bit.ly/29WiTSx>

Healing White Toxicity: <https://compassionateactivism.leadpages.co/htw-program-jan-2017/>
Article introducing the *Healing White Toxicity* online course: <https://www.independent.co.uk/life-style/toxic-whiteness-healing-white-people-internalised-racism-woman-sandra-kim-new-york-a7595216.html>

Country specific resources

Germany

Phoenix e.V. offers anti-racism trainings for white people as well as empowerment trainings for People of Color. Several of their Trainers practice with the Plum Village tradition. <https://www.phoenix-ev.org/>

Die 101 wichtigsten Fragen zu Rassismus - Susan Arndt (2012)

Exit Racism: Rassismuskritisch denken lernen
– Tupoka Ogette (2017)

Mit kolonialen Grüßen (Broschüre)
<https://www.glokal.org/wp-content/uploads/2013/09/BroschuereMitkolonialenGruessen2013.pdf>
More resources on their website: glokal.org

UK

Black and British: A forgotten History by David Olusoga 2017

The Interesting Narrative of the Life of Olaudah Equiano by Olaudah Equiano. Free on Kindle. Eye opening account written by a former slave, 18th century Britain.

Brit(ish): On Race, Identity and Belonging by Afua Hirsch 2018 A very personal account of Black experience in UK today, based on her own life.

Why I'm no longer talking to white people about race
– Reni Eddo-Lodge (2017)

France

Noirs de France, de 1889 à nos jours, une histoire de France. Un film de Pascal Blanchard et Juan Gelas.

Musulmans de France, de 1904 à nos jours. Un film de Karim Miske, Emmanuel Blanchard et Mohamed Joseph.

Netherlands

Hallo witte mensen – by Anousha Nzume (2017)

Wit is ook een kleur – A Documentary by Sunny Bergman: <https://www.vpro.nl/spel~wit-is-ook-een-kleur~.html>

Witte onschuld - White innocence - Gloria Wekker (2016)

https://www.academia.edu/9592021/_Racism_is_an_American_problem_Dutch_exceptionalism_and_its_politics_of_denial

<https://decorrespondent.nl/5903/luisteren-een-ongemakkelijk-gesprek-over-racisme-of-waarom-kleurenblindheid-geen-optie-is/226940835-6233d523>

US

What does it mean to be white? – Robin diAngelo (2012) also see her website: Robindiangelo.com

Waking up White: Finding myself in the story of race
– Debbie Irving (2014)

White like me - Tim Wise (2004)
also see various short video introductions on youtube.

My Grandmother's Hands: Racialized trauma & the Pathway to mending our hearts and bodies by Resmaa Menakem. 2017

Lori Lakin Hutcherson:
<http://www.onbeing.org/blog/what-i-said-when-my-white-friend-asked-for-my-black-opinion-on-white-privilege/>

