

## Feel it to Heal it

Feel it, that thing you don't want to feel.  
Feel it, and be free. — nayyirah wahed

There are many ways to engage in Anti-racist work — some of them are suggested in this zine. We all have different skills, insights, and resources to offer, different degrees of privilege, and different life experiences we are coming from, so it won't look the same for everyone. Figure out what is most meaningful and motivating for you. Why you are here? What resonates deep in your bones? What calls you into the bravest, freest part of yourself?

You can start by taking a breath. Feel your feet on the ground. Notice what is happening in your body physically & emotionally, without making judgments.

Are you nervous? Scared? Angry? Confused? Devastated? Skeptical? Numb? Hopeful? Exhausted? Take another breath. When in doubt, return here — to your feet on the ground, the rhythm of your breathing, the depth of the feeling. It is essential that we regularly give ourselves the space to actually FEEL. If you feel nothing, that is also information. If you're feeling uncomfortable — that's normal and frankly unavoidable if you're actually doing the work. Get used to it!

# Anti-Racism Basics

FOR THE HEALING AND LIBERATION OF ALL

## Locate Yourself

— How do you identify racially?  
— What ideas have you learned about your race, directly or implicitly?  
— What ideas have you learned about other races, directly or implicitly?  
— Where, when, how did you learn these ideas?  
— What is your understanding of Racism / White Supremacy / Colonialism / Capitalism, their history in the U.S. and world, and present-day implications?  
— What hardships have you experienced because of your race?  
— What benefits have you experienced because of your race?  
— What hardships & benefits and have you experienced b/c of other aspects of your identity, such as gender, sexuality, economic status, physical abilities, religion, etc?  
— How can your particular privileges be leveraged towards collective liberation?  
— Are there parts of yourself that you have suppressed in order to assimilate / feel safe in this society?  
— What are you most afraid of in conversations about race?  
— Where do you need healing?  
— *Medicine may be bitter, but it can heal our sickness. Reality may be cruel, but to see things as they are is the ground of effective liberation.* — *thich that hanh*

## Cultivate Resilience

Hard times require furious dancing.  
— Alice Walker

This work is lifelong and deeply layered. Develop the self-awareness to be able to know what you need and learn to resource yourself with tools to take care of yourself along the way. You cannot pour from an empty cup — Rest and Restore as you need to. Be accountable to yourself and be willing to hear feedback from others to help you grow. Embrace the discomfort. Hold yourself gently and fiercely all the way. Embrace joy as an act of rebellion! Dance, sing, laugh, and celebrate! Consider this an opportunity to love more deeply than ever before.

The ideas, questions, and practices presented in this zine are deeply inspired & influenced by the work of Radical Dharma. Please donate to support this work at [radicaldharma.org!](http://radicaldharma.org!)

Note: This document is a work in progress. If you have questions, constructive feedback, or interest in collaborating on similar projects, please reach out to [earthling055@gmail.com](mailto:earthling055@gmail.com).

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## Pull the Weeds and Plant Seeds

Actively interrupt and question racist & discriminatory attitudes, actions, and inactions as they arise: — within yourself — as expressed and demonstrated by people around you — in institutions and community groups you are part of

Regularly invite your friends/family/coworkers/community into honest and challenging conversations about race. *TPP: Learn strategies for de-escalation and non-violent communication*

- Radical Dharma (the book & movement) | Rev. angel Kyodo williams, Lama Rod Owens, & Dr. Jasmine Syedullah
  - Soul Fire Farm | Leah Penniman
  - Emergent Strategy, Pleasure Activism | adrienne maree brown
  - Equal Justice Initiative | Bryan Stevenson
  - Read: There | Between the World and Me
  - My Grandmother's Hands | White Fragility
- Educate yourself (and others) about the history of race, racism, & white supremacy and the way it shows up today. (See: Structural Racism | Ancestral Trauma | White Privilege). Educate yourself on the anti-racist/liberation work that has come before you. Some things to check out:

## Listen and (un)learn

### DIVEST your time, energy, & money from:

- ideals & protocols that uphold white supremacy & keep us at odds with each other (such as: domination, competition, hierarchical modes of power, shaming, “i’m more woke than you”)
- trying to be “nice” “good” or “perfect”
- silence, shrinking, fear of disrupting the norm, suppressing the wild, true, brave, messy parts of yourself
- companies and systems that exploit humans and the Earth (ex. Amazon, Monsanto, capitalism at large...)
- constant “productivity”, ignoring the needs of your body

### INVEST your time, energy, & money into:

- horizontal models of leadership and power that encourage collaboration and connection
- radical honesty with yourself and others
- YOUR OWN HEALING & WHOLENESS and the sustained health of your body, mind, heart, soul and that of others!
- deep regenerative relationships with yourself, your body, the Earth, fellow human beings, all living things
- your local community! particularly pro-liberation, Black, Indigenous, & POC-owned businesses & orgs
- slowing down, honoring natural cycles, being present