



INSIGHT MEDITATION COMMUNITY OF CHARLOTTESVILLE

Race Awareness & White Privilege Resource List

This list is offered as an initial guide for those who want to explore issues related to race awareness and white privilege. There are a vast number of resources on these topics. If you want to explore further, you might consult the online resource list on www.whiteawake.org listed below.

Books

-Alexander, Michelle. *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*. The author, a lawyer and professor, argues that by targeting black men through the War on Drugs and decimating communities of color, the U.S. criminal justice system functions as a contemporary system of racial control while claiming to be colorblind. She shows how the system has an effect similar to how Jim Crow once operated —relegating millions to a permanent second-class status.

-Baptist, Edward E. *The Half Has Never Been Told: Slavery and the Making of American Capitalism*. Traces the pivotal role of slavery in spurring the development of United States into a modern, industrial, and capitalist economy.

-Blackmon, Douglas. *Slavery By Another Name: The Re-Enslavement of Black Americans from the Civil War to World War II*. A Pulitzer-prize winning account of the “Age of Neoslavery” that thrived from the aftermath of the Civil War through the dawn of World War II. The author reveals how thousands of black people were forced into involuntary servitude after the Emancipation Proclamation until the middle of the 20th century, how companies profited from their labor, and how the legacy of racism continues to reverberate

today.

-Irving, Debby. *Waking Up White: and Finding Myself in the Story of Race*.

The author reveals how waking up to her misguided beliefs about colorblindness and her desire to help people of color launched her onto a path of discovery and activism.

-Coates, Ta-Nehisi. *Between the World and Me*. In a powerful book written as a letter to his teenage son, the author narrates his awakening to the truth about his place as a black man in the world and offers a vision of the way forward.

Gyasi, Yaa. *Homegoing*. A *NYTimes* best-selling novel about the impact of slavery as traced through the lives of two half-sisters and their descendants. The book vividly spans three hundred years of history, from the days of slavery to its legacy in the present day.

-Isenberg, Nancy. *White Trash. The 400-Year Untold History of Class in America*. The intersection of class and race. The book traces the history of class in America from the pre-colonial era into the 21st century. History like you've never heard it.

-King, Ruth. *Mindful of Race Training – A Stimulus for Social Healing & Leadership*. (2017 publication release). Designed to enable leaders, groups, and dedicated practitioners to grow wise about race through awareness of the relational reality of race and their role in racial suffering. Three levels of experience are explored: individual, group, and institution, and the system of oppression embedded in our mind that is reflected in the world. The author has conducted workshops at IMCC and blends mindfulness practices with an engaged exploration of racial conditioning.

-Malcolm X and M.S. Handler. *Autobiography of Malcolm X*. In this classic autobiography, originally published in 1964, Malcolm X, the Muslim leader, firebrand, and anti-integrationist, tells the extraordinary story of his life and the growth of the Black Muslim movement. His message remains relevant today.

-Manuel, Zenju Earthlyn. *The Way of Tenderness: Awakening through Race, Sexuality and Gender*. The author brings Buddhist philosophies of emptiness and appearance to bear on race, sexuality, and gender, using wisdom of her personal experience and practice to rethink problems of identity and privilege.

-Stevenson, Bryan. *Just Mercy: A Story of Justice and Redemption*.

The author, a lawyer and founder of the Equal Justice Initiative in Montgomery Alabama, tells the story of his defense of those most desperately in need: the poor, the wrongly condemned, and women and children trapped in the farthest reaches of our criminal justice system. He illustrates how he was drawn into a tangle of conspiracy, political machination that transformed his understanding of mercy and justice.

-Tatum, Beverly Daniel, *Can We Talk About Race?: And Other Conversations in an Era of School Resegregation*. Reflections by an educationalist on race and schools.

Wilkerson, Isabel. *The Warmth of Other Suns; The Epic Story of America's Great Migration*. The recipient of multiple awards, the book tells the story of the migration between 1915 and 1970 of six million black citizens who fled the South for northern and western cities, in search of a better life. Deeply researched, movingly told.

-Williams, Rev. Angel Kyodo and Lama Rod Owens. *Radical Dharma: Talking Race, Love and Liberation*. A dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and in Buddhist communities in particular. A call to action that outlines a new dharma.

-Wise, Tim. *White Like Me; Reflections on Race from a Privileged Son*. Part memoir, part essay collection, the book is a personal examination of the way in which racial privilege shapes the daily lives of white Americans in every realm: employment, education, housing, criminal justice, and elsewhere.

-Wise, Tim. *Dear White America: Letter to a New Minority*. This book challenges the assumption, long held by white Americans, that they represent the cultural norm. It traces how anxiety created by the new demographics of multiculturalism in America have fueled calls for reactionary social, political, and economic policies. The author argues that the hope for survival of American democracy lies in the embrace of our multicultural past, present and future.

Articles

- Chira, Susan, "Feminism Lost. Now What?" *The New York Times*, December 30, 2016. The intersection of feminism, race and class.

-DiAngelo, Robin and Darlene Flynn. “Facilitating Antiracist Education in Cross-Racial Teams,” Click this link to read the article.

-DiAngelo, Robin. “White Fragility.” Click this link to read the article.

-“Waking Up to Whiteness, Dharma and Racism Study Curriculum” Offered by Spirit Rock Community Dharma Leader 5 program. An 8-session curriculum guide for group study of Dharma and racism. <http://bit.ly/WakingUpPublic>. Click this link to read the article

Videos and podcasts

-Harding, Vincent, “Is America Possible?” Conversation with Krista Tippitt, NPR’s On Being, November 10, 2016, www.onbeing.org

-“Race: The Power of an Illusion,” PBS documentary (a 3-part series), available on YouTube

-Sales, Ruby, “Where Does It Hurt?” Conversation with Krista Tippitt, NPR’s On Being, September 15, 2016, www.onbeing.org

Online Resources

-# Black Lives Matter— <http://blacklivesmatter.com> is an online forum intended to build connections between Black people and allies to fight anti-Black racism, spark dialogue among Black people, and facilitate connections that encourage social action and engagement.

-Buddhists for Racial Justice --<http://buddhistsforracialjustice.org> is an online home for a multi-racial, cross-tradition response to racism on the part of Buddhist teachers, monastics, priests, leaders, ministers, practitioners, and clergy.

-White Awake— www.whiteawake.org has a mission of building and maintaining free online resources to help individuals, organizations, and spiritual communities

increase their racial awareness. The site includes a manual for groups that wish to explore white privilege and the value of racial awareness. It also includes a valuable list of resources grouped around race-related themes.