

Liberation from Internalized Racial Oppression

Led by Michelle Fujii (mich@unitsouzou.com)

Reference Books

[Emergent Strategy](#) by adrienne maree brown

This has been a foundational book for me, and the 6 strategies introduced in this are so interconnected and intertwined. While it's challenging to separate specific ones without wanting to reference all, our group focused on the chapters on Fractals and Intentional Adaptation. I honed in on these 2 strategies because they have been steadfast in my personal anti-racist practice.

[Radical Dharma](#) by Rev angel Kyodo williams, Lama Rod Owens with Jasmine Syedullah, PhD

This book forges a path to healing and reconciliation. It's a book I'm still in the process of reading, and it's making me think deeply about my spirituality practice as part of my liberation.

[People's Institute for Survival and Beyond Principles](#)

This organization has grounded my training in the undoing of racism work.

Exercises

Naming/Identifying Exercise. I have had to excavate through a lot (and am still in-process) to understand my internalized racial oppression. Identifying my conditioning has been an empowering, and sometimes intense experience. How has Internalized Racial Oppression affected you? Start naming examples of your racial oppression within 3 lenses - personal/interpersonal, cultural, and institutional. Here are a couple of online resources to define these 'categories' from [Racial Equity Tools](#) and the [Multicultural Resource Center](#). (Also, as an extra opportunity, you can also do this exercise in relationship to the taiko community/group).