

# Recovery Dharma - Portland Region

## Anti-Racism Resources

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Below, you will find resources to support your anti-racist healing, education and social action efforts. If you have any resource suggestions or questions, please email us at [pdxintersangha@gmail.com](mailto:pdxintersangha@gmail.com).

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## Education

- **Books**
  - [Radical Dharma](#), by rev Angel Kyodo Williams, Lama Rod Owens and Jasmine Syedullah Ph.D.
  - [My Grandmother's Hands](#) by Resmaa Menakem
  - [Me and White Supremacy](#), by Layla F. Saad
  - [The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness](#), by Rhonda V. Magee
  - [Love and Rage: The Path of Liberation through Anger](#), by Lama Rod Owens
  - [America's Racial Karma: An Invitation to Heal](#) by Larry Ward
- **Visual Media (Movies, Documentaries, Youtube Videos, etc)**
  - [I am not your negro](#)
  - San Francisco Zen Center BLM dharma talks <https://app.sfzc.org/p/Z4LRDdpz>
  - [The Black Power Mix Tape 1967-1975](#)
  - [Rhonda V. Magee's videos](#) on the intersections of mindfulness and Social justice, Law, Transformational and ethical leadership, ColorInsight: Race and Racism, and Education

## Commerce

### Black-owned Businesses in Portland region

- [Black-owned businesses Directory in Portland](#)

## Foundations in Contemplative Care

### Programming:

- Online Courses / Multi-Part Trainings (Virtual / In-person)
  - [Free Racialized Trauma Course by Resmaa Menakem](#)

## Community

**Organizations:**

- [BLM](#) | [@blm](#)
- Showing up for Racial Justice | <https://www.showingupforracialjustice.org/> | [@showingupforracialjustice](#)
- The Movement for Black Lives | [m4bl](#)
- [Don't Shoot PDX](#)
- People of Color Sanga - <https://meditationcoalition.com/poc-sangha/>
- The Fire This Time: Wildfires and Uprisings - monthly gathering of BIPOC & Allies - <https://marystancavage.org/women-and-whiteness-mo/>
- Women and Whiteness: <https://marystancavage.org/women-and-whiteness-mo/>
- Mindful of Masculinities, Practices for Undoing Patriarchy for Male Identifying Folks: <https://meditationcoalition.com/mindful-of-masculinity-undoing-patriarchy/>