

A Study Guide for Undoing Racism

Undoing Whiteness and Oppression (UWO) at Brooklyn Zen Center
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Somatic antiracism

- Resmaa Menakem, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*
- Robin DiAngelo, *White Fragility: Why It's so Hard for White People to Talk about Racism* (see also her [article](#))
- Layla Saad, *Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor*
- Ibram X. Kendi, *How to Be an Anti-Racist and Stamped from the Beginning: The Definitive History of Racist Ideas in America*
- White Awake's [list of essays](#) (also check out the whole site), in particular David Dean, "[Roots Deeper than Whiteness](#)"; Lyla June, "[The Vast and Beautiful World of Indigenous Europe](#)"; and Derek Rasmussen, "[Qallunology 101](#)" and "[Qallunology 201](#)"
- Tada Hozumi, "[The Key to Healing Whiteness is Understanding Cultural Somatic Context.](#)" "[What it Means to Heal White Supremacy.](#)" and "[The Revolution Will be Titrated](#)"
- Robin Wall Kimmerer, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*
- Debby Irving, *Waking up White and Finding Myself in the Story of Race*

Dharma practice and social positionality

- Rev. angel Kyodo williams, "[Your Liberation is on the Line](#)"
- Ruth King, *Mindful of Race: Transforming Racism from the Inside Out*
- Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah, *Radical Dharma: Talking Race, Love, and Liberation*
- Zenju Earthlyn Manuel, *The Way of Tenderness: Awakening through Race, Sexuality, and Gender*
- Larry Yang, *Awakening Together: The Spiritual Practice of Inclusivity and Community*
- Rhonda Magee, *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*

Articles

- "[The Characteristics of White Supremacy Culture](#)"

- Peggy McIntosh, ["White Privilege: Unpacking the Invisible Knapsack"](#)
- Ta-Nehisi Coates, ["The Case for Reparations"](#)
- Lester Spence, ["Policing Class"](#)
- Frances Lee, ["Excommunicate Me from the Church of Social Justice"](#)
- Elizabeth Hinton, ["The Minneapolis Uprising in Context"](#)
- Robin D.G. Kelley, ["What Did Cedric Robinson Mean by Racial Capitalism?"](#) and Walter Johnson, ["To Remake the World: Slavery, Racial Capitalism, and Justice"](#)
- Barbara Fields, ["Slavery, Race and Ideology in the United States of America"](#)

Studying the history of white supremacy

(*Note: asterisk indicates good places to start if you're new to history)

"Whiteness" and the historical construction of race

- *Nell Irvin Painter, *The History of White People*
- Matthew Frye Jacobson, *Whiteness of a Different Color: European Immigrants and the Alchemy of Race*
- Ian Haney López, *White by Law: The Legal Construction of Race*
- Ira Katznelson, *When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America*
- David Roediger, *The Wages of Whiteness: Race and the Making of the American Working Class*, and *Working toward Whiteness: How America's Immigrants Became White, the Strange Journey from Ellis Island to the Suburbs*
- Karen Fields and Barbara Fields, *Racecraft: The Soul of Inequality in American Life*
- Mae Ngai, *Impossible Subjects: Illegal Aliens and the Making of Modern America*

Slavery, empire, and racial capitalism

- Edmund Morgan, *American Slavery, American Freedom: The Ordeal of Colonial Virginia*
- *Walter Johnson, *River of Dark Dreams: Slavery and Empire in the Cotton Kingdom*, and *The Broken Heart of America: St. Louis and the Violent History of the United States*
- Adam Rothman, *Slave Country: American Expansion and the Origins of the Deep South*
- Stephanie McCurry, *Masters of Small Worlds: Yeoman Households, Gender Relations, and the Political Culture of the Antebellum South Carolina Low Country*
- Stephen Kantrowitz, *More than Freedom: Fighting for Black Citizenship in a White Republic, 1829-1889*
- *Eric Foner, *A Short History of Reconstruction, or Forever Free: The Story of Emancipation and Reconstruction*
- *Henry Louis Gates, Jr., *Stony the Road: Reconstruction, White Supremacy, and the Rise of Jim Crow*
- *Richard Rothstein, *The Color of Law: A Forgotten History of How Our Government Segregated America*
- Robin D.G. Kelley, *Freedom Dreams: The Black Radical Imagination*

- *Nikhil Pal Singh, *Black Is a Country: Race and the Unfinished Struggle for Democracy, and Race and America's Long War*
- Kelly Lytle Hernandez, *Migra! A History of the U.S. Border Patrol*
- David Treuer, *The Heartbeat of Wounded Knee: Native America from 1890 to the Present*
- Pekka Hamalainen, *The Comanche Empire*
- Philip Deloria, *Indians in Unexpected Places*
- Sylvia Federici, *Caliban and the Witch: Women, the Body and Primitive Accumulation*
- Edward Said, *Orientalism*
- Roxanne Dunbar-Ortiz, *Loaded: A Disarming History of the Second Amendment*
- [*The New York Times' 1619 Project](#)
- *The *Boston Review* publishes a wealth of articles by prominent U.S. historians, check out the [race tag](#), as well as the recent print issues ["Race Capitalism Justice."](#) ["Racist Logic."](#) ["Evil Empire."](#) and ["50 Years Since MLK"](#) (all free to read online). See especially BR's reading lists on [Racial Capitalism](#) and the [1619 Syllabus](#).

Policing and incarceration in the United States

- *Michelle Alexander, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*
- *Douglas A. Blackmon, *Slavery by Another Name: The Re-enslavement of Black Americans from the Civil War to World War II*
- Adam Malka, *The Men of Mobtown: Policing Baltimore in the Age of Slavery and Emancipation*
- *Khalil Gibran Muhammad, *The Condemnation of Blackness: Race, Crime, and the Making of Modern Urban America*
- *Elizabeth Hinton, *From the War on Poverty to the War on Crime: Mass Incarceration in America*
- Heather Ann Thompson, ["Why Mass Incarceration Matters: Rethinking Crisis, Decline, and Transformation in Postwar American History"](#)
- Alice O'Connor, *Poverty Knowledge: Social Science, Social Policy, and the Poor in Twentieth-Century U.S. History*
- *Ta-Nehisi Coates, ["The Black Family in the Age of Mass Incarceration,"](#) and ["Moynihan, Mass Incarceration, and Responsibility"](#)
- Julilly Kohler-Hausmann, *Getting Tough: Welfare and Imprisonment in 1970s America*
- Garrett Felber, *Those Who Know Don't Say: The Nation of Islam, the Black Freedom Movement, and the Carceral State*
- Micol Siegel, *Violence Work: State Power and the Limits of Police*
- Stuart Schrader, *Badges without Borders: How Global Counterinsurgency Transformed American Policing*
- Marcus Dirk Dubber, *The Police Power: Patriarchy and the Foundations of American Government*
- Michel Foucault, *Discipline and Punish: The Birth of the Prison*

Abolition

- *Angela Davis, *Are Prisons Obsolete?*
- *Alex Vitale, *The End of Policing*
- *Bryan Stevenson, *Just Mercy: A Story of Justice and Redemption*
- *Danielle Sered, *Until We Reckon: Violence, Mass Incarceration, and a Road to Repair*
- Zach Norris, *We Keep Us Safe: Building Secure, Just, and Inclusive Communities*
- Garrett Felber, [“The Struggle to Abolish the Police is Not New”](#)

Videos / Films

- Robin DiAngelo and Resmaa Menakem did a workshop in May on “Covid-19 and racial embodiment” that was very powerful to watch. The video is available for rent [here](#).
- [Geographies of Racial Capitalism with Ruth Wilson Gilmore](#)
- [Race: The Power of an Illusion](#) (3 parts, available to rent on vimeo, or watch a free 30 min excerpt on [How the Racial Wealth Gap was Created](#))

Antiracist organizations and further resources

- [White Awake](#)
- [Education for Racial Equity](#)
 - Video on “Covid-19 and Racial Embodiment” available as rent-to-watch [here](#)
- [Showing Up for Racial Justice \(SURJ\)](#)
 - [Resources](#)
- [Jews for Racial and Economic Justice \(JFREJ\)](#)
- [People’s Institute for Survival and Beyond](#)
 - European Dissent (NYC - EuropeanDissentNYC@gmail.com)
- [Constructive White Conversations](#)
 - [Reading list](#)
- [White Noise Collective](#)
 - Extensive [resources](#)
- [Campaign Zero](#)
- [Critical Resistance](#)

Other collated lists of resources (besides those put together by the above organizations)

- Ibram X. Kendi, [“An Antiracist Reading List”](#)
- [Anti-racism resources for white people](#)
- [Scaffolded Anti-Racist Resources for White Allies](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Resources and Reading on Racial Justice, Racial Equity, and Anti-Racism](#), by the Institutional Anti-Racism and Accountability Project

- Some reading lists compiled in response to Black Lives Matter and social protests: [Teaching in an Uprising: Readings on Race and Democracy](#), [Black History in Three Acts \[Boston Review\]](#), [An Uprising Reader \[Dissent\]](#), [Sanctuary Syllabus](#), [History News Network Roundup 6/5/2020](#), [Prison Abolition Syllabus](#), [Abolition Study](#), [Reading Towards Abolition](#), [Charleston Syllabus](#)

Actions

- Donate to support BIPOC scholarships at Brooklyn Zen Center ([donate online here](#), or via paypal@brooklynzen.org with the note: For POC sangha)
- Donate to organizations that support black liberation - your local [Black Lives Matter](#) chapter, [NAACP](#), [Black Organizing for Leadership and Dignity](#), [Color of Change](#), [Organization for Black Struggle](#), [Blackout Collective](#), [UndocuBlack Network \(UBN\)](#)
- Support [black owned businesses](#) in NYC
- Call for reallocating police budgets towards education, social services, and dismantling racial inequality - see e.g. [Defund12.org](#)
- [Communities United for Police Reform](#) in NYC
- Protest
- Vote
- Center black voices on your social media accounts