

# XR Co-Liberation Library

Suggested content: talks, books, articles, signposts

Suggested format: *Title, author/speaker, link, one-sentence summary (number of pages, length of video etc)*

For a more general XR reading list visit this [page](#). A list of Leadership resources can be found [here](#).

## **Key Resources**

**Distillation Paper:** [Power-fullness. Leader-fullness and Co-Liberation Project](#). Skeena Rathor

**Article:** [The Future of Social Justice Education: A Liberation Perspective](#). Victor Lewis.

**Article:** [You're Not a Bad Person: How Facing Privilege Can Be Liberating](#). Miki Kashtan

**Article:** [Sharing Impact for Liberation: Framing the Challenge \(part one\)](#) / [Sharing Impact for Liberation: Integrating Power and Love in Moments of Distress \(part two\)](#). Miki Kashtan

**Video:** [Current Conversations: Victor Lee Lewis](#).

## **Patriarchial oppression**

**Article:** [From Obedience and Shame to Freedom and Belonging: Transforming Patriarchal Paradigms of Child-Rearing in the Age of Global Warming](#). Miki Kashtan

**Book:** [Why Does Patriarchy Persist?](#) Carol Gilligan and Naomi Snider. Exploring the psychology that keeps men in positions of power.

**Journal article:** [Patriarchy and Inequality: Towards a Substantive Feminism](#). Mary Becker. A critical examination of patriarchy and how to strengthen the feminist movement (67 pages)

## **Racial oppression/justice**

**Video:** [How Can We Win](#), David Jones & Kimberly Jones. Historical racial oppression in the US. (6 mins)

**Video (TED):** [How I Learned to Stop Worrying and Love Discussing Race](#), Jay Smooth (12 mins)

**Video (TED):** [We need to talk about an injustice](#), Bryan Stevenson. Human rights lawyer discussing criminal justice in the USA. (23 mins)

**Article:** [Self-care as a radical act of liberation](#). Rebel Hive

**Book:** [BRIT\(ish\): On Race, Identity & Belonging](#). Afua Hirsch

**Book:** [Merge Left: Fusing Race and Class, Winning Elections, and Saving America](#). Ian F. Haney-Lopez

**Article & Video:** [Profound Neurosis of Racism](#), Toni Morrison

**Article:** [White Supremacy as a Trauma Response](#), Resmaa Menakem

**Article:** [Notice the Rage; Notice the Silence](#), Resmaa Menakem

**Video:** [The Assaulted Sense of Self](#), Ken Hardy

## **Eco justice**

**Article:** [Racism dictates who gets dumped on](#) Mustafa Ali, Jamie Margolin, Dr Robert Bullard, LeeAnne Walters, Kandi Mossett-White. Explanation of 'environmental justice' and its urgency

**Video:** [XRYouth asked Survival International for their perspective on ecofacism and racism in conservation.](#) (53 mins)

## **Refugee oppression/justice**

## **Migrant oppression/justice**

[Reading list and resources](#), Migration Research Group of King's College London, Department of War Studies

## **Transgender and non-binary oppression/justice**

## **Trauma**

**Book:** [Healing Collective Trauma: A Process for Integrating Our Intergenerational and Cultural Wounds.](#) Thomas Hübl

**Book:** When the past is always present. Ronald Reuden. New ideas about trauma and trauma treatment.

**Book:** Waking the Tiger. Peter Levine. By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.

**Method:** [Tension & Trauma Release Exercises – TRE.](#) Dr. David Berzeli. A series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma

**Video (TED):** [The Power of Addiction and The Addiction of Power.](#) Gabor Maté. (19 mins)

**Other trauma resources:** [Heart Math](#), EFT and Matrix Re-imprinting, Heart Codes, [Joe Dispenza](#), Vagal Nerve Support, [Energy Psychology – Donna Eden.](#)

**Prescriptive practice:** [Restorative Practices Alliance](#)

**Podcast and resource list:** <https://tim.blog/2020/09/14/how-to-heal-trauma/>

[Energy routine - Donna Eden](#)

## **Misc**

**Book:** The Empowerment Manual. Starhawk. This is a comprehensive guide for groups seeking to organize with shared power and bottom-up leadership to foster vision, trust, accountability and responsibility.

**Video:** <https://www.youtube.com/watch?v=gP-ekEQXkc> Deeyah Khan in conversation with Russell Brand 'How Love will defeat Hate'. (1 hr 50 mins)