

00:00:19 Ama-Robin

Hujambo, Beautiful people and welcome to Espresso Talk today. This is a place where we have uncommon conversations about the chaos of living black in predominantly white spaces, and we discuss how to curb, control and calm that chaos.

00:00:44 Ama-Robin

I'm your host, Ama-Robin, and I'm having my turmeric coffee today for this informative and powerful show. Just so you know, I am a Black Empowerment educator and a resilience coach.

00:00:59 Ama-Robin

Today we are diving deep into a topic that hits close to home for many of us. The chaos of living Black in predominantly white spaces.

00:01:11 Ama-Robin

You see, many people have asked me what do you mean by the chaos of living Black in predominantly white spaces? Well, I thought it was clear.

00:01:22 Ama-Robin

Obviously it's not, and today I'm going to answer that question. Here's my trigger warning.

00:01:31 Ama-Robin

On this show we are going to be discussing some difficult situations, some that you may have experienced yourself, and this can bring a lot about anxiety, stress, or feelings of trauma. If you begin to have these feelings, please practice self-care.

00:01:50 Ama-Robin

Do what you need to do to take care of your mental health. These issues are important, but your health and your well-being are even more important.

00:02:03 Ama-Robin

And during this show, we're going to take I think 2 breather breaks and I'll notify you so you won't miss it. Before we dive in, hit that subscribe button if you haven't already.

00:02:18 Ama-Robin

And if you're feeling this show, share it with your family, your crew, your circle, everyone in your community. Now grab that espresso or tea.

00:02:29 Ama-Robin

Tea drinkers are welcome here too. And close that door behind you.

00:02:35 Ama-Robin

We're going to get deep and we're going to get real. And I hope that y'all are ready for this aquaba, my dear brothers and sisters and my beloved gender neutral and gender nonconforming folks.

00:03:02 Ama-Robin

We are back and we are ready to get started. So what do I mean by the chaos of living black in predominantly white spaces?

00:03:13 Ama-Robin

There's a lot to unpack in that question, but I think the focus really is on the chaos. So what is chaos?

00:03:22 Ama-Robin

And why do we black people, that is, experience more chaos than others when we are in white spaces? Well, there's a there's a big answer to that one too, but let's start with the basics.

00:03:36 Ama-Robin

What is chaos? Well, looking at the dictionary, chaos is defined as a state of utter confusion or disorder.

00:03:47 Ama-Robin

Wow, that assess a lot, doesn't it? And there's a lot beneath that.

00:03:54 Ama-Robin

Let's think about that. There is the unpredictability, there's a lack of control, there's a lack of logic.

00:04:02 Ama-Robin

There's a fear. I mean, when you think of chaos, what do you, what do you envision?

00:04:06 Ama-Robin

If you were to close your eyes and envision chaos, what do you see? And I see something like a tornado with things spinning around me out of control.

00:04:17 Ama-Robin

But to give words to it, I think of that utter confusion and racism. And that's what really what we're talking about here.

00:04:28 Ama-Robin

Racism creates a state of utter confusion or disorder, and it does it by perpetuating false narratives and stereotypes about certain racial groups, particularly black people. That leads to misunderstandings, division, conflict, anger, lies, all kinds of different things.

00:04:49 Ama-Robin

Let's pull out that unpredictability, because that for me is a big one. Racism is.

00:04:57 Ama-Robin

Let me think. Racism is unpredictable.

00:05:02 Ama-Robin

It's unpredictable in its manifestations and in its effects. You know, it can appear as overt acts of discrimination, or it can appear as violence.

00:05:15 Ama-Robin

It could also appear as really subtle forms of racism, such as microaggressions, institutional bias and systemic inequalities. Things you can't really put your finger on, but you know they're there.

00:05:30 Ama-Robin

The chaos also appears as a lack of control. Racism deprives and takes away a sense of control that people really need.

00:05:41 Ama-Robin

Particularly, it takes away that control from certain racial groups. We're talking about black people here over our lives and over our destinies in in that way.

00:05:52 Ama-Robin

It limits our opportunities, it limits our access to resources, and it limits our ability to fully participate in society without fear of discrimination or prejudice or violence or some of these other really terrible things. In a way, racism is predictably unpredictable.

00:06:11 Ama-Robin

But maybe I'm taking it too far. Finally, let's look at that lack of logic and irrationality.

00:06:19 Ama-Robin

There really is nothing logical about racism. Racism.

00:06:23 Ama-Robin

It's based on unfounded beliefs in the superiority or the inferiority of certain groups. And despite scientific evidence to the contrary, people just don't care.

00:06:35 Ama-Robin

People just don't see or they don't care that the that racism is not logical. It it defies reason, and it perpetuates really harmful stereotypes that really have no basis in reality.

00:06:51 Ama-Robin

Yet people still hold on to that. It all of this builds up to a lot of the chaos that I'm talking about that black people experience in white spaces.

00:07:03 Ama-Robin

OK, I'll pause there because I'm thinking, does this seem like it's just way out there or some made-up or this is a philosophical hypothetical discussion? Or maybe you think this is just the work of a paranoid mind.

00:07:19 Ama-Robin

Well, no, it's none of those things. And I was like that phrase, you know, that they say, well, just because you're paranoid doesn't mean that you're wrong, doesn't mean it's not happening.

00:07:33 Ama-Robin

Well, this chaos is real and it's a regular part of living black in white spaces. We're going to talk about white spaces later, and when people bring that up a lot too this podcast, we're not going to cover it, but we will later.

00:07:47 Ama-Robin

Let me make this more real for you. Picture this.

00:07:51 Ama-Robin

You're the only black person in a room full of white faces. Everyone is friendly, yet you feel like you're being watched, that your every move is being scrutinized.

00:08:04 Ama-Robin

You laugh at the right times. You hold your knife and fork in the right hands.

00:08:10 Ama-Robin

You moderate your voice. You don't drink too much, but you don't drink too little either.

00:08:16 Ama-Robin

But your heart is racing, Your palms are a bit sweaty, and you're wondering if you fit in at all. You wonder if you really, truly belong.

00:08:29 Ama-Robin

And then you noticing little things. The waiter serves you last and doesn't make eye contact.

00:08:37 Ama-Robin

No one has offered to take your coat. You were asked to show your ID and wait until they found your name on the list before you were allowed to enter the room.

00:08:48 Ama-Robin

You saw your colleagues just breeze into the room without a question. But you stood there and and dug out your ID.

00:08:56 Ama-Robin

You saw you catch some people glancing at you. You are the only black person in the room.

00:09:04 Ama-Robin

This, my friends and my allies, is one example of the chaos of being black in a predominantly white space. It is a relentless onslaught of hyper vigilance, of microaggressions, of tokenism, of cultural appropriation.

00:09:23 Ama-Robin

And it chips away at your sense of belonging, maybe even your sense of self worth. And I can tell you again, my friends and my allies, that this is a scenario that I have experienced this exact scenario more than once.

00:09:43 Ama-Robin

But this is not the only example of chaos in white spaces. Oh, lot to unpack

there.

00:09:52 Ama-Robin

And I think we are. We've started here, but there's more to go.

00:09:56 Ama-Robin

But let's take our first breather break because this gives us a chance to breathe for a minute. When things start to get intense.

00:10:05 Ama-Robin

I do like to breathe and I hope that you do too. I'll see you in a minute and I'm going to listen to this song.

00:10:12 Ama-Robin

Y'all know that I love this song? Show me up.

00:10:14 SPK\_2

An headphone yeah trying to get a lot of dough and dirt the water obstacles cause anything is possible. Look at my oh man, I got a lot of gold.

00:10:28 SPK\_2

Stack that bread and vomit nose. Anything is.

00:10:33 Ama-Robin

Possible. I sent this honor for staying with me.

00:10:36 Ama-Robin

It's Alma. Robin, I hope that you did a little breathing.

00:10:40 Ama-Robin

I did. And I'm ready to get back to discussing our experience of chaos in white spaces.

00:10:49 Ama-Robin

OK, so in the last one, I did mention this scenario. It was a hypothetical scenario, but I promise that I have actually lived that scenario many times.

00:11:00 Ama-Robin

And I know I'm not the only one. But that's not the only example either.

00:11:06 Ama-Robin

You know, this chaos also appears in department stores. You know when you notice that the staff or the security or security are watching you closely or following you closely?

00:11:18 Ama-Robin

I've noticed that many times. That's what we call shopping while black.

00:11:25 Ama-Robin

Then there's also the chaos that's at the bank when you go to deposit a check and the teller is suspicious of that check, thinking that it's fake and then calls the police. That's called banking while black.

00:11:41 Ama-Robin

And that one I just read about too last week, that this happened to a kid who had worked for an for a \$900 check. It was deposited and they actually handcuffed him in the store.

00:11:53 Ama-Robin

I mean, in the bank. Unbelievable, but true.

00:11:59 Ama-Robin

Then of course, there's the chaos when you're driving by yourself and you're followed by the police and that can go in many different directions. And sadly, we've seen how that that could go in a lethal direction.

00:12:15 Ama-Robin

But even if it doesn't, you know, just being followed, I know when I have when

I've been followed and I have been many times, my heart is racing. You know, I start to get, my palms get sweaty, I start to get really nervous until maybe the the cop turns away or something like that.

00:12:34 Ama-Robin

But I never know. My breathing gets shallow.

00:12:37 Ama-Robin

It's terrible. And that is chaos, and that's called driving while black.

00:12:45 Ama-Robin

That's just the most minor part of it as we know it. It can and has gone in lethal directions.

00:12:53 Ama-Robin

And these are all true examples of the chaos. The chaos could appear in different ways too, and they're kind of bits and pieces or parts of some of these other scenarios, but I want to highlight them because they're real.

00:13:08 Ama-Robin

It can appear as microaggressions. For those of you that aren't clear about it, microaggressions are the subtle and everyday acts of racism that are, you know, directed towards you.

00:13:22 Ama-Robin

And they can undermine oneself, esteem, really create a hostile environment, certainly an environment of chaos. Some examples, the coworker who constantly mispronounces your name or the store clerk who follows you around in the store assuming you're there to steal.

00:13:40 Ama-Robin

I mean those are seemingly harmless comments and actions that can really leave lasting scars. I can say that personally because there's some stores that I won't even shop at anymore because I know that whenever I go all of a

sudden there is a a security guard almost right next to me.

00:13:59 Ama-Robin

He probably wonders, wow, things have been stolen here. How did she do it?

00:14:06 Ama-Robin

Because he's sitting there watching me while the rest of the store is being, you know, that shoplifting is happening in, in other parts of the store. So let's see.

00:14:16 Ama-Robin

It doesn't stop there, though. The chaos appears as tokenism.

00:14:23 Ama-Robin

You know, people say that, wow, you're the 1st to do this. You're at the very top.

00:14:28 Ama-Robin

In many ways that's fantastic. But in many ways, it's so it's a difficult place to be in when we're the only Black person in a professional or a social setting.

00:14:40 Ama-Robin

It can be stressful and many people don't think about it. I know I've been in the only Black person in the room, sometimes in a very large room full of people, and it's a it's uncomfortable and you carry the weight.

00:14:59 Ama-Robin

You feel like carrying the weight of representing all Black people and at your pressure to speak on behalf of all black people while struggling to find my own voice, you know, or just struggling to just be me. Just be a human, you know, and not always be.

00:15:18 Ama-Robin

Well, she's a black person. I can ask her what it's like.

00:15:22 Ama-Robin

It's lonely and it's an isolating experience and one that leave can leave us feeling like we're always walking on egg shells and afraid to make a misstep. Just like I was saying in that previous hypothetical scenario, afraid to grab the wrong fork or to hold hold the wineglass the wrong way.

00:15:41 Ama-Robin

And of course, we can't forget about the chaos of cultural appropriation, the threat theft of our culture and our traditions without acknowledgement or respect for their origins. It's all to them, just window dressing.

00:15:57 Ama-Robin

It's just a hairstyle or it's just a a shirt, which really it's just a cheeky or there's it's just shells I'm wearing where they're instead they're calorie shells or you know, oh, it's just jazz. I can talk over that because it's just just background music.

00:16:11 Ama-Robin

It's not that. And I don't I and very opposed to people talking over jazz anyway.

00:16:16 Ama-Robin

That's just rude, you know, and it's seeing our hairstyles and our music and our fashion being Co opted by by white people. Who's going to say it?

00:16:27 Ama-Robin

And stripped of their cultural significance and then commodified for profit. Well, I mean, that's just capitalism in action.

00:16:35 Ama-Robin

Raw capitalism in action. And it's a painful reminder that our identities are up for grabs.

00:16:41 Ama-Robin

They're for sale. They're commodified and sold to the highest bidder.

00:16:45 Ama-Robin

And where have you heard about that before? I'm not even going to go there right now.

00:16:51 Ama-Robin

Racial profiling adds another layer to the chaos, you know, as we're targeted and surveilled by authorities or by by our fellow citizens based on racial stereotypes, really based on our race. You know, sometimes we're out there having a barbecue and why people feel uncomfortable.

00:17:09 Ama-Robin

Wow. Gee, they're, why are they doing that there?

00:17:12 Ama-Robin

Or they're saying that we're talking too loud or you know, that we're, you know, wearing certain clothes or just our very presence can make them uncomfortable because they have profiled us. And it's the constant fear of being stopped by by the police for no reason followed around the store.

00:17:31 Ama-Robin

As I've said before, both of these because we fit the description I'm saying in quotes and the description is black person. And it's the never ending cycle of suspicion and distrust that leaves us feeling like we're always on edge and never truly safe in our own skin.

00:17:53 Ama-Robin

This could be a good time to take a breath like I just did. But I think we're going to we're going to push through a little bit longer.

00:18:00 Ama-Robin

The chaos appears as unequal treatment. Black people are consistently being passed over for promotions or raises despite having equal and sometimes superior qualifications.

00:18:12 Ama-Robin

And our performance evaluations are sometimes messed. They messed those up, you know, just to make their white counterparts look better.

00:18:23 Ama-Robin

It was the black student receiving a harsher disciplinary action at school for the same behavior that goes unpunished for white students. You have you heard about like the six year old, the six year old now who had a meltdown at school, which is what 6 year olds do.

00:18:40 Ama-Robin

And they actually called the police. This is this is a black student where we're talking about and they handcuffed that child.

00:18:48 Ama-Robin

That just doesn't happen to white students. But that is the we've talked about this before, the adulification of black students and black kids.

00:19:00 Ama-Robin

There's also the black patients receiving lower quality health care or facing longer waiting times in medical settings compared to white patients. I really jump on this frequently because I've gone to emergency rooms and I mean, I know that there's different things, different ways that they have to take people.

00:19:17 Ama-Robin

But I've seen that. I've been waiting, waiting, waiting.

00:19:21 Ama-Robin

And I've seen white people come in and, and, and get taken and leave before I even get get seen. And I complain about that.

00:19:28 Ama-Robin

And I complain about that on behalf of other other black patients there too. This one you might not think about.

00:19:35 Ama-Robin

The chaos can appear as gaslighting. It's experiencing racism in the workplace or a social setting and having others deny or minimize your experiences, suggesting that you're overreacting or being too sensitive.

00:19:51 Ama-Robin

I mean, what kind of arrogance is that? To tell somebody else that there's nothing about racism, that you're overreacting or that this you're about you're being too sensitive, but that it really didn't happen?

00:20:05 Ama-Robin

That's just pure arrogance. But they also call it gaslighting.

00:20:09 Ama-Robin

It's being told by your white peers that they don't see color or that racism really doesn't exist anymore. Despite your lived experiences proving otherwise.

00:20:19 Ama-Robin

I mean, that's at best ignorance, at worst, you know, not not even that worst, but it's absolutely arrogance too. And it's having your experiences of discrimination dismissed by colleagues, by supervisors, even by friends, which really can leave, leave us feeling frustrated and isolated.

00:20:44 Ama-Robin

But perhaps perhaps the most insidious form of chaos is the internal struggle, is the internal racism, the imposter syndrome that whispers in our ears, telling us that we don't belong. It's the feeling of inadequacy that gnaws away at us and is fueled by a systemic barriers and a lack of representation.

00:21:07 Ama-Robin

It's the fear that we will never measure up, no matter how hard we try. And we know that we try and we work very, very, very hard.

00:21:16 Ama-Robin

But the point isn't about being competent. It's about, you know, controlling and limiting what Black people, you know, can do and what's available to us.

00:21:30 Ama-Robin

This is the chaos of living Black in predominantly white spaces. And I can tell from my own breath that it is time for one more breather break, and then we're gonna wind it down.

00:21:45 Ama-Robin

I got some information I think you're gonna wanna know. We're gonna talk about why it's important to discuss this chaos of living black and white spaces.

00:21:55 Ama-Robin

You're probably wondering, yeah, why is this important? Why is she talking about this?

00:21:58 Ama-Robin

We're gonna go on to that in this next section. Section, this last section.

00:22:03 Ama-Robin

But I'm gonna take a minute to breathe, and then I will be back. And I hope that y'all are ready for this.

00:22:42 Ama-Robin

Thanks so much for staying in the building with me, fam. I know this is some difficult stuff, so I'm glad that we're here together to deal with it.

00:22:53 Ama-Robin

By the way, you can find more information on this topic at the Espresso Talk Today website at [espressotalktoday.com](http://espressotalktoday.com). It's all there for you in the power block section.

00:23:05 Ama-Robin

So don't feel like you need to scramble and write. Write stuff down or keep

repeating stuff, because it's all there.

00:23:11 Ama-Robin

So why is it important for us to talk about the chaos of living black in predominantly white spaces? Because knowledge is power, my friends.

00:23:23 Ama-Robin

By shining a light on the chaos of living black in white spaces, by calling it out, we empower ourselves to name our experiences, to confront the systemic injustice and to demand change. And to know that this structure and this system need to go, I'm talking about dismantling all of it.

00:23:48 Ama-Robin

There's no reason why we should be living in a world of chaos like this. It's also important to recognize this chaos because it causes stress, it causes anxiety, it causes depression, hypertension, heart disease and other chronic illnesses and these are shortening our lives and reducing our well-being.

00:24:14 Ama-Robin

We deserve better for ourselves and for our family. I've discussed these before, you know, racial battle fatigue, John Henry ISM, and other health problems that are caused by the stress of racism and they are real.

00:24:30 Ama-Robin

The chaos, it's unpredictability, it's lack of logic, it's lack of control is a real part of the black experience in white spaces. And I'm going to step aside here and give this special note to our allies.

00:24:48 Ama-Robin

And first of all, we really appreciate our allies, really appreciate you. But this is a wake up call.

00:24:55 Ama-Robin

It's a reminder that your silence is complicit complicity and your solidarity is

needed now more than ever. Your courage is needed.

00:25:06 Ama-Robin

You, we need you to speak up. When you see injustice, speak up to us, but speak up to them.

00:25:13 Ama-Robin

Speak up to the people who are committing these things. It's easy to talk to us about it, you know, because you kind of preaching to the choir.

00:25:21 Ama-Robin

But it's, it's takes more courage and it's more difficult, but it's more important and essential for you to call out the injustice, the racism, the microaggressions, the insensitivity. When you see someone else doing it, to call it out to them, at them.

00:25:39 Ama-Robin

They need to listen, OK? They need to hear what you have to say, especially when we're talking about these issues.

00:25:48 Ama-Robin

We need you. We need our allies to be present and to bear witness to the oppression and the injustice that is foundational to American Society.

00:26:01 Ama-Robin

We need you to recognize your unearned privilege in this chaos, as well as the undeserved inferiority that Black people are given in white spaces. We need you out.

00:26:14 Ama-Robin

You know our allies. We, we, we need you, but we need you in a certain way.

00:26:19 Ama-Robin

And please, just listen to us and call out the people who are doing it. We are all

living in this chaos.

00:26:28 Ama-Robin

It's felt and it's recognized by Black people why people are living in it too, you know? But you may see and feel it less acutely, perhaps not even not at all.

00:26:40 Ama-Robin

So this is the answer that we started all of this with. What do I mean by the chaos of living black in predominantly white spaces?

00:26:51 Ama-Robin

I went through a lot of these examples and scenarios, but it all boils down to one thing. Racism.

00:27:00 Ama-Robin

This is racism. This is living black in a white supremacist society.

00:27:07 Ama-Robin

The societal structures are built on white supremacy. The systems that support white.

00:27:15 Ama-Robin

These are the systems that are supporting white supremacy and supporting the inferiority of blackness. This is the, These are the interpersonal experiences of racism and, and the internalization of racism, of racist thought and beliefs.

00:27:35 Ama-Robin

It's all racism. It's all the chaos.

00:27:41 Ama-Robin

And this chaos is racism. And it might be scary.

00:27:45 Ama-Robin

I understand it might be scary to realize that you've been living in chaos, that

actually you've been, there's been a tornado all around you and you haven't felt it. Or it might simply just describe the world that you've always lived in and then you've always known it.

00:28:00 Ama-Robin

But it is time to confront it. And that's the mission of a special talk today.

00:28:05 Ama-Robin

That's why we are Black Empowerment and a Black Liberation podcast. And our mission really is to liberate ourselves from the chaos.

00:28:16 Ama-Robin

That's the ultimate goal, liberation. So yeah, liberation always got to keep our eyes on that because we can empower ourselves within these racist structures or we can get, you know, aim at, get riding, getting rid of the racist structures themselves.

00:28:40 Ama-Robin

That is enough for today, my fam. But this is far from over and I will never stop until liberation is real.

00:28:53 Ama-Robin

So I do want us to continue this conversation some other time. Let's share our stories, let's uplift each other, and let's demand the justice and equality that we deserve.

00:29:04 Ama-Robin

Because together, we really can create a world where the chaos of living black in a predominantly white space is nothing more than a distant memory. We're going to look back and say, God, we're not living with that chaos anymore.

00:29:21 Ama-Robin

Asante's honor for being part of the Espresso Talk Today community. This has been a difficult but important and I think interesting and uplifting discussion

today.

00:29:37 Ama-Robin

Yes, I know the chaos of living black and predominantly white spaces is not easy to talk about or even to bring up. But I told you here at Espresso Talk Today, we have uncommon conversations and we're going to keep them that way because we want to make sure that we talk about the things that we really need to talk about, to say the things that really need to be said.

00:30:07 Ama-Robin

That's what courage is. It's not avoiding topics that are hard.

00:30:12 Ama-Robin

It's confronting them even though they are hard. It's feeling the fear and doing it anyway.

00:30:19 Ama-Robin

And remember this, Black people, we are not the problem. We are not the problem.

00:30:25 Ama-Robin

We are not causing the chaos. We are not the chaos.

00:30:30 Ama-Robin

We're not creating the problem. The problem is and always has been, white supremacy.

00:30:36 Ama-Robin

The problem is white. The white supremacist, patriarchal system that's attacking black bodies, black minds and black hearts.

00:30:45 Ama-Robin

That's really what's causing the problem, and I'm calling it chaos because that's what it feels like to me. I would like to know what it feels like to you, but it

really feels like chaos when I'm stepping out and then all of a sudden things go crazy.

00:31:00 Ama-Robin

They're unpredictable and you know, they're scary and they're illogical. And that to me is chaos.

00:31:07 Ama-Robin

But I know that it is racism, and I hope you know that now too. So remember, as we wrap up, my fellow warriors, know this deep in your soul, you are powerful beyond measure, and together we are invincible.

00:31:24 Ama-Robin

And the problem, the real scourge on society, is white supremacy. You are not the problem.

00:31:32 Ama-Robin

I know you're probably wondering, why does she keep saying that? Because.

00:31:37 Ama-Robin

Because we've been told all along for so many years that we are the problem. Remember WAB Dubois wrote a whole essay on how What is it called?

00:31:50 Ama-Robin

How does it feel to be a problem? If you haven't read that, I just really highly recommend it.

00:31:57 Ama-Robin

Because it's not How do you build be feel? How does it feel to have a problem?

00:32:00 Ama-Robin

It's how does it feel to be a problem? I don't know because I'm not one and neither are you.

00:32:09 Ama-Robin

OK, back to, I know we're wrapping this up and I'll get back to that because this is running on. But if you want to keep discussing or just reading about these issues, then I would definitely see, definitely recommend subscribing to my weekly black empowerment newsletter, The Noble Beat.

00:32:28 Ama-Robin

We discussed lots of different issues there, and you can get your dose of Black empowerment every single week. There's never a dull moment, but there are lots and lots and lots of uplifting moments and liberating moments too.

00:32:41 Ama-Robin

You can subscribe at the Espresso Talk Today website [espressotalktoday.com](http://espressotalktoday.com) or on Instagram at Amma Robin L. You can also find us on Facebook in our newly opened Espresso Talk Today Black Liberation Lounge.

00:32:58 Ama-Robin

This group is a safe space for us to hold discussions, share thoughts and ideas, feel joy, express sadness, or just be. And this is a chaos free zone.

00:33:11 Ama-Robin

You can also join us on Instagram to discuss these issues at [Amma\\_robin\\_L](https://www.instagram.com/Amma_robin_L). That's Amma AMA\_Robin\_the letter L.

00:33:27 Ama-Robin

Robin For Espresso talk today and remember now more than ever, strength, soul and reparations. Ashe fam.