

00:00:25 Ama-Robin

Hujambo and welcome to Espresso Talk Today! I'm Ama-Robin, the host of this great and groundbreaking show which focuses on confronting the chaos of living black in predominantly white spaces.

00:00:47 Ama-Robin

Today we are diving deep into an important and urgent topic that affects all of us, the ingrained and socialized racism that exists within white people, even those who consider themselves allies. You're probably thinking that you're not racist, but you are.

00:01:14 Ama-Robin

I'm going to repeat that. You are probably thinking that you're not racist, but you actually are.

00:01:22 Ama-Robin

I'm going to explain more about that in a minute. This may sound harsh, but it is a reality that we must confront if we're going to create a better society, if we're really going to fight and confront racism.

00:01:39 Ama-Robin

Today's episode, I'm gonna say, is not about naming or blaming or shaming. It's about understanding and action.

00:01:49 Ama-Robin

And I want to thank each of you, especially my white listeners, for being allies and for having the courage to engage in this critical and difficult conversation. So today I'm having my cinnamon pepper coffee for this uncommon show.

00:02:13 Ama-Robin

This topic is uncommon and it can be difficult, but now is the time to discuss this elephant in the room. So grab your espresso, sit back, and close that door behind you.

00:02:27 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 beloved gender neutral and gender nonconforming folks, I am so glad that you're here today and I'm giving a special welcome to my white and non black allies in my beloved audience.

00:03:07 Ama-Robin

I'm so happy to have my whole community here with me to talk about unconscious racism, or let's just call it what it is, how you may be racist without even knowing it, but it is still racist. First, let's talk about racism.

00:03:29 Ama-Robin

That's what we do here. Racism is not just an overt hatred or blatant discrimination.

00:03:38 Ama-Robin

It's not putting on the white hood and going out and beating up black folks. That is also racism.

00:03:44 Ama-Robin

But it's more than that. It's a complex system of beliefs and practices that uphold white supremacy.

00:03:54 Ama-Robin

It's in the air that we breathe, in the water that we swim in. I mean, it's

often invisible but deeply ingrained.

00:04:03 Ama-Robin

And many white people, including those who are kind and well meaning and intelligent and sweet, just do not see themselves as part of this system because they don't understand it. But it is there whether you see it or not.

00:04:21 Ama-Robin

And here is the problem. Racial socialization.

00:04:28 Ama-Robin

Mm hmm. We don't hear those terms discussed much, but it is there and it it's, I'm glad that we're here today to discuss it.

00:04:39 Ama-Robin

So what is it? Racial socialization refers to the process by which people learn and internalize the values, attitudes, beliefs, and behaviors related to race and ethnicity.

00:04:56 Ama-Robin

We all learn this. I mean, this is how we, we grow up.

00:04:59 Ama-Robin

We learn to be socialized and to live in society and to go to school and to do all the things that we need to do, you know, to go to school, work, you know, retire, get married, all those kinds of things. That's socialization.

00:05:12 Ama-Robin

Racial socialization, you know, it's all these things and related related to

race and ethnicity. And this process occurs through various different influences, you know, family, media, education, societal interactions.

00:05:29 Ama-Robin

They shape how people perceive and respond to racial differences. And often they reinforce racial hierarchies and stereotypes, biases and power dynamics.

00:05:43 Ama-Robin

Racial power dynamics, racial socialization rewards and encourages behaviors and attitudes that are consistent with the dominant narrative, notably white supremacy, particularly a white patriarchal supremacy. And it punishes and discourages people who don't accept or who challenge that dominant narrative of this white patriarchal supremacist system.

00:06:19 Ama-Robin

I wanna get specific with just a few of the ways that all of us are racially socialized to help you all on the same page, you know, so at least you know what I'm talking about, even if you disagree. But let me just mention two ones 2, two of them, for instance, the media, the media, the media powerful, It plays a powerful role in shaping perceptions of race.

00:06:47 Ama-Robin

We're talking about news outlets. Yes, they say they're just reporting what they see and what they observe and, and all of that and they're neutral.

00:06:53 Ama-Robin

They're not, you know, they know what they're focusing on and what they're not focusing on. They know what they're showing and what

they're not showing and they know the effects of that, particularly in terms of race.

00:07:05 Ama-Robin

Television shows, movies and social media. Yes, that's right.

00:07:10 Ama-Robin

Even that's where we are now often portray people of color in stereotypical or negative roles and they reinforce these harmful biases and the under representation. Yeah, but we don't see too the under representation of black people and other people of color in positive or leading roles further cements the notion of white supremacy.

00:07:39 Ama-Robin

The media also tends to focus disproportionately on crimes committed by people of color, and this fuels racial profiling and racial fears. Yeah, the media is powerful, and it is all around us.

00:07:55 Ama-Robin

It's not just when we turn on the TV set, when we go to the go to the movie, or when we open a newspaper or when we watch the news. It's all around us.

00:08:03 Ama-Robin

It's where we are right now, even now. Here's another one.

00:08:08 Ama-Robin

This one might be surprising. Maybe not, but maybe it is the educational system.

00:08:15 Ama-Robin

The educational system often perpetuates white supremacy, you know, through the curriculum, the the curricula that it teaches, primarily focusing on European history and European literature and white achievements and perspectives, while at the same time marginalizing or misrepresenting the contributions, the literature, the culture, the histories of people of color. Textbooks often gloss over or omit the realities of slavery, of colonialism, and of systemic racism.

00:08:55 Ama-Robin

And this leaves students at that time, but then eventually they go on and leave school and go on with their lives. Race because they're socialized in a certain way, leaving students with incomplete and bias understanding of history.

00:09:10 Ama-Robin

And they carry that. We carry that throughout our lives.

00:09:14 Ama-Robin

I've mentioned how, you know, when I was in when I was in school, the Black History Month was taught by, well, all we heard about was slavery and we heard about Martin Luther King and we may have heard about Rosa Parks. Basically all we heard that we as black people were enslaved and that white people fought in a big war to free us.

00:09:38 Ama-Robin

And so black people were felt really inferiorized. We felt like we didn't contribute anything to the country or to the world, whereas white people were feeling superiorized, like they were the heroes of the story and the heroes of the world.

00:09:54 Ama-Robin

That's what education can do. And that is what we carry forward throughout our lives, unless we intentionally do something to change that.

00:10:05 Ama-Robin

Now, I'm gonna mention just a couple more ways in which we're socialized or avenues of socialization. The family - The family.

00:10:12 Ama-Robin

That's right. Our own upbringing, values and beliefs and attitudes about race are often passed down through generations within families, consciously or unconsciously, and they may reinforce racist ideas.

00:10:27 Ama-Robin

That's right. And related to that, our peer group, our friends and people that we hang out with, you know, they may be using the N word and thinking it's OK, you know, or they may be thinking, wow, certain ways that black people are inferior.

00:10:43 Ama-Robin

And they just talk about that and act on that and stop and, and it's just becomes a normal part of our interactions. So those are ways in really powerful ways in which we are socialized, in which racism, we are taught to be racist and we just don't even know it.

00:11:03 Ama-Robin

And why people just don't even know it because then they move on and they go on, like I said, about about their lives and carrying, they carry these beliefs and attitudes and thoughts, which ultimately results in certain behaviors and and effects interactions with black people. So

there are a lot of other ways in which we are socialized, but I don't want to waste, not waste, but spend a lot of time think talking about that right now because I have it on my website special talk today where you know, the avenues of socialization, of racial socialization.

00:11:42 Ama-Robin

But I just wanted to mention a few of these so that we can be all be aware of how we are, you know, being racialized, racially socialized in a certain way. And why I'm saying that to whether the white people in my audience, look, you're racist because you've been taught to be so.

00:12:01 Ama-Robin

And it's been reinforced and it's been rewarded. But it's not totally your fault, you know, not totally.

00:12:11 Ama-Robin

I don't give a pass to anyone about racism ever. But because we all do, then have some responsibility to think about why we're doing things, why we're thinking certain ways, you know, and I'm gonna go into this later, so I won't go too deep into this now, but to really think about why we do certain things and why we think certain things.

00:12:31 Ama-Robin

You know, as Maya Angelou said, you know, when you know better, you can do better. When you know better, you can do better.

00:12:40 Ama-Robin

And that's what I'm talking about today. It's about doing better.

00:12:44 Ama-Robin

It's not about naming or shaming or blaming. It's about doing better.

00:12:50 Ama-Robin

I think this is a good time to take our first breather break. And this gives all of us a chance to breathe for a minute.

00:12:58 Ama-Robin

Because when things get intense, you know, I like to breathe. I hope you do too.

00:13:03 Ama-Robin

I'll see you in a minute. And you all know that I love this song.

00:13:08 Ama-Robin

I'll be back.

00:13:09 - 00:13: 35

<song break>

00:13: 35

Aakwaba(Welcome) back.

00:13:36 Ama-Robin

Welcome back and thank you so much for sticking around because I know that some people are gonna think, wow, you know, "I'm not racist. That doesn't affect me. I'm aware of these things, so I don't need this."

00:13:43 Ama-Robin

So I'm really glad. I think we all need this and I think you definitely need it. So I'm glad that you stayed and that we can address and talk about these things together. So what kind of things am I talking about? We talked about racial, the socialization, and the avenues from which we're socialized.

00:14:08 Ama-Robin

And as I said, there's more of this on my website. Ronnie get a lot of dough and dirt the water obstacles cause anything is possible. I'd espresso talk today. Oh man, I got a lot of gold.

00:14:12 Ama-Robin

But what kinds of things am I talking about? Stack that. As a white person, I understand that you might not understand that living in a predominantly wide space comes with daily challenges and a lot of emotional labor.

00:14:28 Ama-Robin

And that is not necessarily your fault. But denying or diminishing our experiences is your fault and your responsibility.

00:14:37 Ama-Robin

Let's go straight to the list of 20 things that you're doing that you might not know. A racist.

00:14:46 Ama-Robin

Maybe I should have warned you that this was coming, but here we are. OK, let's just do it.

00:14:53 Ama-Robin

I'm gonna listen quickly, but this list is also on the Special Talk Today website. Here we go #1 denying racism exists, claiming to be color blind, or saying I don't see race ignores the reality of racism and invalidates the experiences of people of color #2 Stereotyping.

00:15:18 Ama-Robin

Making assumptions about black people based on stereotypes such as thinking all black people are good at sports or good at singing or you know, good at jazz #3 tokenism. Using one black person as a representative for all black people and all black voices and all black experiences.

00:15:40 Ama-Robin

You know, or as proof that you are not racist. Have you ever said I have AI have a black friend?

00:15:48 Ama-Robin

Mm hmm #4 Cultural appropriation. Adopting elements of Black culture like hairstyles, clothing, or slang without understanding or respecting their significance.

00:16:03 Ama-Robin

You know you're just doing because you think it looks good and it looks hip, you know? But that's not the whole story #5 White savior complex, mm hmm.

00:16:16 Ama-Robin

Believing that you need to save Black people or that your involvement is essential to our success. Mm hmm, that gets shown a lot in the media a lot number six, interrupting or talking over black people dominating the

conversation and not, you know, creating the space for for us to share our experiences and perspectives.

00:16:47 Ama-Robin

You know, you, I've had that a lot, even within my own family and say, well, Gee, you know, I heard that there's some kind of some kind of an experience that I've had. And they say, oh, no, no, no, that wasn't racist.

00:16:59 Ama-Robin

Yeah, there we go #7 dismissing Black voices, ignoring or belittling the concerns and experiences of black people, often with phrases like you're being too sensitive or, you know, that kind of thing. I know that you may be thinking it.

00:17:20 Ama-Robin

Maybe you've said it. Like I said, I'm not here to blame or shame.

00:17:24 Ama-Robin

We're here to learn here #8 assuming criminality, feeling threatened by Black people in certain situations, like when you're walking in your neighborhood or shopping at a store, and you wouldn't necessarily feel that kind of threat from somebody, someone of your own race. And honestly, the data shows that race on race violence is the most prevalent.

00:17:50 Ama-Robin

But we're taught that, taught that Black people are the biggest threat #9 microaggressions, making seemingly innocent comments or questions that actually be enforced. Nerio stereotypes like, oh, you speak so well.

00:18:07 Ama-Robin

Oh, oh, can I touch your hair? Oh, wow, she's so exotic, you know, come on, come on.

00:18:15 Ama-Robin

Number 10. Ignoring white privilege, failing to acknowledge the systemic advantages that you have as a white person and how they impact your interactions and experiences of black people.

00:18:31 Ama-Robin

You know, you say that I don't have a privilege. It means you're basically saying that, well, I'm just naturally or white people are just naturally superior #11 claiming reversed reverse racism, believing that affirmative action or diversity initiatives are unfair to white people, particularly white men.

00:18:56 Ama-Robin

Which ignores the historic and systemic disadvantages that have been faced by people of color #12 minimizing racist incidents, suggesting that incidents of racism are isolated or overblown rather than acknowledging them as part of a broader pattern of systemic inequality. And it also, you know, makes, you know, affects us.

00:19:24 Ama-Robin

I know what affects me very much, you know, emotionally. And I feel very isolated when people say, oh, that wasn't so, wasn't so bad.

00:19:32 Ama-Robin

Just ignore it #13 assuming whiteness as the default, viewing white culture as the norm, viewing white culture, white norms, and white behaviors as the standard, while everything else is considered exotic or

different or diverse #14 centering whiteness, expecting people of color to conform to white cultural norms, and penalizing us socially or professionally when we don't. I think you can think of a lot of ways that that happens #15 exoticizing people of color, treating people of color as fascinating or mysterious.

00:20:20 Ama-Robin

Based on our ethnicity, our ethnicity and commenting on our looks and cultural practices #16 performative allyship, engaging in actions that appear to support racial justice, like posting on social media without commenting or sustained or meaningful action or change. Yeah, OK.

00:20:46 Ama-Robin

Oh, well, I reposted that. I'm, I'm a good person.

00:20:48 Ama-Robin

I did that. I'm, I'm fighting racial, I'm fighting for racial justice #17 we're getting there.

00:20:58 Ama-Robin

Racial slurs and jokes, Using racial slurs even as a joke, you know, even in jest, really. And making jokes that rely on racial stereotypes and then dismissing them as harmless fun.

00:21:12 Ama-Robin

Oh, that's that. Racial gas lighting.

00:21:14 Ama-Robin

Mm hmm #18 resisting diversity training. Complaining about or avoiding diversity, equity and inclusion training, Seeing it as a necessary or a waste of time.

00:21:28 Ama-Robin

Mm hmm #19 policing Black expression. You know, that's that tone policing, criticizing the way Black people speak, dress or express ourselves, often labeling them as unprofessional or inappropriate.

00:21:46 Ama-Robin

And the last 1 #20 assuming Black people need help. Assuming that Black people are always, always need your guidance or assistance and thereby undermining our agency and capabilities.

00:22:01 Ama-Robin

So those are the top. Those are 20 that I mentioned.

00:22:03 Ama-Robin

I'm not even gonna say the top 20, but they are 20 and there are so many more. And I wonder how many of those you saw on yourself.

00:22:11 Ama-Robin

No blaming or shaming. Let's just be honest and authentic here.

00:22:16 Ama-Robin

And this list is on my special talk Talk Today website. So, you know, in the blog section.

00:22:22 Ama-Robin

So you can go there and look through and see if there's anything that you recognize or anything that, you know, we think it was left off the list. Please add it.

00:22:30 Ama-Robin

Please send me a message. I hope that this was helpful to you and that so you recognize that maybe people are well meaning, they're kind, they're sweet, they're they're intelligent and all that.

00:22:42 Ama-Robin

But then they do these kind of things and don't even think about it. But these are ways that white people can act in a racist way without really even knowing it.

00:22:54 Ama-Robin

You know, I think we've got to do this list. It's been heavy.

00:22:58 Ama-Robin

It's been a lot. This is a good time to take another break.

00:23:02 Ama-Robin

Let's take time to breathe, think, stretch, do push ups, grab some coffee or tea, whatever speaks to your soul. This is difficult stuff, so maybe we need a short break.

00:23:15 Ama-Robin

When we return, we're gonna discuss three things that you can do to fight racism. I call them the three C's, and they are very doable.

00:23:27 Ama-Robin

I'll return in a minute. Take the time.

00:23:31 Ama-Robin

Thanks for sticking around.

00:23:34 SPK_2

Dronic get a lot of dough and dirt, the water obstacles cause anything is possible. Oh man, I got a lot of gold.

00:23:42 SPK_2

Stack that bread and bomb my nose. Anything is possible.

00:23:47 SPK_2

Dronic get a lot of dough and dirt. The water obstacles cause anything.

00:23:52 Ama-Robin

So we went through the 20 things, the 20 ways and there are many, many, many more that why people can act in a way that they don't know, know that it's racist, but it actually is racist. So what needs to be done?

00:24:06 Ama-Robin

That's what we're gonna focus on now. What can you do?

00:24:10 Ama-Robin

You know why people I think need to confront and let go of a lot of the deep seated beliefs that black is bad and white is good. And you may be thinking I don't think that.

00:24:25 Ama-Robin

But as I said earlier, we are socialized to think that we're rewarded for thinking this. We are, you know, we're encouraged to think of it.

00:24:35 Ama-Robin

We're punished when we don't think it. So it's time to start going within to sound, stop the knee jerk reactions and really start doing some real reflection here.

00:24:45 Ama-Robin

This belief system is deeply ingrained in our culture, in our and it influences our behavior and our attitude in ways that perpetuate racism and white supremacy. Challenging these beliefs does require a deep self reflection and a commitment, an ongoing commitment to change.

00:25:08 Ama-Robin

So I think now's actually a good time to get to those 3C's, those 3C's of a white people can do to fight racism or to be good allies. I'm just gonna say them really fast here.

00:25:22 Ama-Robin

Then we'll go a little bit deeply. Courage, character compassion, courage, character compassion and recognizing too.

00:25:36 Ama-Robin

It's important also, I think, for why people to recognize that they have blind spots, particularly when it comes to racism. And these blind spots are a result of the socialization and as I said, the rewards and the punishment.

00:25:54 Ama-Robin

And I said before, not blaming or shaming. Let's talk about these three CS #1 show courage.

00:26:03 Ama-Robin

It takes courage to confront racism, especially within yourself. But it takes courage to confront racism in your community, in your workplace, everywhere that you are.

00:26:15 Ama-Robin

This means being brave enough to look inward and acknowledge your own biases and your own prejudices. Start by educating yourself about the history and the current realities of racism.

00:26:27 Ama-Robin

Understand that racism isn't just it's only about individual actions, but also about systemic inequalities. When you encounter racist jokes or comments, whether in a social setting or at work, speak out against them.

00:26:44 Ama-Robin

You might feel uncomfortable or confrontational or maybe even silly, but silence can be interpreted as agreement, as acceptance. Use these moments as opportunities to educate other people.

00:26:57 Ama-Robin

Challenge discriminatory practices in your workplace, in your schools, in your communities. Advocate for policies that promote equity and inclusion.

00:27:07 Ama-Robin

Challenge the norm of whiteness. Let's start these centering whiteness.

00:27:14 Ama-Robin

Be prepared to have difficult conversations with friends, families and even colleagues. And remember that growth often comes from this discomfort.

00:27:24 Ama-Robin

It's really easy to stay in our comfort zone, which is very protective too, and not say anything. But that's not that's not being non racist even that's not being anti racist.

00:27:38 Ama-Robin

That is actually being a little bit like a coward. It's time for us to get past that now #2 show character.

00:27:50 Ama-Robin

This journey requires integrity and accountability. Admitting, admitting when you're wrong is a sign of strength, not weakness.

00:28:00 Ama-Robin

If you make a mistake or realize that you've acted in a way that perpetuates racism or white supremacy, apologize sincerely, you know, acknowledge the impact of your actions and commit to doing better. Even if you can't apologize to that other person or a situation, make amends in some way.

00:28:20 Ama-Robin

You know that and they can't be done. First starting within you and then starting within, then going into the system continuously, continuously learn and unlearn.

00:28:31 Ama-Robin

You know, unlearning is probably the biggest thing, the bigger thing that's essential. Racism is so deeply ingrained in our society, and undoing those beliefs does take time and effort.

00:28:46 Ama-Robin

Engage with the books, articles with podcasts and films that explore

racism and Black experiences. Participate in workshops and training sessions on diversity and equity and inclusion.

00:29:00 Ama-Robin

Reflect on what you learn and apply it to your daily life. Hold yourself accountable and be open to feedback from those around you.

00:29:09 Ama-Robin

And and you know, hold others accountable too. No one get to pass #3 Express compassion.

00:29:20 Ama-Robin

Learning, then listening to listening to us really is crucial. Truly listen without interrupting or dismissing our experiences.

00:29:30 Ama-Robin

It understand that these experiences are valid, even if they make you uncomfortable or challenge your worldview. And I hope they do create spaces where Black people can feel safe to share our stories and and our and our experiences and respect those spaces.

00:29:47 Ama-Robin

Sometimes you're not gonna be welcome in those. Sometimes your place is not to be in those spaces.

00:29:54 Ama-Robin

Use your privilege to amplify Black voices. You have the privilege, you can use it to amplify our voices.

00:30:04 Ama-Robin

This can mean sharing stories on social media, promoting Black LED

initiatives and supporting black-owned businesses. Stand in solidarity during times of protests and advocacy efforts.

00:30:20 Ama-Robin

Offer your resources, whether it's time or money or connections, to support causes that fight for racial justice. And show empathy by recognizing the emotional toll that racism takes on, takes on, and that it how it affects us.

00:30:38 Ama-Robin

And offer support and solidarity. So by displaying courage, showing character, and expressing compassion, you can be a genuine ally in the fight against racism.

00:30:52 Ama-Robin

These steps require an ongoing commitment and effort, but they are critical to creating a more just and equitable society and actually creating a just and equitable society. So celebrating blackness, I want to just add in that one too.

00:31:10 Ama-Robin

And because finally, let's also remember that Blackness and the Black experience are not solely defined by pain and struggle and injustice. In fact, not that's not even the dominant, you know, part of our experience, You know, it's also about joy and success and community and love and rich experience and culture and history, you know, celebrate Black achievements and culture.

00:31:37 Ama-Robin

Learn about the contributions of Black people throughout history and today, and this holistic kind of understanding fosters genuine respect

and solidarity. You may be really, I think you will be really, really surprised and tell others in your circle about about your experiences in this way.

00:31:57 Ama-Robin

Help to correct the record. Be a part of the solution, rather than allowing the problem of racism and white supremacy to continue to stand out of it means that you're on the side of the oppressor.

00:32:10 Ama-Robin

There's no neutrality here. Wow.

00:32:15 Ama-Robin

Let's take one last breather break here, then we're gonna wind it down. This has been intense, but we're gonna start to lighten it up a little bit.

00:32:26 Ama-Robin

We're gonna stay with truth, but we're gonna lighten it up some. We're stronger together, you see, There's no need to name or shame or blame anyone.

00:32:35 Ama-Robin

Well all, we are all doing our best, but our best can be better and everyone needs to make an adjustment and that's what I'm asking you to do today. We're going to start to wrap this up when we get back.

00:32:49 Ama-Robin

So just enjoy this music for a minute. I'll see you in a minute.

00:32:54 Ama-Robin

Bye Aquapa back and Asante Sana for staying in the building with me

today. So to all our white and non black listeners, Asante Sana, thank you for your willingness to learn and grow and to be in the hot seat.

00:33:40 Ama-Robin

Thank you for being allies in this fight against racism and the fight for justice and equality. Remember, the journey towards racial equity is a marathon.

00:33:52 Ama-Robin

It's not a Sprint. It requires ongoing effort, reflection and action starting today.

00:34:01 Ama-Robin

As Doctor Martin Luther King Junior said, you know, in the end we will remember not the words of our enemy, but the silence of our friends. You can claim to be friends all you like.

00:34:14 Ama-Robin

You can claim to be allies all you like, but if you're sitting there being silent when it's time to speak up, then you're not really an ally, you know? Then you're playing neutral, you're playing safe, and you're supporting a white supremacist patriarchal system.

00:34:32 Ama-Robin

Maybe not intentionally, but that's what in the end, that's what's happening. And in the immortal words of Maya Angelou, when you know better, you can do better.

00:34:48 Ama-Robin

This is all about, as I said, learning and unlearning that can help you to do better. No excuses.

00:34:57 Ama-Robin

And those are actually my words. In anti racism there is no halfway.

00:35:05 Ama-Robin

As Angela Davis said, in a racist society it is not enough to be non racist. You must be anti racist.

00:35:15 Ama-Robin

There's no neutrality in this situation. There's no sitting on the sidelines or sitting back on the bleachers or watching or staying silent.

00:35:24 Ama-Robin

There is only learning and action and involvement. Thank you for listening to Espresso Talk today.

00:35:34 Ama-Robin

And if you found this episode insightful, please, please, please share it with your friends and family and your community. We can all benefit.

00:35:42 Ama-Robin

You can all benefit. They can all benefit.

00:35:46 Ama-Robin

And I want to say a Santisana to all people working for the liberation of all oppressed people. We stand in solidarity with you, and I hope that you stand in solidarity with us.

00:36:01 Ama-Robin

And so remember, my fellow warriors, know this deep in your soul, you are powerful beyond measure, and together we are invincible. The real

problem here, the real problem with society is white supremacy.

00:36:17 Ama-Robin

Black people are not the problem. What member those three CS?

00:36:23 Ama-Robin

Courage, compassion. What's the third one?

00:36:29 Ama-Robin

That's right, character. Everything builds on that.

00:36:33 Ama-Robin

If you wanna keep discussing or reading about these issues, then you should definitely subscribe to my Black empowerment newsletter, The Normal Beat. We discussed lots of different issues there, so get your dose of Black empowerment and liberation every single week.

00:36:49 Ama-Robin

Never a dull moment, but lots of powerful, uplifting and liberating moments and everyone is welcome. You can subscribe at the Espresso Talk Today website at espressotalktoday.com or on Instagram at AMA Robin L That's AMA AMA_Robin ROBIN_the letter L.

00:37:16 Ama-Robin

You can also find this on Facebook in our newly opened Espresso Talk today Black Liberation Lounge. This is a this group is a safe space for us to hold discussion, share thoughts and ideas, feel joy, express sadness, or just breathe.

00:37:35 Ama-Robin

You can also find me on Instagram where I hold a live discussion every

single week, usually on Wednesdays. DM me to get the schedule so you know what's coming up.

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Join me on Instagram at AMA Robin L I'm AMA Robin for espresso talk today and remember now more than ever, strength, soul and reparations. Ashe my community.