

Anti-Oppressive and Equitable Mindfulness Resource List:

Anti-Oppressive Resources

Articles to read:

"America's Racial Contract Is Killing Us" by Adam Serwer | Atlantic (May 8, 2020)

Ella Baker and the Black Freedom Movement (Mentoring a New Generation of Activists)

"My Life as an Undocumented Immigrant" by Jose Antonio Vargas | NYT Mag (June 22, 2011)

The 1619 Project (all the articles) | The New York Times Magazine

The Combahee River Collective Statement

"The Intersectionality Wars" by Jane Coaston | Vox (May 28, 2019)

Tips for Creating Effective White Caucus Groups developed by Craig Elliott PhD

"Where do I donate? Why is the uprising violent? Should I go protest?" by Courtney Martin (June 1, 2020)

"White Privilege: Unpacking the Invisible Knapsack" by Knapsack Peggy McIntosh

"Who Gets to Be Afraid in America?" by Dr. Ibram X. Kendi | Atlantic (May 12, 2020)

Adult Books:

Stamped From the Beginning, by Ibram X. Kendi

How To Be an AntiRacist, by Ibram X. Kendi

The Fire Next Time, by James Baldwin

I Am Not Your Negro, by James Baldwin

White Fragility: Why It's so Hard for White People to Talk About Racism, by Robin DiAngelo

So You Want to Talk About Race, by Ijeoma Oluo

Why Are all the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race, by Beverly Daniel Tatum

The New Jim Crow, by Michelle Alexander

Between the World and Me, by Ta-Nehisi Coates

Biased, by Jennifer Eberhardt

Raising White Kids: Bringing Up Children in a Racially Unjust America, by Jennifer Harvey

The Bluest Eye, by Toni Morrison

Pedagogy of the Oppressed, by Paulo Freire

Integrating Mindfulness into Anti-Oppression Pedagogy: Social Justice in Higher Education, Beth Berila

All Our Relations: Finding the Path Forward, by Tanya Talaga

Were White Men Fear Tread, by Russell Means



Children's Books:

The Name Jar, by Yangsook Choi

The Day You Began, by Jacqueline Woodson and Rafael López

I Am Enough, by Grace Byers

I Believe I Can, by Grace Byers

Hair Like Mine, by Latashia M. Perry

Skin Like Mine, by Latashia M. Perry

All Are Welcome, by Alexandra Penfold and Suzanne Kaufman

What to watch:

Becoming, a Netflix documentary following former First Lady, Michelle Obama, on her book tour (Netflix)

Let It Fall, a documentary looking at racial tensions in Los Angeles and riots over Rodney King's death (Netflix and YouTube)

Selma, a film that chronicles the marches of the Civil Rights Movement (Amazon Prime)

13th, a Netflix documentary exposing racial inequality within the criminal justice system (Netflix)

Podcasts:

Still Processing: Apple Podcast, Spotify, and other streaming sources

Code Switch: an NPR Podcast tackling race from all angles

1619: In August of 1619, a ship carrying more than 20 enslaved Africans arrived in Virginia. On the 400th anniversary of this fateful moment, 1619 looks at how slavery would be woven into the very threads of America's democracy.

La Cura: Podcast focusing on Latinx healing and wellbeing.

All My Relations: Hosted by Matika Wilbur & Adrienne Keene, EdD, conversations centered on Native American peoples to "explore our relationships-relationships to land, to our creatural relatives, and to one another."

Equitable Mindfulness Resources:

Books:

Londrelle's *Eternal Sunshine (Volume 1)*

Paulo Coelho's *The Alchemist*

Jasmine Syedullah, Lama Rod Owens, and Rev.angel Kyodo Williams's *Radical Dharma*

Rhonda Magee's *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*

Angel Kyodo William's *Being Black: Zen and the Art of living with Fearlessness and Grace*



Videos:

Claudia Horowitz's "Why Mindfulness Matters Now?"

<https://www.opendemocracy.net/transformation/claudia-horowitz/why-mindfulness-matters-now>

James Rowe's "Zen and the Art of Social Movement Maintenance"

<https://www.opendemocracy.net/transformation/james-k-rowe/zen-and-art-of-social-movement-maintenance>

Public dialogue between Angela Davis and Jon Kabat-Zinn (13 short videos; total time approximately 45 minutes) <https://www.youtube.com/watch?v=rbiM-vH83YQ&list=PLGP57y-64pOTYAjGiZda-F0Dr-8tpKTpY>

It's Not About Love After All | angel Kyodo williams | TEDxWashingtonSquare:

<https://www.youtube.com/watch?v=PztCw49OQ2g>

Other Readings/Articles:

Jules Shuzen Harris, "The False Comfort of the Familiar" <https://www.lionsroar.com/false-comfort-familiar/>

Chenxing Han, "We're Not Who You Think We Are" <https://www.lionsroar.com/were-not-who-you-think-we-are/>

Williams, Ruth "Eat, Pray, Love: Producing the Female Neoliberal Spiritual Subject"

Andrea Marie Hyde & James G. LaPrad, "Mindfulness, Democracy, & Education"

Adam Lobel, "Practicing Society: Practices of Self, Society, and Time on the Way to Personal and Social Transformation"

**A culmination of resources compiled by: Sarah Sophie Flicker, Alyssa Klein, Alaina McCauley, and Center's Tiara Cash*

