

Let's Talk About: Walking the Path of Anti-Racism



Facilitated by Allison Tanaka + Stephanie Fong
The Young Buddhist Editorial

Community Agreements

1. One Mic
2. Right Thought and Right View – Assume Positive Intent
3. Right Speech – Our words have power and can negatively impact others
4. Right Action – What is shared here stays here; what is learned here leaves here
5. Right Mindfulness – Create space, take space

What else do you need to ensure this is a safe space for everyone?

A Brief Reflection on Our Previous Workshops

The Four Noble Truths

1. Why Black Lives Matter in a World Full of Suffering
 - a. Life is Suffering
2. Systemic Racism that Causes Suffering in the Black Community
 - a. Life is Suffering Because ...
3. A Future Without Suffering
 - a. We can find an end to suffering
4. Walking the Path of Anti-Racism
 - a. How do we reach the end of suffering?

The Fourth Truth: Eightfold Path

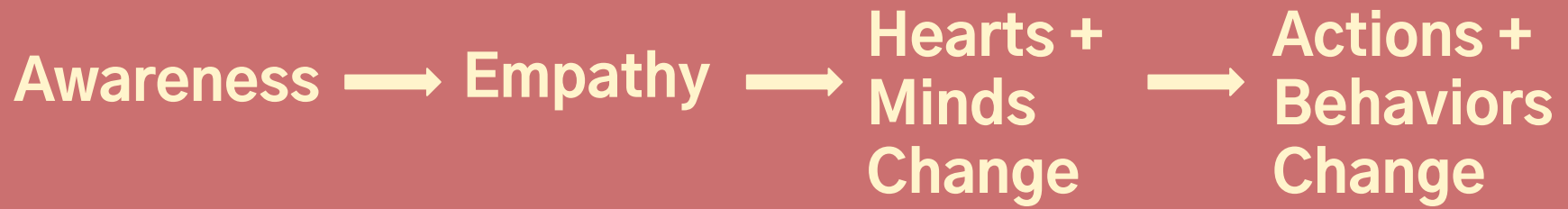
1. Right View
2. Right Thought
3. Right Speech
4. Right Conduct
5. Right Livelihood
6. Right Effort
7. Right Mindfulness
8. Right Meditation

Following the Eightfold Path and the Path of Anti-Racism are both lifelong commitments in hopes to **end suffering**

Part 01. Discovering our Personal Path of Anti-Racism

“In a racist society it is not enough to be non-racist, we must be anti-racist.”

—*Angela Davis*



Path to Anti-Racism

Fear Zone – Learning Zone – Growth Zone

- Based on our personal backgrounds and experiences with acknowledging race, we are all at different points and may want to progress in different aspects.
- This path is not always linear– we may move back and forth or we may be in more than one zone at the same time
- Our goal should be to strive toward growth and this process is infinite.



Self Reflection

Feel free to reflect and write down your thoughts on the following questions:

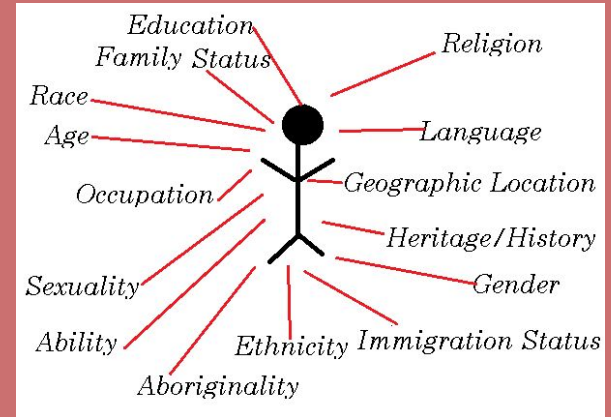
What zone(s) do you think you're in?

In what ways do you think you can move towards growth? What are the action steps that will help you achieve that?



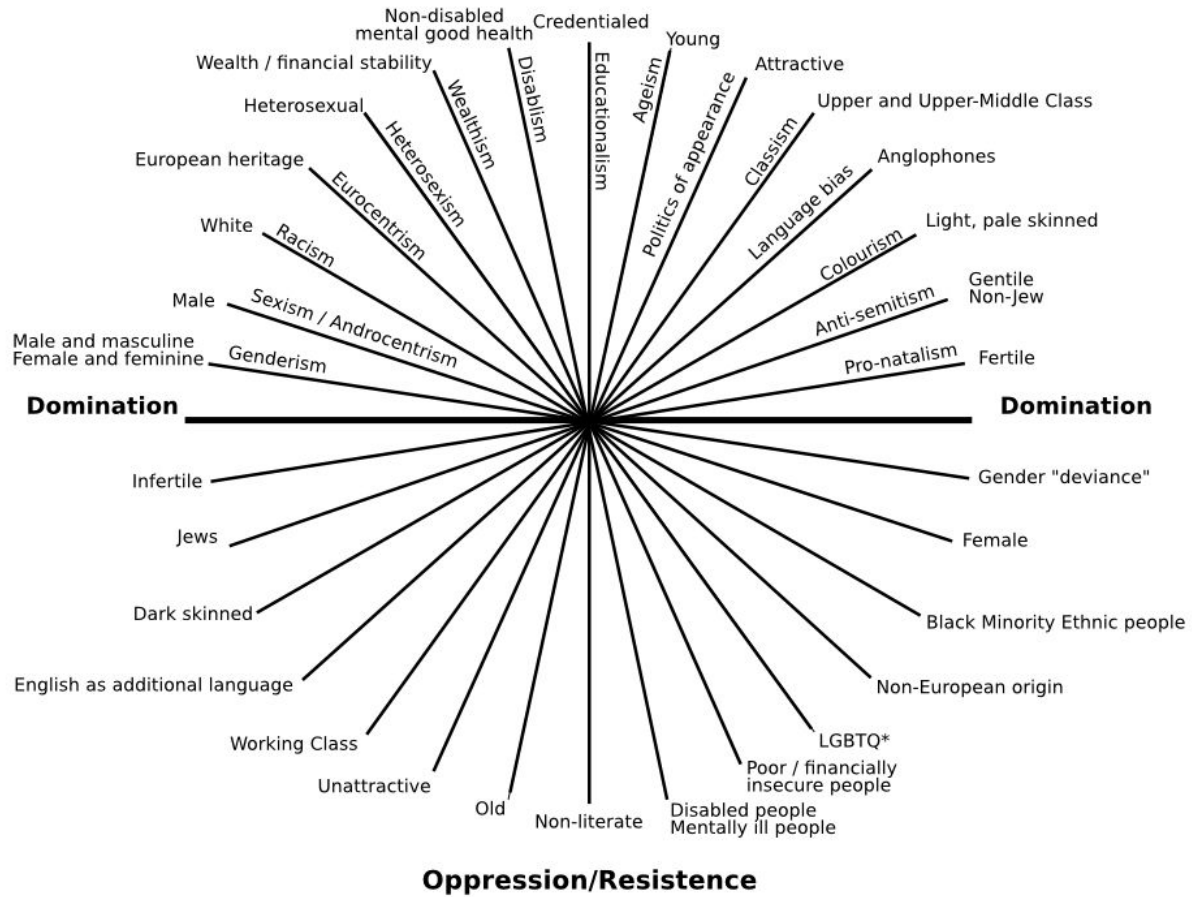
Breaking down Identity and Positionality

- Positionality
 - Pertaining to our social position in the hierarchy of social power which determines our access to social, political, and economic resources
- Intersectionality
 - Each of our social identities (and its positional effect) intersect with each other
 - Shape our life conditions and interactions with others
 - Addresses that the our multiple identities we hold grant us privileges and disadvantages



[Yan, M.C. \(2016\). Multiple positionality and intersectionality: Towards a dialogical social work approach](#)

Privilege / Society norms



Breaking down our Identity cont.

- Checking our Privilege as a “Model Minority”
 - Upholds Anti-Black rhetoric and white adjacency
 - Undercuts Black Power Movements– “Asians can pull themselves out of oppression and assimilate to white supremacy and so can other minorities”
 - Negatively impacts other minority groups
- Focusing our solidarity around the movement for Black Lives
 - Phrases like “Asians for Black Lives” & “Yellow Peril Supports Black Power” can be harmful



[The history behind 'Yellow Peril Supports Black Power' and why some find it problematic](#)

Centering the Conversation Around the Black Community

Efforts of activism may be new to many of us as there is a new momentum from the resurgence of the Black Lives Matter movement.

Others may have lived through years of activism, and all of these experiences are **valid**.

Taking part of this work means that we are centering it around Black voices, *uplifting those rather than taking space for ourselves*. We need to understand and work to meet the demands and needs of Black and Brown organizers. Our efforts must come back to the movement for Black liberation.

“The beauty of anti-racism is that you don’t have to pretend to be free of racism to be an anti-racist.

Anti-racism is the commitment to fight racism wherever you find it, including in yourself. And it’s the only way forward.”

–*Ijeoma Oluo*

Discussion One Questions

- What does your personal path look like?
 - How do you want to progress further?
- What actions do you hope to start incorporating in your life?
 - What aspect of the Eightfold Path will help you with your actions?

Part 02.

Actions to

Support Black

Lives Matter

Sustainable Actions to be Anti-Racist

<u>Education</u>	<u>Redistributing Wealth</u>	<u>Service</u>	<u>Participating in the dialogue</u>	<u>Political/Social Action</u>	<u>Relearning/Changing Mindset</u>
Consume content from Black creators and educators	Donate/Monthly Donations	Support local grassroots organizations	Start conversations with non-black friends on race	Participate on the ground: protests, rallies, marches	Debunk the stereotypes
Read literature from black activists and revolutionists	Buy from Black and Brown owned businesses	Help the community, lend a hand, contribute to the community's wellness	Have hard conversations with loved ones, committing to the emotional labor	Sign petitions and call your representatives	Adopt intersectionality- ALL BIPOC lives matter
Self-educate in the Black Radical Tradition	Stop buying from companies that use prison labor, have a white supremacist agenda, or exploit workers of color	Join an organization that does the long-term work	Speak up in your unions- combat racial discrimination and disenfranchisement in the workplace	Vote Local - demand racial justice as the top priority	Recognize implicit biases and internalized racism
Integrate Black History into children's learning	Reparations	Bear witness if a BIPOC person is being stopped by the police	Uplift BIPOC queer and trans voices	Spread vital and factually correct information	Are our news sources biased? What are different narratives?
Attend educational workshops	Give to food banks/donate items of basic need		Attend neighborhood assemblies	Amplify the call for support of Black and Indigenous folks	Understand your positionality and privilege

* compiled list, sources provided at the end of presentation

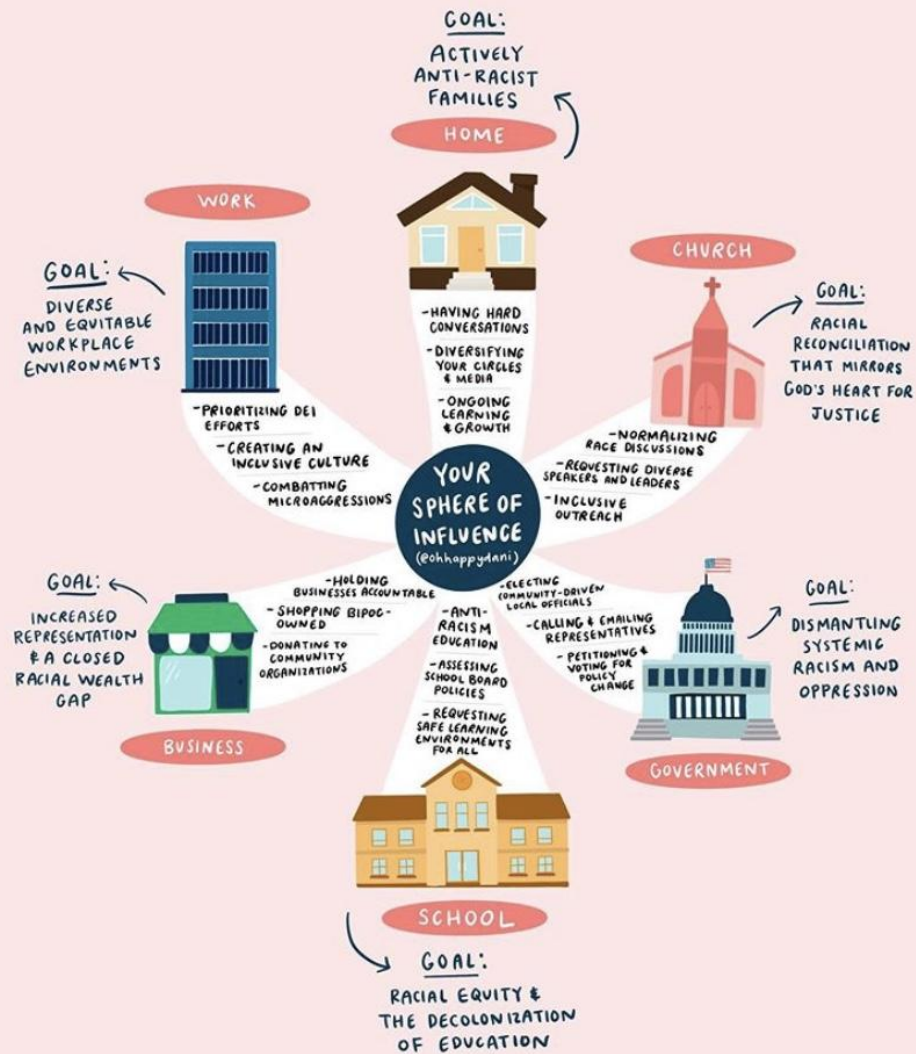
Part 03.

The Path of Anti-Racism for Our Community

Defining Our Communities

“Your Sphere of Influence”
Graphic by Danielle Coke

@ohhappydani on Instagram



Our Temple Community

- New, Emerging Perspectives
 - Rev Harry Gyokyo Bridge, Rev Tadao Koyama, and Rev. Matt Hamasaki
- “Buddhists are not immune from racism” – Rev. Bridge
- “Speaking in very general terms for Jodo Shinshu Buddhists in the United States of America, our usual services consist only of Sunday family services where we all gather and have a service. ... have we, as Jodo Shinshu Buddhists, become too comfortable in having this as the extent of Buddhism in our lives? The Sunday service, the Dharma talk? Is this all it means to be a Buddhist in this world?” –Rev. Koyama, *Are We Too Comfortable in Our Buddhism?*
- Acknowledging and learning from our mistakes as times and thinking change

Redefining our Sangha

- Consider the Following (Reflection):
 - Who does your Sangha consist of?
 - Does discussion ever arise within your temple community about members outside of the Sangha? What is typically the tone of those conversations?
 - What barriers stop us from reaching out to the surrounding community?
- Can a Sangha extend beyond what we typically define it to be? (Rhetorical)
 - How we are going to begin making changes to our Sangha?
- Connecting with our surrounding community. Growing

The Community “Zones”

- The intersection between our personal path and our community’s paths can (and probably will) be at different points
 - Our communities may be farther behind in their paths, or in a zone that is different than our own
- What can the Fear, Learning, and Growing zones look like when we think about our communities, and our temple communities in particular?

The Community Fear Zone

- “We need to take care of our own.” or “That’s not our problem, since they’re not temple members”
- “I’m uncomfortable because this temple visitor doesn’t look like me or look like a Buddhist as I define it.”
- Separating the temple from the greater community it resides in (esp. if the temple is in a low-income neighborhood or in an area with high poverty and homelessness rates)
- Upholding the community’s racial bias by validating their feelings and opinions when they are uncomfortable by topics of inclusivity and race

The Community Learning Zone

- Recognizing that there is bias towards temple members who are Asian American and middle class
- Releasing statements of inclusivity and committing to action plans within the greater community that the temple is located in
- Encouraging temple leadership to educate themselves about race, bias, privilege, structural racism, etc, so that they can be prepared to do work at the forefront of structural change
- Actively reaching out to visitors or temple-goers who do not look like the majority of Jodo Shinshu and Asian congregations with the intent of welcoming them into our Sangha

The Community Growth Zone

- Including and uplifting the community outside of our immediate temple members, and using our resources to help meet their needs
- Maintaining and expanding initiatives that our community implements, such as community fridges, drop-off boxes, and acts of service
- Continuously revisiting and revising action plans to ensure that they still reflect the needs of the Black community, and are still being followed
- Educating temple members about race, bias, privilege, structural racism, etc. through Dharma talks, articles, workshops, classes, etc.
- Temple members are not bystanders to racism they see in their own Sangha, and speak out against it

What could efforts of anti-racism in local communities look like?

Statements for intersectionality/commitment to an inclusive environments

Social Justice committees or Engaged Buddhism committees

Protesting in Solidarity with your Sangha

Following BLM's demands of police abolishment by cutting ties with police

Determining the line between safety and surveillance

Contributing to mutual aid networks or holding drop-boxes in our facilities

What does mutual aid in local communities look like?



@seattlecommunityfridge
Chinatown International District, Seattle



@sfcommunityfridge



@communitycrates
Sacramento



Covid-19 Mutual Aid Network LA



Discussion Two Questions

- How do you want to see your Sangha expanding beyond its typical membership?
- What initiatives do you want your temple/community to take to further advance in their paths towards anti-racism?
- What will your role be in this work? How will you support and hold your community accountable for change?

Let's Talk About It Series Wrap-Up

What are the biggest takeaways from this workshop series and what topics would you want to dive deeper into?

Resources

Black Bookstore Directory

<https://aalbc.com/bookstores/index.php?statename=California>

Black History Month Library <https://drive.google.com/drive/folders/0Bz011IF2Pu9TUWlxVWxybGJ1Ync>

Asian American Allyship List for BLM Movement – The Peahce Project

https://www.instagram.com/p/CBJ0qEdlze0/?utm_source=ig_web_copy_link

Black Stories Watch List – Local Wolves

https://www.instagram.com/p/CB09unlD14P/?utm_source=ig_web_copy_link

Your Anti-Racism Plan Must be a Long Term Plan – @decolonialbulaklak

https://www.instagram.com/p/CBv-qzLD7iV/?utm_source=ig_web_copy_link

Rev. Matt Hamasaki On Black Lives Matter https://youtu.be/fE1F3Fyea_I

Rev. Harry Gyokyo Bridge Statement on Behalf of Minister’s Association (can be found in BCA Facebook Feed)

<https://www.facebook.com/buddhistchurchesofamerica>

Rev. Tadao Koyama – “Are We Too Comfortable in Our Buddhism”

<https://www.youngbuddhisteditorial.com/articles/are-we-too-comfortable-in-our-buddhism>

The Asian American Response to Black Lives Matter is Part of a Long, Complicated History – Time Magazine

<https://time.com/5851792/asian-americans-black-solidarity-history/>

Resources cont.

Mutual Aid Networks <https://www.mutualaidhub.org/>

UC Davis Human Resources “Anti–Racist Practice: Foundational” Webinar

https://www.youtube.com/watch?v=W3qyh_OTRtw&feature=youtu.be

Anti–Racism Resources <https://humanservices.ucdavis.edu/antiracism-resources>

Introduction to Abolition: <https://abolitionjournal.org/studyguide>

Books:

So You Want to Talk About Race by Ijeoma Oluo

How to Be an Antiracist by Dr. Ibram X Kendi

The New Jim Crow by Michelle Alexander

[Beyond the New Jim Crow](#) by James Forman Jr.

Organizations (Mostly in Bay Area):

- [Positive Communication Practices](#)
- [Colors of Change](#)
- [The Beat Within](#)
- [Center for Policing Equity](#)
- [BAY \(Better Alternatives for Youth\)](#)
- [Peace](#)
- [RJoy](#)
- [OUSD Restorative Justice](#)
- [Youth Radio](#)

Thank You

Rev. Matthew Hamasaki

Tara U.

John Mullins

Seiji Hayashi

Mariko Rooks

**“We have to learn and fight at the
same time.”**

–Ijeoma Oluo