

Resource List for
Striving to Achieve Equity in Organizations: The Next Level of Change
NW Diversity Learning Series
January 29, 2019

Race/Oppression & Ways to Disrupt it

- Race, the Power of an Illusion, PBS three-part documentary: American history to current day, the creation of race, the institutionalization of race through treaty/law/policy and the generational compounding impact on our lives today.
https://www.pbs.org/race/000_General/000_00-Home.htm
- *Mindful of Race, Transforming Race from the Inside Out*, by Ruth King (2018). A revered meditation teacher, she shines a compassionate, provocative, and practical light into a deeply neglected and world-changing domain profoundly relevant to all of us.
- *Beyond Inclusion, Beyond Empowerment, a Developmental Strategy to Liberate Everyone*, by Leticia Neito (2010).
- Three Articles: A preview of several key concepts from *Beyond Inclusion, Beyond Empowerment* can be found by reading this series of articles on Understanding Oppression by Leticia Nieto & Margot Boyer. These articles were first published in *Colors NW Magazine* for the feature, “Ask Leticia.”
 - “Understanding Oppression: Strategies in Addressing Power and Privilege,” by Leticia Nieto and Margot F. Boyer
https://beyondinclusion.files.wordpress.com/2011/07/ask_leticia_part_1.pdf
 - “Strategies in Addressing Power and Privilege, Part 2: Skill Sets for Target Group Members,” by Leticia Nieto and Margot F. Boyer
https://beyondinclusion.files.wordpress.com/2011/07/ask_leticia_part_2.pdf
 - “Strategies in Addressing Power and Privilege, Part 3: Skill Sets for Agent Group Members,” by Leticia Nieto and Margot F. Boyer
https://beyondinclusion.files.wordpress.com/2011/07/ask_leticia_part_3.pdf
- *The Mind Illuminated, a Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness*, by John Yates, Matthew Immergut, Jeremy Graves (2017). A revolutionary, science-based approach to meditation from a neuroscientist turned meditation master, *The Mind Illuminated* is an accessible, step-by-step toolkit for anyone looking to develop their conscious power.
- *Does Money Make You Mean?* TED talk by Paul Piff
<https://www.youtube.com/watch?v=bJ8Kq1wucsk>
- *Everyday Antiracism: Getting Real about Race in School*, Mica Pollock, Editor (2008).
- *The Guide for White Women Who Teach Black Boys*, by Eddie Moore Jr., Ali Michael, Marguerite Penick-Parks (2018).

- [“The Sneetches and Other Stories”](#), by Dr. Seuss (2006).
- *Critical Race Theory: Key Writings That Formed the Movement*, Kimberlé Crenshaw, Neil Gotanda, Gary Peller, and Kendall Thomas, Editors (1995).

<https://books.google.com.mx/books?id=ILXTyrlM59MC&printsec=frontcover&dq=critical+race+theory+the+key+writings+that+formed+the+movement&hl=en&sa=X&ved=0ahUKEwjf4JmKxqbgAhVSHqwKHWRHDHQQ6AEIKDAA#v=onepage&q=critical%20race%20theory%20the%20key%20writings%20that%20formed%20the%20movement&f=false>

African American / Black

- [Say Her Name](#), the Life & Death of Sandra Bland. HBO documentary Sandy Speaks out about the current day reality of racism. In TX, she is taken into police custody for a traffic violation. Her dead body was removed from an isolated jail cell three days later.
- *My Grandmother's Hands, Racialized Trauma and the Pathway to Mending Our Hearts & Bodies*, by [Resmaa Henakem \(2017\)](#).
- *Resmaa Henakem – My Grandmother's Hands* (video interview with Phillippe SHOCK Matthews, 2018).
<https://www.youtube.com/watch?v=Sk4nZpmV8BI>
- “13th” Netflix documentary on the 13th Amendment: from building the USA economy on slavery to the industrial prison complex today.
https://www.youtube.com/watch?v=Up11d7QqSwU&list=PLz5MeM3v8_zk6t6A6fdojnq_9aMlmLlyC&index=1
- Oprah on Race
 - Racism in 1992: [Racism through Native American perspective](#)
<https://www.youtube.com/watch?v=dmPWOAoExzk>
 - Oprah & Jane Elliott: Part 1:
<https://www.youtube.com/watch?v=l8PicAzrNU0>
 - Oprah & Jan Elliott: [Part 2](#)
<https://www.youtube.com/watch?v=HZkIGASPrzM>
 - The Anti-Racism Experiment that Transformed the Oprah Show Audience/Where They Are Now
<https://www.youtube.com/watch?v=5NHeFgaVWs8>
 - Race on the Oprah Show: A 25 Year Look Back
<https://www.youtube.com/watch?v=5CQApqLh6U4>
 - Oprah [interviewed by Larry King](#) on her personal experience of racism
<https://www.youtube.com/watch?v=fh4524Lp0aM>

Native American perspective (articles)

- [“Happy National Day of Mourning.”](#) by Chris Hunter (2017) (and many, many more powerful articles on racism)
- Native American Council Offers Amnesty to 240 Million Undocumented Whites
<http://cityworldnews.com/native-american-amnesty/>

- Discover the treasures: God in our woundedness, by Joe Lovino, May 19, 2016
<http://www.umc.org/what-we-believe/discover-the-treasures-wisdom-from-gc2016-sand-creek-report>
- True Story: Native American Women Warriors in American History, White Wolf Pack
<http://www.whitewolfpack.com/2015/01/true-story-native-american-women.html>

White Americans on the topic of Race

- *White Like Me* (book), Tim Wise (2011).
<https://books.google.com/books?id=zpSGFLXIWbcC&lpg=PP1&pg=PP1#v=onepage&q&f=false>
- *White Like Me* (video), Tim Wise (2016).
<https://www.youtube.com/watch?v=-gXXKn91hKs>
- [White Fragility](#), by Robin DeAngelo (2018).
- [White Like Her](#), by Gail Lukasik (2017). A personal look into a family history secret, her mother's extraordinary efforts to pass as White, what she gained and lost for the sake of surviving the best way she could in a country/world where race matters.