

Listening

In relationship

(yes, it's that basic and deep)

What keeps us (white people) from hearing someone's truth:

- Internalized Superiority
 - Challenge/Question
 - Interrupt
 - Teach
 - Fix
- Maintenance of Goodness
 - resistance based
 - anti-racist resume
- Respectability Politics*****
 - Comfortability
 - White socio-cultural norms

Listening in Clearness

- A process of listening for a person's truth
- To understand with greater clarity
- Centering the person not yourself
- Being in your body and listening with openness (an exercise of listening with your heart)

Testing the process

Short video: Ms. Kimberly Jones

Invite you to :

- Listen to and for her truths
- Be mindful of how you are feeling
- Witness your points of resistance

Coming back:

Take a minute to:

- Write down the truths you heard
- Write down a few points of resistance