



White People:

Reconnect to Our Spirit and
Our Humanity to Interrupt
White Supremacy

Connecting to Spirit

Spirit is the life force, the breath that connects, nourishes, and sustains all beings. Our reconnection to spirit is about reconnection to wholeness in ourselves, in others, and in the interconnectedness of all living things. Cultivating spirit breaks down the illusion of our separateness across beings.

Spirit awakens awareness to the patterns of trauma and violence in ourselves and our families, how this has disconnected us from our own humanity, and how this is inseparable from the violence we perpetuate towards “others.” Spiritual practices, when done well and consistently, awaken our consciousnesses to the generational trauma and violence experienced by Black, Indigenous, and communities of color and our responsibility to act with courage and consistency to interrupt trauma and violence.

White supremacy is rooted in our disconnection to spirit. White supremacy rejects our relationship to and interconnectedness with all living things. Failing to acknowledge that deep interconnection creates and sustains a culture of individualism that is a breeding ground for violence and harm. When we consciously choose to reconnect to spirit, we nurture relationship, connection, mutuality, interdependence, wholeness, and abundance. This reconnection is a foundation for ending white supremacy and all other forms of violence.

Reflection Questions

How does our disconnection or rejection of spirit make violence possible?

What are the ways you feel connected to something bigger than yourself?

Resources (either referenced or ones we found helpful)

[*ML Daniel Spiritual Alchemy Facebook*](#)

[*Out of the Spiritual Closet, Organizers Transforming the Practice of Social Justice*](#), by Kristen Zimmerman, Neelam Pathikonda, Brenda Salgado, and Taj James, © 2010

Radical Dharma, Talking Race, Love and Liberation, Rev. angel Kyodo Williams, Lama Rod Owens with Jasmine Syedullah, PhD

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White Supremacy, Colonization, Anti-Blackness, and Race Equity & Liberation

Our country's history began with the genocide of Indigenous communities, colonization, and a well-constructed continuum of anti-Blackness (beginning with slavery, to over-incarceration, to normalization of state violence against Black people) and the intention to dehumanize, exploit, and erase human beings that are not "white."

White supremacy is a social order designed to systematically distribute power and resources from Black, Indigenous, and people of color to people who are white. White supremacy centers and assumes the superiority of people defined and perceived as white. White supremacy is not simply the idea that whites are superior to Black people and people of color (although it certainly is that), but it goes deeper—it claims whiteness as the norm or ideal for humans and humanity, and Black people, Indigenous, and people of color as an inherent deviation from that norm ([See Robin DiAngelo](#)). Whiteness was intentionally created to advance colonization in the U.S. and to sever relationships that poor white people had formed with Black people they lived with, worked beside, and loved.

White supremacy is internalized racial superiority that puts white people at the top of a constructed racial hierarchy. White supremacy explains the all-encompassing and multi-dimensional nature of white structural power and control, and whiteness as the ideal for humanity. ([See Robin DiAngelo](#)). Recognizing white supremacy shifts the racism, colonization, and anti-blackness problem to white people, where it belongs. White supremacy requires a tradeoff—a separation—from spirit and humanity in order to accept white superiority and consistently ignore or justify violence against Black, Indigenous, and people of color.

Anti-Blackness reflects the intra and interpersonal, institutional, and structural attacks and oppression of people who are Black, self-identify, or are identified as Black. Anti-blackness reflects what Black people in this country are facing.

Race equity and liberation work work is an essential life-long journey for white people to understand and interrupt and disrupt the impact of white supremacy. It is work for our mind, heart, body, and spirit.

Reflection Questions

- When did you first realize that you were white?
- How have you benefited from white supremacy?

Resources (referenced or some we found helpful)

Move to End Violence [Racial Equity & Liberation Virtual Learning Series](#)

[Scaffolded Anti-Racist Resources](#)

White Awake [reading list](#)

[Call it What it Is: Anti-Blackness. When black people are killed by the police, "racism" isn't the right word](#), kihana miraya ross

Practices of Accountability/Action

- Financially support [National Bail Out Fund](#), [Black Visions Collective](#) or local Black organizers
- Amplify and credit messages from the BIPOC communities.
- Mobilize white people to support policies led by BIPOC and mobilize white people to vote
- Sign up for Movement for Black Lives and take action <https://m4bl.org/join-our-movement/>

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Disconnection from Our Spirit Creates the Conditions for White Supremacy Culture

Whiteness was “socially constructed” or fabricated to disconnect white people from themselves, each other, and to create a system of domination and oppression of all others. Stories generated from white superiority justified the violence experienced by Black, Indigenous and people of color.

Disconnection to our spirit is the result of having a white identity that is dependent on the oppression of other people. It creates the conditions for violence and [White Supremacy Culture](#) to flourish – feelings of not being enough, fear of authentic relationships, avoidance of vulnerability, individualism, power and control, intellectualization, protectionism, competition, and more.

Disconnection from our spirit is also reflected in what white people have lost or bargained away for the power of white supremacy: disconnection from the essence of our true selves.

Reflection questions

Can you feel any way you have been disconnected from yourself and others?

What have you lost or what was traded off by your ancestors for White Supremacy

Resources

[My Grandmother's Hands](#) by Resmaa Menakem

Practices to Reconnect to Our Spirit and Our Humanity to End White Supremacy

Reconnecting to our spirit and our humanity is inner work that will create the conditions for white people to move beyond the performance of race equity work, beyond the demand for space to be seen and heard, and provide the centeredness needed to interrupt white supremacy in day to day moments.

White people can reconnect to spirit and humanity through intentional practices or ways of being that come from a deep knowing of our interconnectedness and connect us to our collective humanity. It is in spaciousness that spirit resides, requiring reflection each day.

Habits are unconscious, repetitive acts. Practices are intentional ways of being to interrupt habits (of white supremacy) and connect to the essence of who we want to be and to the greater whole. As white people learn to reconnect to spirit and humanity, we must face and embrace responsibility for the trauma and violence of white supremacy.

Reconnection allows white people to be in authentic relationships, embracing discomfort, imperfection, and humility. Ways of connection can arise from connection to the land of your ancestors, deep commitment to the land where you are living now, or being in natural environments or connected to the environment you are currently in. Reconnection to spirit and humanity creates an opening for deeper awareness of what our relatives from impacted communities are experiencing, and to see all people for their whole full selves.



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Individual and communal consistent daily practices center and ground us, enabling us to do whatever is called for in any moment. Practices can include a wide range of activities, such as breathing, meditation (try beginning with quiet reflection 15 minutes a day for 21 days) storytelling, prayer, art, and much more.

Here's a breathing practice to explore:

An intentional and daily breathing practice can reconnect to your mind/body/spirit. Breathing allows for a pause that allows white people to reconnect with their wholeness, interrupt (implicit bias, racial superiority) and then to make choices aligned with interrupting white supremacy.

Low and Slow. When you are feeling overwhelmed you may take rapid, shallow breaths, which only increases anxiety and inability to respond. Instead, try to take low and slow breaths, from down in your belly button. This can help to begin to reconnect ourselves to spirit.

Movement with your breath. When you take these healing breaths, raise your arms on the inhale and lower your arms on the exhale. This will help you keep your breathing slow and it will help you be present in the moment.

Reflection questions

How are you in need of reconnection to the interconnectedness of all things?

What practice will you commit to for 15 minutes a day for 21 days?

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