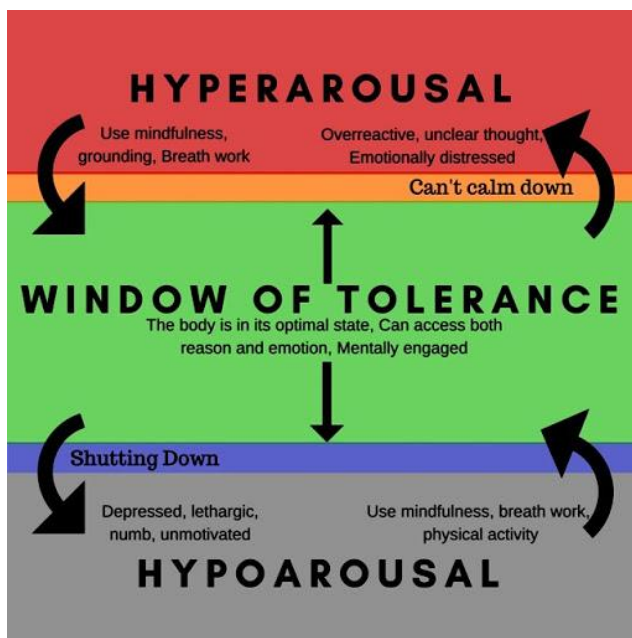


# Somatics of being a racial being

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DRNATEDMOND.COM

1



Notice  
where  
you are in  
your body

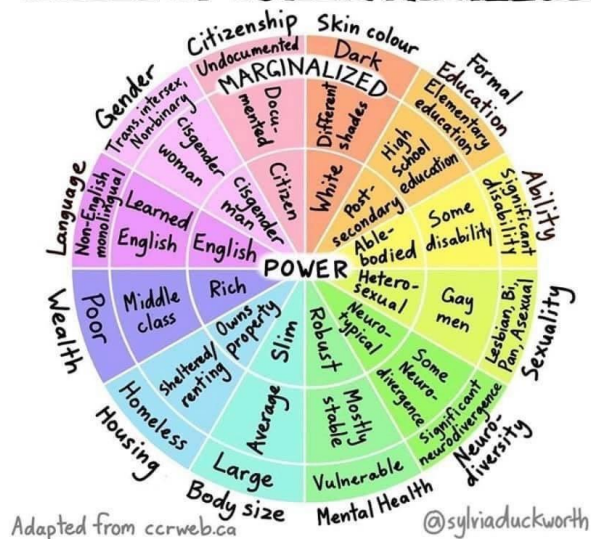
2

**Sensations**  
**Images**  
**Feelings**  
**Thoughts**  
**Vibrations**  
**Behaviors/Movement**

6 organizers of experience

3

## WHEEL OF POWER/PRIVILEGE



4

# What is racial hierarchy in U.S.?

WHITE

WHITE ADJACENT

BROWN

BLACK



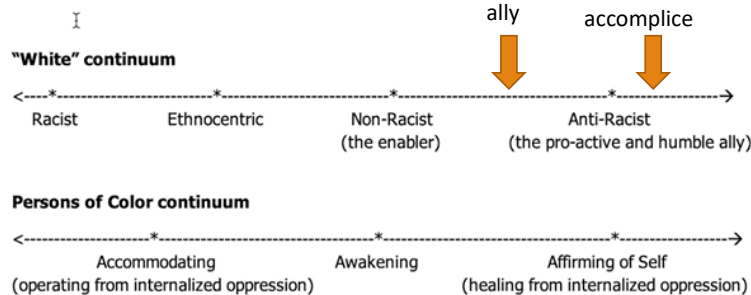
- White body supremacy and antiblackness are foundations of US (every institution)
- rule rather than the exception
- Colorblindness tries to mask the air that we are breathing.

While the concept of in group and out groups may be natural, the effects of racism are artificial, socially constructed, and intentionally maintained  
Social defeat of black people, disappearing of indigenous people, ignoring other POC, white people as superior or standard (David Archer)



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## Continuum for Whites and BIPOC by Sherryl N Weston



6

## Racial Trauma in White bodies (r. menakem, 2022)

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Lack of racial acuity and agility

High anxiety and/or defensiveness around race

Extremely low trauma response threshold in any discussion around race

Intense denial of the above

Devout and vehement variants of white body supremacy

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## Racial Trauma in people of color (r. menakem, 2022)

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sleep problems, obesity, heart palpitations, digestive issues, high blood pressure, fatigue or exhaustion, jaw or mouth pain, menstrual cramps, muscle tension, headaches, intense sweating, nausea,

-general weathering of the cardiovascular, endocrine, reproductive, and musculoskeletal systems

-intense fear or anxiety

-a sense of helplessness

-a sense of being an impostor, or inherently unworthy or inferior

-bouts of racialized shame

-less common: uterine fibroids and an ongoing sense of urgency are often not recognized as having racialized trauma as a source

-lower life expectancy and higher infant mortality rates

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## Somatics of whiteness (carlin quinn, 2022)

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Oblivious entitlement

Physical entitlement to space; not seeing bodies of culture/color

White nepotism- promoting people who look, think, act and feel “right”  
“comfortable”

Holding anger in the body; communicating it passive-aggressively or energetically

Flat affect, lack of emotional availability, inability to be in authentic contact

Dishonest facial expressions- we do not show what we think or feel

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## Somatics of whiteness (carlin Quinn, 2022)

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Internalized superiority as it relates to thinking and speaking- valid and right thoughts

Offering thoughts and opinions whenever we want, whether solicited or not

General belief that white consciousness is inherently a higher consciousness (more educated, proven, logical, right)

Having low window of tolerance when whiteness and power dynamics are being confronted

Being energetically irresponsible- when we feel anxious, afraid, or victimized, we transmit this into relationships without consent or consciousness of impact (dirty pain)

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## Somatics of whiteness (carlin quinn, 2022)

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Setting group “norms” based on what feels “right” to white bodies and determining standards based on white western colonial culture

Valuing and rewarding thought and verbal articulation over other forms of communication

Habitually creating spaces of hierarchy and linear power structures informed by patriarchy (reinforcing white supremacy)

Speed- white people tend to harness control by being fast. Make quick decisions and not give space to nonwhite perspectives or doing things differently



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## Somatics of whiteness (carlin quinn, 2022)

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Hypersensitive nervous systems- don't have inner resources to manage racial accountability. Utilize dissociation, apathy and numbness as safety exit

Willful ignorance- become easily overwhelmed by what we don't know and by how much is needed and we choose to remain ignorant

Expectation that BIPOC should and will assimilate into white culture- white is right

Apathy- ability to carry on with “business as usual” when BIPOC communities are taken over by grief in the face of brutality and violence. This allows preservation of energy and stay focused on individual success and security



12



Racial Healing elements  
by

Anneliese A Singh  
from *racial healing  
handbook*

13

*To be antiracist is a radical choice in the face of history, requiring a radical reorientation of our consciousness. ~ Ibram X Kendi*

**No one is born racist or antiracist; these result from the choices we make.** Being antiracist results from a conscious decision to make frequent, consistent, equitable choices daily. These choices require ongoing self-awareness and self-reflection as we move through life. In the absence of making antiracist choices, we (un)consciously uphold aspects of white supremacy, white-dominant culture, and unequal institutions and society. Being racist or antiracist is not about who you *are*; it is about what you *do*.

~Smithsonian African American museum

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## Resources/ Keep in touch

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[drnatedmond.com](https://drnatedmond.com)

Join Antiracism revolution community