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*Our mission is to create sustainable social change by elevating the discourse on race*

*and empowering individuals to access their authentic capacities to transform cross-racial relationships.*

What can WHITE PEOPLE sacrifice?

There have been white people who sacrificed their lives for the cause of racial equality in the US, before, during, and since the civil rights movement. So what are we willing to sacrifice? Sacrifice means to make sacred. This is a sacred struggle, a struggle to claim the authenticity of our own souls. A struggle to build the beloved community.

I could sacrifice:

My tendency to be needy, greedy for reassurance of my value

My need to be taken care of by black folks – to be coddled, stroked, continually validated

My need to be right

My attachment to my interpretation of what really happened

My clinging to my personal understanding of what is just or unjust about this racial situation

My urge to tell black folks how tired I am/how hard it is doing this race work

My urge to say things that would get me recognized by black folks for being a good ally

My need to keep rehashing a racial incident in order to “get my brain around what happened” or get people to feel sorry for me or get people to rally around me.

My tendency to become defensive, make excuses, distance myself from the issue

My tendency to get fragile, let my feelings get hurt, take offense (let not your heart be offended by anyone)

My habit of centering my voice in the room

My desire to instruct people of color on how to express their pain in a way that doesn’t trigger me

These things go beyond simply being free of our racial brainwashing. They are outcomes of expressing our higher selves.

Which spiritual qualities do we need to call on to make these sacrifices? How would that specific capacity look, feel, play itself out, in a situation where one of those lower self urges raises its head?

And the thing is that we’re not doing this to help black folks, although that would be an outcome. It can’t be our motivation though, because that thought triggers our subconscious sense of superiority - we get self-righteous about how wonderful we are that we’re humble and brave enough to make these hard sacrifices. No, our motivation must be to cleanse our own souls, free our own minds, make right our own relationships, give more value to our lives through service.

by Phyllis Unterschuetz, rev. 6/14/18