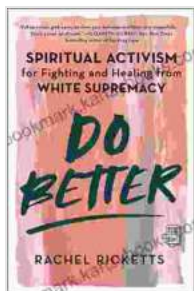


Spiritual Activism for Fighting and Healing from White Supremacy

By [Author's Name]

White supremacy is a pervasive and insidious force in our world. It is a system of oppression that privileges white people over people of color, and it manifests in countless ways, from racist laws and policies to everyday acts of discrimination and violence.

Spiritual activism is a powerful tool for fighting white supremacy. It is a way of using our spiritual practices to connect with our own power and to work for justice in the world. When we engage in spiritual activism, we are not only fighting against oppression, but we are also healing ourselves from the wounds of racism.



Do Better: Spiritual Activism for Fighting and Healing from White Supremacy by Rachel Ricketts

★★★★☆ 4.8 out of 5

Language : English
File size : 5657 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 380 pages
X-Ray : Enabled

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This book offers a powerful and timely guide to understanding and dismantling white supremacy through the lens of spirituality. It is a must-read for anyone who wants to create a more just and equitable world.

What is spiritual activism?

Spiritual activism is a way of using our spiritual practices to connect with our own power and to work for justice in the world. It is a way of bringing our spiritual values into our political and social activism.

Spiritual activism can take many different forms. It can involve meditation, prayer, yoga, chanting, or any other practice that helps us to connect with our own spirituality. It can also involve working with others to create social change, such as organizing protests, lobbying for legislation, or providing support to marginalized communities.

Why is spiritual activism important?

Spiritual activism is important because it provides us with a powerful way to fight oppression and create a more just and equitable world. When we engage in spiritual activism, we are not only fighting against oppression, but we are also healing ourselves from the wounds of racism.

Spiritual activism helps us to:

- Connect with our own power
- Heal from the wounds of racism
- Build community with others who are working for justice
- Create a more just and equitable world

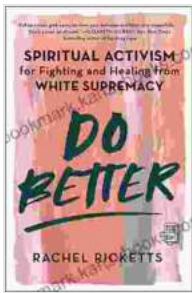
How can I get involved in spiritual activism?

There are many ways to get involved in spiritual activism. Here are a few ideas:

- Start by connecting with your own spirituality. This could involve meditation, prayer, yoga, chanting, or any other practice that helps you to connect with your own inner power.
- Learn about the history of white supremacy and its impact on people of color. This will help you to understand the root causes of racism and to develop strategies for fighting it.
- Get involved in organizations that are working to fight white supremacy. This could involve volunteering your time, donating money, or attending protests and rallies.
- Use your voice to speak out against racism. This could involve writing letters to your elected officials, speaking up at public meetings, or sharing your experiences on social media.

Spiritual activism is a powerful tool for fighting white supremacy and creating a more just and equitable world. It is a way of using our spiritual practices to connect with our own power and to work for justice in the world. When we engage in spiritual activism, we are not only fighting against oppression, but we are also healing ourselves from the wounds of racism.

I encourage you to get involved in spiritual activism in whatever way feels right for you. Together, we can create a more just and equitable world for all.



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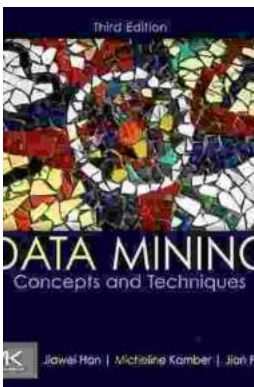
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