

# StirFry Seminars & Consulting

March 2011

## On the Road Again

By Lee Mun Wah

Recently, after showing *The Color of Fear*, I asked audience members what their reactions were to the film. A middle-aged African American man, Alan, quickly raised his hand. As he stood up, I could see on his face that he was disturbed by something in the film. He shared that he was very upset with the way the African American man, Victor, in the film behaved. He felt that



there was no reason for him to be raising his voice. That he could have easily have gotten his point across with a more civil tone. As he was talking to the audience, I noticed that he was clenching his fist behind his back. "So, Alan," I said, "what I hear you saying is that he could have used a more civil tone. I was wondering... is this (pointing to his clenched fist) where your anger went?" He was shocked that I noticed and stood there for a few seconds, not knowing what to say. The audience was dead quiet.

"Alan," I said, "what happened the first time you expressed your anger as a black man? How did it affect you and how does it affect you today?" He looked at me knowingly, as if I had lifted a veil of secrecy that he had successfully hidden all these many years. With tears in his eyes he shared how when he was just twenty-one years old he disagreed with how something was being done and got demoted because the manager felt he was being too "militant and aggressive" in his tone. "I guess I learned from that moment on that there's two Americas—one for whites and one for black men. That I could never be myself, I could never express how I really felt without paying a price, without others feeling I was dangerous and out of control."

I was deeply moved by what Alan shared and as I put my hand on his shoulder, I asked the audience, "How many of you know exactly what he's talking about?" At that point almost every person of color stood up, including many women. And once again...a conversation began, one that had been long overdue. You see, the truth is always just one question away. The hard work is in our willingness to hear the truth and then to do something about it internally and with others. Someone once said that the truth is always there, but saying it out loud—that's the hard part.

## LET'S GET REAL ABOUT INTERNALIZED RACISM:

A WORKSHOP FOR PEOPLE OF COLOR

Patterns of internalized racism get played out every day by victims of racism. How to recognize when it happens, what forms it takes and how it can create destructive and negative images of ourselves and those around us are integral steps to take towards our recovery.

In this dynamic and personal workshop, we look at the myriad of ways that we are entangled in the complex web of racism and the internalized cycle of self-loathing and self-hate that often ensues. Through personal stories, films, group support techniques and reframing exercises, we will discover insightful and compassionate pathways towards healing ourselves, our families and our communities.

APRIL 23, 2011  
9 AM - 5 PM

FACILITATED BY LEE MUN WAH

Quan Yin Training Center  
2311 8th Street, Berkeley CA 94710 www.stirfryseminars.com

April 16-17, 2011  
Saturday and Sunday  
9 am - 4 pm

## LET'S GET REAL ABOUT (WHITE) RACISM

A GROUP FOR WHITES TO EXPLORE  
WHITE PRIVILEGE AND THEIR RESPONSIBILITY

As a White person, have you ever longed to have a real conversation about issues of race but were afraid that you might say something racist or wrong? Are you concerned that someone might get hurt or angry because of what you say or that you might say something politically incorrect? If so, you are not alone. It is not surprising that Whites avoid talking about race because of the kinds of emotions the topic might engender.

Facilitators: Melissa Sweeney, M.A. & Charles Lerner, M.A., Ph.D. (ABD)

**For More Information: 510.204.8840 ext. 101 or [www.stirfryseminars.com/BTC](http://www.stirfryseminars.com/BTC)**

### ! SPECIAL PRODUCTS SALE !

30% off all regular priced diversity films/products now through April 15, 2011.

Enter Coupon Code **SALE30** upon online checkout at [www.stirfryseminars.com/store](http://www.stirfryseminars.com/store).

## StirFry Calendar

March 5, 2011 San Jose, CA	<b>Let's Get Real About Racism</b> Equity & Human Rights Conference / Open to the Public
March 6, 2011 Savannah, GA	<b>Let's Get Real About Racism- Creating Bridges to Talk About our Differences</b> National Youth at Risk Conference (NYAR) / Open to the Public
March 7, 2011 Savannah, GA	<b>Cultural Competency for Leaders</b> National Youth at Risk Conference (NYAR) / Open to the Public
March 8, 2011 ** Berkeley, CA	<b>The Art of Embracing Change</b> (bi-weekly group meeting) Open to the Public
March 18-20, 2011 ** Berkeley, CA	<b>Let's Get Real: Unlearning Racism (Overnight Retreat)</b> Open to the Public
March 22, 2011 ** Berkeley, CA	<b>The Art of Embracing Change</b> (bi-weekly group meeting) Open to the Public
March 25, 2011 Long Beach, CA	<b>Let's Get Real About Racism Workshop &amp; If These Halls Could Talk: A Workshop to Address Bullying in Schools</b> California Association of Bilingual Education (CABE) Conference / Open to the Public
March 27, 2011 San Francisco, CA	<b>Cultural Competency for Educational Leaders</b> Assoc. for Supervision & Curriculum Development (ASCD) Conference / Open to the Public

\*\* Held at the Quan Yin Training Center, 2311 8th Street, Berkeley, CA

For more information, registration and links to conference workshops, visit <http://www.stirfryseminars.com/events>

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