



GLOBAL DANCE MEDITATION
**FOR BLACK
LIBERATION**

A Vocabulary Guide for Black Liberation

Global: around the world, world wide

Dance: expressing yourself in a physical format

Meditation: centering yourself on a topic or feeling

Black: as in the unified culture

Liberation: to be freed from something or someone

-definitions by E and S, ages 13

This guide consists of numerous carefully selected and defined vocabulary terms, each aligned closely with the Global Dance Meditation for Black Liberation. In conjunction with the meditation, these words provide daily insight on movement, race theory, healing, and more. The Vocabulary Team collectively gathered and researched the meanings and thoughts, co-authored, and co-edited the document. Team members are listed at the end of this document.

“Words are stand-ins for ideas, words have meaning, we know this...when we are talking about issues of oppression we have to examine every word we use, we have to interrogate the ideas that underlie those words” - Jarrett Lucas on the FANTI podcast. “Okay, Allies, Now Let’s Get in Formation!”

As a part of your Global Dance Meditation for Black Liberation, the Vocab team invites you to engage mentally with the terms we have listed here; read our definitions, examine their meaning, ponder your relationship to the ideas these words evoke. Each week is accompanied by a series of questions that you could reflect on, discuss with others, dance about, write/journal about, or otherwise interact with. Through deeply reflecting on these terms, we hope you gain context and clarity critical to embodying liberation in these 28 days and beyond.

WEEK 2

Liberation in Intimacy: I Am Open to Seeing and Being Unmasked and (W)Holy

Terms: Accountability, Allyship, Queer Politics, Transformative Justice, Performance, Liberation Dance(s), Microaggressions, Quantum Jumping

Questions: *What are the masks that I wear that are ready to be put down? What is my relationship to accountability; with myself and to others I care for and value? How do I show up in authentic allyship without inviting the performance of my ego to steer? Where can I practice transformative justice within my most intimate relationships and interactions to be liberatory? Am I aware of the microaggressions committed in my presence, how will I begin responding to microaggressions? Can I relinquish my conditioned responses enough to invite expanded beliefs of liberation into my awareness?*

AUGUST 8

Accountability

The a process of recognizing and accepting that you caused harm and ensuring that you do not enact this same harm again. **Accountability** places the onus of the harm on the perpetrator. **Accountability** is a generative process that provides the space for healing.

AUGUST 9

Allyship

I actually prefer the term **comrades** because I think **allyship** has been appropriated and lost the continuous commitment implied by the term. I will instead define what I mean by comrade as a way of defining **allyship**. Being a good “**ally**” or a **comrade** requires continuous commitment to the cause. This commitment is a combination of physical action and internal self-examination. Physical action manifests as attending marches, speaking with your non-Black friends and families, investing money in the movement, etc. Internal self-examination critically examines your position of power within the wider society and how you reproduce harm (such as racism or sexism).

*Authentic **allyship** is an active and consistent practice (**allyship** necessitates action) of using power and privilege (**allyship** requires our understanding and self-awareness around power and privilege) to accomplish equity and inclusion (the purpose of **allyship**) while holding ourselves accountable to advancing the liberation of marginalized peoples.*

Allyship is practicing empathy/expressing grief/outrage/willingness to sit with our discomfort as it relates to how our actions might have inadvertently harmed marginalized/oppressed peoples/no virtue signaling/taking REAL ACTION/willing to take risks/put our bodies on the line in struggles for liberation of oppressed peoples.

AUGUST 10

Microaggressions

Racist actions that are not physically harmful. The perpetrator often does not realize their actions are racist (or at least claims not to) because they consider racism as an overt, physically harmful attack.

AUGUST 11

Transformative Justice

A community-oriented approach to addressing harm without reliance on tactics involving violence or the state. **Transformative justice** is a modality of response to an individual act of harm that relies on community members instead of the police, the law, or the government (also known as the state). It is a response to the racism and gender-based oppression that shape life for many people of color and seeks to transform the actor of harm back to wholeness (emotional, mental, spiritual, physical).

AUGUST 12

Performativity

The idea that your actions are not genuine and that they're not for what you say they are for. For instance, **performative action** regarding Black Lives Matter or the liberation movement is not actually about the larger movement but instead is guided by your own perception and how people perceive you. **Performative action** is not about engaging in community and liberation but making yourself feel like and posturing that you are part of this movement. Performative action is really harmful because it centers the individual--yourself--instead of centering the entire movement in the community that is working for this movement.

AUGUST 13

Quantum Physics

Describes the minute interactions that govern our everyday lives. One of the most important rules is the uncertainty principle. The uncertainty principle states that we cannot know both time and place. If you know time, then you cannot know the place and vice versa. This means that you can know multiple times at once and, conversely, you can be in multiple spaces at once, meaning you can either jump physical dimensions or you can jump timelines.

AUGUST 14

Timeline Jumping

Refers to the quantum physics' uncertainty principle, which states if you know your place then multiple times exist all at once. This means that (if we are in a higher state and have an open mind) theoretically you can **jump between timelines**. This idea is represented in a lot of thought, such as Black thought and Chinese thought, where you're never separated from your ancestors and your ancestors are living with you in the moment. This idea means that you can converse with your ancestors and simultaneously exist in different lives

BREATHE.

You have reached the end of this week's Vocabulary for Liberation.

Post content related to your journey on your social media, and consider using and searching these hashtags to connect and build online global community

#28forLiberation #embodyliberation #streetdanceactivism

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