

## **Our Shared Future, Reckoning with Our Racial Past**

**Healing Justice: Saint Louis University Institute for Healing Justice and Equity**

**Forum Date:** August 26, 2021

**Video Length:** 4 minutes 31 seconds

### **Graphics on screen**

Our Shared Future Reckoning with Our Racial Past

Smithsonian Forum

### **Narrator**

Our Shared Future, Reckoning With Our Racial Past Forum. Reckoning with Race, Wealth and Wellness.

### **Graphics on screen**

Reckoning with Race, Wealth and Wellness

### **Graphics on screen**

Healing Justice

Saint Louis University

Institute for Healing Justice and Equity

### **Visual**

Various scenes around a St. Louis neighborhood,

A man is drawing

### **Amber**

Racism, gender injustice, environmental harmony and discord, economic injustice. These are real problems. These are big problems. There are multiple ways to heal. And art and play help us tap into what's necessary.

## **Graphics on screen**

Kira Hudson Banks, PH.D.

Co-founder, Institute for Healing Justice and Equity, St. Louis University

## **Kira**

St. Louis University had a Big Ideas competition. They wanted a big idea that would tackle a big problem.

## **Amber**

When we think about how systemic racism has extracted wellness from our lives, it has caused us to not be whole because racism shows up in every single pocket of life.

## **Kira**

And so Amber and I came together with this idea about creating a center for healing justice.

## **Visual**

Various scenes of the area around St. Louis University.

## **Amber**

We said, well, how can we leverage the university's resources to create real change on the ground, that is embedded in community?

## **Visual**

Various scenes of the neighborhood.

## **Kira**

We know that racism has impacted folks in terms of mental, physical health, increased disproportionality of having different diseases, increased rates of depression or anxiety symptoms. It really is racism that impacts wellness. It's how we treat people on the basis of race.

## **Visual**

Amber with people at Radical Forgiveness

## **Amber**

Radical Forgiveness is a painting and art therapy exercise where we ask people to be present to their biases and how others have been biased towards them. Was it lack of resources? Was it lack of time and attention by another loving human being? Radical Forgiveness is about healing from our trauma so that we don't reinforce it and re-perpetuate it. And then radical imagination, which is all about play therapy and visualizing the world we want to live in.

## **Visual**

Amber with students at Radical Forgiveness

## **Amber**

Using the tools in this kit, can you imagine the world we want to live in, minus the constraints of the world we currently live in? When we are imagining the world we want to live in, it can be anything we want.

## **Visual**

Amber with students at Radical Forgiveness

## **Woman**

So if this is our community, these are learning stations all throughout the community.

## **Visual**

Amber leading students at Radical Forgiveness

## **Woman**

I think we would like, have wailing spaces throughout.

## **Kira**

There are so many ways in which racism can impact us, and we're just starting to understand the depths of it. We are all harmed by systems that treat people disparately on the basis of their skin tone and of their race and of their ethnicity.

## **Visual**

Amber with students at Radical Forgiveness

## **Amber**

What we're asking for is different. We're asking for it to be better, not for it to be amazing. It's complex and it requires a lot of moving parts and gears.

## **Woman**

It provides that environment where the hurt can resolve itself in some way.

## **Visual**

Amber with students at Radical Forgiveness

## **Amber**

Today, someone painted, "When will I be able to start forgiving?" And that's the imagination piece, just allowing yourself the capacity to imagine a life without the pain that you carry every day. 'Cause even if it just opened you up to think about the things that you want to forgive others for or that you want to forgive yourself for, that is a step. That's a big step in the right direction. If we don't heal from our trauma, we repeat it. Hurt people, hurt people. Healed people, heal people.

## **Kira**

When you make those intangible things tangible through the art, through actually creating, through play, it opens up possibilities.

## **Amber**

When we allow ourselves to be curious, we open up the world. Being curious, it creates the conditions for us to say, "I don't know. I don't have the answers. Let's figure this out together."

## **Visual**

Students holding signs of forgiveness,

Amber walking outside

**Amber**

Every activist that I know does that work because of the joy, because of beauty, because they want life to be good. Not because they hate what is, but because they love what could be.

**Visual**

Women at Radical Forgiveness

**Woman**

If you can't cry, if you have no tears, then you have no joy.

**Visual**

Amber walking outside

**Amber**

We have enough hurt, we have enough angst, we have enough anxiety. It's time for more joy.

**Graphics on screen**

Watch the entire forum and view additional resources at [oursharedfuture.si.edu/race](http://oursharedfuture.si.edu/race).