



**NANCY:** This book is a refreshing and hopeful approach to addressing racism. It encourages us to start with healing our own bodies and recognizing the intergenerational nature of racial trauma therein. I love that he gives us strategies for Black, White and Blue bodies to lead us out of racism. Our work begins when the book ends.



**MOLLY:** Yes! Yes! Yes! On so many levels, I love this book. As a Black body, I feel the trauma and this gives me new words, a new approach and more understanding. Being married to a Black/Blue body, it resonates with my experience. I only wish I could have read this years ago, to teach my sons better, to help my husband, and to help us all in our healing.



**KATHARINE:** I think this should be required reading for all college students. At my college, it could be part of the common courses that get discussed in small groups. If we could start teaching students to become self-aware of their soul nerve, their lizard brain and intergenerational racial trauma, and then to use the Five Anchors wouldn't that go a long way toward healing racism?



**SALLIE:** This book makes so much sense to me. As a kindergarten teacher over the years, I noticed that some children are so agitated inside. This intergenerational trauma is so evident in them, and I think it's getting worse in many ways. If we could teach the little ones these calming strategies wouldn't that be wonderful? Maybe I could create some in-services on this book.



**PRISCILLA:** Wow. This was all new to me. Now that I've discovered that I'm both a White body and a Black body from my DNA test, it makes me wonder what's sort of racial trauma resides within me. So many things we didn't talk about in my family are starting to bubble up for me. I recognize white supremacy I was taught. Now I need to figure out how to unpack this all.



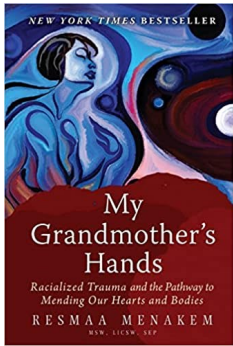
**ABIGAIL:** I loved the focus on the body. I found the exercises in this book so grounding and calming. You know, I never considered the intergenerational trauma that my white ancestors may have brought along to America. I want to study and learn more about that. This book offers hope and way forward.



**JANE:** I'm not really a touchy-feely type of person, but I do meditate and I thought that's what he really talking about. Calm yourself and center so you can act from centered place, not going all crazy, but trying to act responsibly in each situation. I'm all for rational action, we got too much crazy going on these days.



# Discussion Guide



## About the Book

Title: My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies

Author: Resmaa Menakem

Published: Central Recovery Press, 2017

Website: <https://www.resmaa.com/>

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## Questions for Discussion

1. What were your general impressions of this book?
2. This book approaches healing racism through healing trauma that resides in the body. Is this a new concept to you? How is this different from other approaches to addressing racism? Does it make sense to you? Why or why not?
3. As you consider your own body and tried some of the body/breath (breathing) practices in this book, did you find trauma residing in your body? Talk about that.
4. The author offers many practices to calm and listen to your body. On pages 141-147, he recommends: humming, belly breathing, buzzing, slow rocking, rubbing your belly, 20's, Om-ing, singing, chanting, breathing grounding, and more. Were any of these helpful to you? Explain.
5. What does the author say are the sources of intergenerational racial trauma in Black bodies? White bodies? Blue bodies? Have you been aware of this sort of trauma in your own body? Explain.
6. What is the difference between clean and dirty pain? Why does the author say that it's important to focus on clean pain?
7. What are the five anchors and how are the good steps to healing?
8. What strategies does the author recommend for healing racial trauma and addressing racism for Black bodies? White bodies? Blue bodies?
9. What would be some ways to implement the author's suggestions? What one step are you personally going to implement?
10. Read over the MAMs comments on this book. With whom do you agree/disagree and why? Consider which approaches resonate with you, which do you already possess; which you would like to work toward?

**Watch Resmaa Menakem YouTube:** Resmaa Menakem Intergenerational Trauma (3:33), What a Living, Embodied, Anti-Racist Culture Really Means (1:25), The Racial Reckoning: Healing Racialized Trauma with Special Guest Resmaa Menakem (32:55)