

Caste: The Origins of Our Discontents
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July 7, 2021 Chapters 1-3

Introductions *Share an "August Landmesser" moment—from history or from your personal life. Significance of this day for me: 7/7/77 at 7 p.m. I confessed my worst mistake and made the best beginning possible into self-awareness, finding the courage to face the truth that up until then I had been unable to see. (pgs. xv-xvii)*

Part One: Toxins in the Permafrost and Heat Rising All Around

Chapter 1 p. 3 The Afterlife of Pathogens (White supremacy/Anthrax)

America: Who are we? Who were we? Who are we becoming?

p.13 *The Vitals of History (understanding history determines what is needed for healing)*



Chapter 2 p.15 An Old House and an Infrared Light

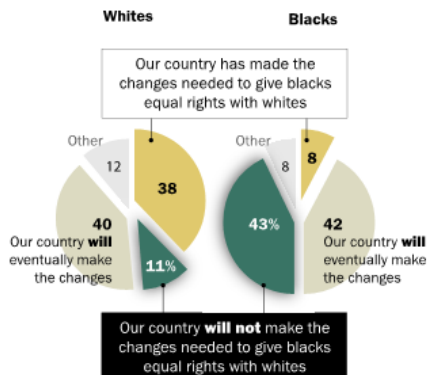
Chapter 3 p.21 An American Untouchable

p.33 *An Invisible Program*



Many blacks are skeptical that the country will eventually make the changes necessary for racial equality

% saying...

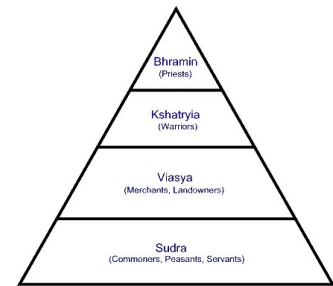


Note: Whites and blacks include only non-Hispanics. Figures combine results from two questions. The first asked whether or not our country has made the changes needed to give blacks equal rights with whites; the second asked those who said the U.S. had not made the necessary changes if those changes would eventually be made or not. "Other" includes voluntary responses of "Both" or "Neither" in the first question and "Don't know/Refused" in either question. Figures may not add to 100% due to rounding. Source: Survey of U.S. adults conducted Feb. 29-May 8, 2016. Q6F2, Q6aF2. "On Views of Race and Inequality, Blacks and Whites are Worlds Apart"

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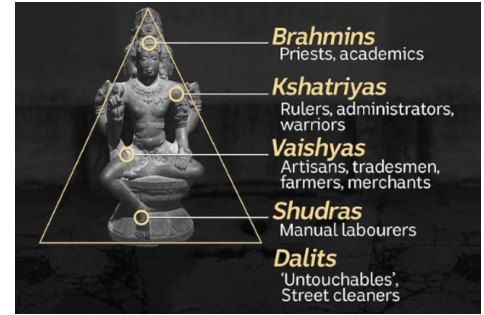
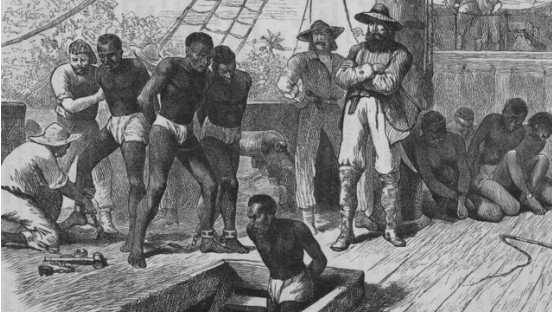
hierarchystucture.com



Outcast-Out of Caste, Untouchable (street sweepers, latrine cleaners)

https://www.census.gov/data-tools/demo/race/MREAD_1790_2010.html

July 14, 2021 Chapters 4-9
Part Two: The Arbitrary Construction of Human Divisions



Chapter 4

Dehumanizing: When do we do it? Who are we dehumanizing? Why?
When have we felt dehumanized? Who made us feel that way?
What did we do to cope? What were/are the consequences?

1. Discuss



“No one was white before he or she came to America.” James Baldwin, 1924-1987
Yale historian, Matthew Frye Jacobson’s insight that “black” is not an African awareness? (Trevor Noah’s biography challenges this)



Chapter 5

3. *The Container We Have Built for You* Father who named daughter “Miss” (p. 54-59)
Isabel unable to interview man for NYTimes

Chapter 6

4. Caucasian? “Race is a social construct, a human invention based on neither science nor biology.” “Hierarchy predates race.”
“Racism and caste-ism: racism ranks some with privilege and power, limited social fluidity; caste-ism wants to keep the *status quo* of hierarchy, no social fluidity.

Chapter 7

5. Colonizing/conquest; Doctrine of Discovery/Reincarnation

<https://www.ictinc.ca/blog/christopher-columbus-and-the-doctrine-of-discovery-5-things-to-know>

Native American no-win, constantly had to choose side to support colonists or British or French, even if they successfully assimilated to “white” culture (like blacks in Tulsa) their success made them more vulnerable; Hinduism/Christianity
Discuss role of religion. Did you know that there were black slave owners?

Chapter 8

6. Nazi imitation of American racism? Concept of racial purity/Nuremberg Laws
“Robust innocence?” “One drop rule?” Finding Our Roots

Chapter 9 Strange Fruit 1939 https://www.youtube.com/watch?v=wHGAMjwr_j8
story from White Too Long

July 21, 2021 Chapters 10-18

Part 3: The Eight Pillars of Caste

Part 4: The Tentacles of Caste <https://www.youtube.com/watch?v=ebPoSMULISU>

Chapter 10 Miscasting

Chapter 11 "Deaths of Despair"

Chapter 12 Scapegoats

Chapter 13 Lessons of the Wolf Pack

Chapter 14 Teach Your Children Well: Tamir and the Toy Gun, The Talk

Chapter 15 Consequences of Success, White Backlash

Chapter 16 Obstacles to Unifying Across Race/Class/Culture Lines (PPC)

Chapter 17 Resistance to and Dangers of Dismantling Racism

Chapter 18 Sacrificial Lambs to Hierarchy (Satchel Paige)

July 28, 2021 Chapters 19-24

Part 5: The Consequences of Caste

Chapter 19 Unacknowledged/Unexamined Assumptions of the Ruling Majority

Chapter 20 Narcissism/Fascism/Racism

Chapter 21 Importance of Outward Appearances/Pressures of Perfectionism

Chapter 22 Survival and Sanity, Survival of One's Sanity, Stockholm Syndrome

Chapter 23 Overt Racism: The Case of Dr. Dao

Chapter 24 Lethal and Long-term Effects of Racism's Stress and Anxiety

August 4, 2021 Chapters 25-29

Part 6: Backlash

Chapter 25 Obama's Hope vs. Trump's Fear: Hate Groups, Big Lies, Voter Suppression

Chapter 26 Whose *status quo* is being perpetuated?

Chapter 27 Remembering Slavery: Slave Owners vs. Slaves; Relics?

Chapter 28 Violent Reactions to Black Lives Matter, Mass Shootings on the Rise

Chapter 29 Hope: Health Care is a Human Right not a Privilege Earned

August 11, 2021 Chapters 30-31

Part 7: Awakening

Chapter 30 Tell some of your awakening journey re: racism/classism/poverty

My message would be to take off the fake crown. It will cost you more to keep it than to let it go. It is not real. It is just a marker of your programming. You will be happier and freer without it. You will see all of humanity. You will find your true self. Quote from an Awakened Brahmin Man

Chapter 31 The Tale of the Plumber

The more I feel like an American, the more this situation pains me. I can escape the feelings of complicity in it only by speaking out. Albert Einstein