

# SUGAR & DECOLONIALITY

## THE SUBTLE BODY OF THE INSTITUTION

April 7, 2023 at Glen Park Canyon Recreation Center, 70 Elk St., SF, CA 94131

Session 1 of the 4-part Sugar & Decoloniality series offers a space to deepen and integrate the intersection between sugar, capitalism, coloniality, and slavery; increasing critical consciousness around institutional change; and exploring perspectives on cultivating a broader care ethic.

[www.shapeupscoalition.org/decoloniality](http://www.shapeupscoalition.org/decoloniality)

### AGENDA

9:30-10:00	Registration, coffee and tea
10:00-10:30	Welcome and opening
10:30-11:00	The link between coloniality, decoloniality, slavery, capitalism, and sugar.
11:00-12:00	Depathologizing the community: <i>Discussion: What can I do now to disrupt this pattern or way of thinking within a system?</i>
12:00-12:30	Healthy lunch
12:45-2:00	The Subtle Body of the Institution & Tending Change
2:00-3:00	Embodiment Practice & Dialogue <i>Discussion: What prevents change in my organization? What do I desire to have changed?</i>
3:15-3:45	Yoga

### KEY OBJECTIVES

- Deepen understanding of the links between coloniality/decoloniality, slavery, capitalism and sugar.
- Identify and explore strategies to disrupt colonial patterns and ways of thinking within ourselves and our institutions.
- Identify barriers to change within our own systems and organizations.
- Share collective experiences and stories to build community.

**Amber McZeal, MA, PHD** - Writer, vocalist, Sacred Scholar, and activist, Amber utilizes sound therapy and guided somatic imagery to engage the knowledge of the body within an interactive and liberatory arts practice. Amber weaves somatic praxis with social justice and Afro-Indigenous Spiritual technologies—deep decoloniality—in her efforts to end oppression and create more humane social relationships. Amber holds an MA in Somatic Depth psychology and conducted doctoral research exploring Radical Love Traditions and the decolonial turn in maternal healthcare at Pacifica Graduate Institute in Carpinteria, CA. [www.decolonizingthepsyche.com](http://www.decolonizingthepsyche.com)

The **Shape Up SF Coalition** was formed in 2006 to address growing levels of preventable chronic disease, especially in San Francisco's low-income communities and communities of color. Shape Up SF's mission is to advance health equity in SF by collaborating with community partners on system changes that increase nutrition security and active living. Learn more about Shape Up SF and sign up for our monthly newsletter at [www.shapeupscoalition.org](http://www.shapeupscoalition.org).

The **SF Department of Public Health's Healthy Eating Active Living (HEAL) Team** is part of the Community Health Equity & Promotion Branch of the Population Health Division. The HEAL Team focuses on preventing and mitigating diet-sensitive chronic diseases by addressing structural barriers and promoting healthy eating and physical activity, particularly among populations made most vulnerable by the social determinants of health. The Shape Up SF Coalition and the Sugary Drinks Distributor Tax and Advisory Committee are both staffed by the HEAL Team. Sign up for updates about SF's soda tax at [www.sodatx-sf.org](http://www.sodatx-sf.org).

# SHARED LANGUAGE

- **Animism** is the belief that objects, places, and creatures all possess a distinct spiritual essence. Potentially, animism perceives all things—animals, plants, rocks, rivers, weather systems, human handiwork, and perhaps even words—as animated and alive. It is the recognition that living humans are just one kind of person in a much wider field of relationships.
- **Biopsychosocial framework** is an approach to describing and explaining how biological, psychological and social factors combine and interact to influence physical and mental health.
- **Capitalism** is an economic system based on the private ownership of the means of production and their operation for profit. Characteristics central to capitalism include private property, capital accumulation, wage labor, voluntary exchange, an economic system characterized by private or corporate ownership of capital goods, by investments that are determined by private decision, and by prices, production, and the distribution of goods that are determined mainly by competition in a free market.
- **Colonialism** describes the presence of colonial administrative structures within countries that are under a dominant rule by an external colonizing political force.
- **Coloniality** denotes “colonial forms of domination after the end of colonial administrations, produced by colonial cultures and structures in the modern/colonial world-system”.
- **Cultural Trauma** is a dysregulation of the collective’s nervous system, often due to systemic oppression and in response to horrific events that radically shift the group consciousness and identities.
- **Decoloniality** is an epistemic and political project that relates to social, economic and analytic approaches which reject the pillars of Western imperialism—invention of race, control of labor, New World capitalism, modernity.
- **Modernity** refers to a powerful set of cultural, political, economic, and spatial relationships that have fundamentally influenced the nature of social life, the economy, and the use and experience of time and space.
- **Mythic Mind** is a cultural and intellectual practice that defines, describes and gives meaning to all aspects of life—natural, civil, sacred and social.
- **Race** is a specious classification of human beings created by Europeans which assigns human worth and social status using "white" as the model of humanity and the height of human achievement for the purpose of establishing and maintaining privilege and power.
- **Racialization** as an expression of a shared value of a group, racialization is the institutionalized devaluing, and simultaneous extraction of value, from one particular group by another.
- **Racism** is racial prejudice + social and institutional power; an advantage based on race; oppression based on race. Racism is a cultural trauma.
- **Social Imaginary** - the set of values, institutions, laws, and symbols common to a particular social group and the corresponding society through which people imagine their social whole.
- **Sociogeny**, or sociogenesis, describes the development of a social phenomenon.
- **Somatics** is any set of perspectives or practices that work with the lived, subjective experience of the body. Body experience is understood holistically, within cultural, social, ecological, and philosophical contexts. Somatics as a field emerged in the 1970’s in western culture, however, the lived experience of the body has been long recognized and articulated in indigenous cultures globally.
- **White Supremacy** is the idea that white [Euro-descended] ideas, thoughts, beliefs, values, morality, and concepts of humanity are superior to everyone else’s. It does not refer to people. It refers to ideas.

