A black and white photograph of a hand holding a lit matchstick. The match is lit, and a plume of white smoke rises from the tip. The background is dark and out of focus, with some faint shapes that could be other matchsticks or objects. The overall mood is one of fire and light in a dark setting.

A **Juneteenth** Celebration.

BLACKBESTFRIEND
Liberation Handbook

The **Revolution** will be on time.

HOW TO INTERACT WITH THE BLACKBESTFRIEND LIBERATION HANDBOOK

If you are Black, this is for you. Lean into healing, lean into joy.

If you are a member of the global majority, much of what is in this handbook will apply to your experiences. Some of it will not. We invite you to reflect on your own experiences with global solidarity as your lens, and on the ways we can all fight against anti-blackness.

If you are a white person, please access the contents of this zine knowing that they are a resounding rebuke of white supremacy culture, a system of oppression from which all white people benefit. While these activities were not made for you, we enthusiastically invite you to witness them, open yourself to them, learn from them.

MANIFESTO OF THE BLACKBESTFRIEND

This is for anyone Black,
but specifically any Black socially feminized creatures
who
at one time or another have been
OR
have been in need of a
Black Best Friend.

No time like the present to break up with the
past, know what I'm sayin'?

- We



MANIFESTO OF THE BLACKBESTFRIEND

Acknowledge and let go of the past
uncompensated work of the The BlackBestFriend

A mother

A teacher

A nurse

An object of desire

A therapist

A secret

A doll

A competitor

An Excuse

A canvas for projection

A scapegoat

A prop

A joke

Create and communicate the present and future
work of BlackBestFriend

A friend to themselves first

A fireball of righteousness

A taut wire of brilliance

Present in pleasure and pain

Construct strong boundaries around self, family,
community, and collective.

WHITE WOMEN'S TEARS

A COCKTAIL RECIPIE



50 mL of the world's finest vodka (cuz, duh)
¼ C Pure Cranberry Juice (to prevent yeast infections)
¼ C whatever wine you currently have open in your fridge (the regret element)
A shot of tequila (OMG, you look so exotic)
A splash of grenadine (to make it bittersweet)
Fill the rest of the glass with Sprite (all of the cool kids are doing it)

Throw a reusable straw in that jawn (do your part, save the planet) and slurp that shit up. Yum Yum!

INCANTATION

(INVOKING THE POWER OF THE WORD)

The following is an exercise in finding voice, thought made into reality.
Word tied to intention and tangible action. Hot Damn!

Gather a paper and pencil or equivalent.

Gather a candle and lighter (or imagine them.)

Find a space of privacy.

Enter the space, light the candle. It is your fire. your inspire.

Gather your thoughts, put them to paper.

Let fear, distractions, judgments, to-do lists fall away even if momentarily. Study the following and recite 3 times when ready.

**From these chains I am set free:
Nonconsensual pain and codependency.
I am the Black Best Friend I need.
I nurture my hopes, desires, and dreams.**

Take time to rest and ruminate on the innate power that resonates through you.

Write down anything that comes up, that is helpful for your journey.

Thank yourself for this work.

Blow out the candle.

Do you.

CHOOSE YOUR FAVORITE BLACK BEST FRIEND!

Was it in a book?

On TV?

When you went to the movies with your friends?

Or did you just...know?

NAME: (feel free to draw a portrait of your fave BBF!)





What are your BBF's strengths?

What are your BBF's weaknesses?

How/where did you encounter them?

What version of yourself were you when you did?

How did you know they were a Black Best Friend?

What moment(s) did you recognize yourself in them?

CLOCK MEDICINE

By Chanelle Adams

(as featured in *Black Quantum Futurism's*
Black Womxn Time Camp Zine 004)

find a comfortable position. you might be seated, upright, or reclining. it doesn't really matter as long as you feel supported in the way you need right now.

as you allow your body to begin to relax, i invite you to close your eyes. take a deep cleansing breath in. and as you breathe out, maybe let out a sigh, letting go of any tension in the body. as you find your way towards rest and ease, you may notice sensations of it in your jaw, hips, fingers, toes.

take a deep breath in. on your next exhale, allow your center of gravity to sink a little deeper. invite rest into the parts of your body closest to the earth. in these grounding breaths, you may notice a heaviness, maybe a sensation of being rooted.

plant yourself in this moment, right now.

as you release down into the earth, dropping your attention down towards the ground might you find a sensation of being supported? a sensation of groundedness is available to you if you need it, at any time.

gently direct your attention back to your breath. if it is available to you, breathe in through your nose, and out through your mouth. if not, just allow my voice to fade into the background. this is your practice. these are merely suggestions.

choose care in how you carry out respiration.

count to 4 as you inhale, taking in energy from the earth up through your roots. and on your exhale, to the count of 4, imagine your inner resources being offered outside yourself. invite this intention into your breath cycle - to receive on the inhale and redistribute on the exhale..

inhale for four, 4, 3, 2,1. and exhale for four 4, 3, 2, 1.

draw in for four, 4, 3, 2, 1. share for four 4, 3, 2, 1.

inhale for four, 4, 3, 2, 1, and exhale for four, 4, 3, 2,1.

one more time.

let's allow the visualization to begin.

imagine yourself at the center of a town square. you begin to wander around, taking in your surroundings - maybe it's a place you recognize, a place you've been or somewhere near where you live. maybe you're in an imaginary city, or one that is very real. what does it look like? as you scan around, you notice an old colonial statue. getting closer to examine the shrine to this fake hero, you see he has a pocket clock.

you remember why you've come here today. you are here to bring down the statue. while you're at it, you decide, you will also remove the clock. as you approach the statue, you consider your methods. maybe you'll scale a wall, or use a rope, or power tools, or will remove it simply with your mind. when you are ready to remove the statue and clock, go ahead.

as the statue comes down. you reach for the clock. for a moment, you hold it: does it look like an alarm clock? what does it feel like? what is it made of? do you feel the tick inside your organs?

suddenly, the clock slips into the air, and the hands speed up. how do you experience that shift?

you witness the clock float overhead and soar into a body of water - first floating at the surface, bobbing, then sinking, and slowly drifting to the bottom of the ocean.

what are the hands of the clock doing now? might you be able to feel into your pulse, your cells, your memories?

deep down beneath the ocean, the clock sinks through layers and layers of earth to the core of the planet. as it passes through the mantle, maybe it begins to melt. yes, the clock is melting.

enjoying the heat for a moment, you allow the clock to become unrecognizable.

now, it's time to re-collect your inner clock. take a moment here, to find your clock. it's here somewhere. it is protected and not melted. and when you find it, make your way up from the core of the earth, in your time.

as you travel back, your inner clock pulls up into your core, and slowly leaks out to the rest of you, filling to each and every tip, corner, curve, opening. you are safe in time now. this time is yours.

imagine this inner time begins to overflow from your inner self until it forms a garden around you. the garden asks to be a memorial to the death of capitalist time and also a celebration of the return of time-space knowing. you begin to envision an expansive space and feel the fertile soil beneath you.

notice how the plants grow. take note of the speed. notice what is growing. take note of the smells, colors, shapes, textures. maybe you've planted seeds for a future harvest, maybe these plants grow so fast you turn the clock back to watch in reverse.

spend a moment here, maybe an afternoon, or a moonlit evening. you might notice your garden takes on another character throughout the day. observe a full day cycle, a full moon cycle, a full year cycle - maybe you imagine growth on time lapse or slo-mo. it's your clock to play with. this time belongs to you and your garden.

when you're ready, ask permission to make medicine from any three leaves in your garden. they might glow, sing, become brighter, or wiggle, to let you know they're ready. once you have those three leaves, in your mind's eye, boil water brought from your favorite body of water - a sea, lake, river, fire hydrant, bathtub. once it is boiling, gently place the three leaves into that water. as that medicine steeps. imagine placing an intention into the mix: maybe you choose to honor your pace, or cultivate a new clock, or commit to time-travel. this is your intention. go ahead. place it into your medicine.

we will count to 3, one number to honor each leaf. and on the third count, your medicine infuses into your being. and as you're ready, slowly bring your intention with you as you come back in this present moment.

1, 2, 3.

WHITE GIRL ROULETTE

Is there a white girl you think you might need to...break up with? Or perhaps you simply need to have a productive conversation about how their whiteness shows up in y'all's relationship? This can be tricky terrain but the BlackBestFriend Liberation Handbook is here to help.

Step 1: Write your best break-up speech. Get it ALL OUT.

WHITE GIRL ROULETTE



Now, look in the mirror and allow yourself to envision the perfect break-up moment. Read your speech and imagine it all going the way you want it to.

WHITE GIRL ROULETTE

Now that we've indulged in the ideal, let's get prepped for reality. What are some of the responses you expect this white woman might have when you speak your truth? Add to the list below:

- White girl cries.
- White girl complains about other white people's racism.
- White girl hesitates before using the word "Black"

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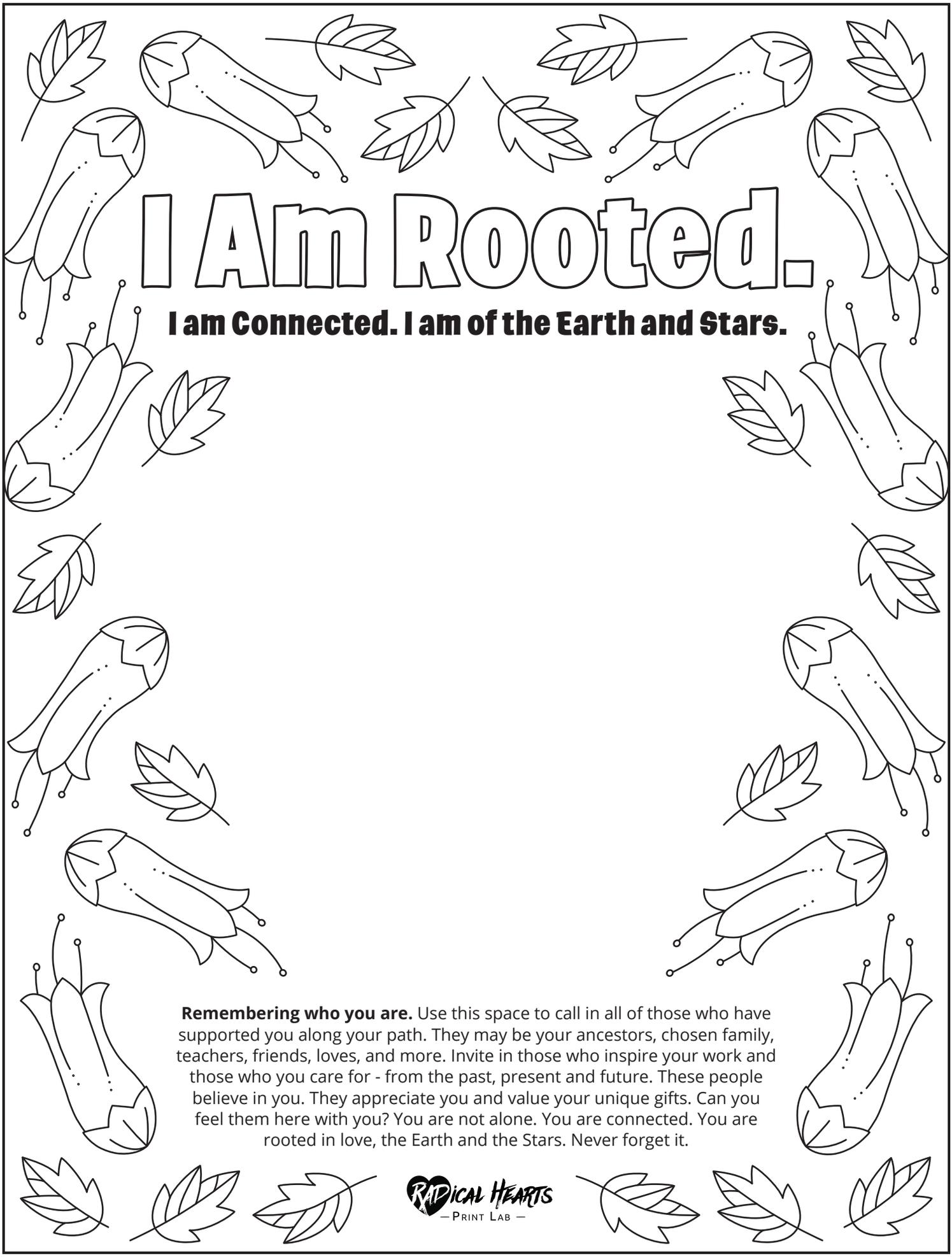
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PREPARING FOR A SAFE SPACE MEDITATION

*(Adapted from *The Dialectical Behavior Therapy Skills Workbook*)*

Safe-place visualization is a powerful stress-reduction technique. Using it, you can soothe yourself by imagining a peaceful, safe place where you can relax/ The truth is, your brain and body often can't tell the difference between what's really happening to you and what you're just imagining. So if you can successfully create a peaceful, relaxing scene in your thoughts, your body will often respond to those soothing ideas.

In preparation for future healing, allow yourself the time and the freedom to relax. Think of a real or imaginary place that makes you feel safe and relaxed. It can be a real place that you've visited in the past, or it can be a place that you've completely made up. It can be anywhere. Keep thinking about this safe place. When you meet You, Me, Us, and We, they'll help you take the next steps.



I Am Rooted.

I am Connected. I am of the Earth and Stars.

Remembering who you are. Use this space to call in all of those who have supported you along your path. They may be your ancestors, chosen family, teachers, friends, loves, and more. Invite in those who inspire your work and those who you care for - from the past, present and future. These people believe in you. They appreciate you and value your unique gifts. Can you feel them here with you? You are not alone. You are connected. You are rooted in love, the Earth and the Stars. Never forget it.

BLACKBESTFRIEND READING LIST

Brown Girl Dreaming by Jacqueline Woodson

The Vanishing Half by Brit Bennett

Phenomenal Woman by Maya Angelou

Bad Feminist by Roxane Gay

Becoming by Michelle Obama

Be Unapologetically You by Adeline Bird

The Source of Self-Regard by Toni Morrison

Eloquent Rage by Brittney Cooper

So You Want to Talk About Race? by Ijeoma Oluo

Black Skin, White Masks by Frantz Fanon

The Skin I'm In by Sharon Flake

Still I Rise by Maya Angelou

Black Statue of Liberty by Jessica Care Moore

INSTAGRAM ACCOUNTS

@decolonizingtherapy

Run by psychologist and activist Dr. Jennifer Mullan, this Instagram page promotes healing therapy through intergenerational trauma treatment.

@soyouwanttotalkabout

This page is not affiliated with but is inspired by “So You Want to Talk About Race” by Ijeoma Oluo. It dissects progressive politics and social issues in graphic slideshow form.

@nowhitesaviors

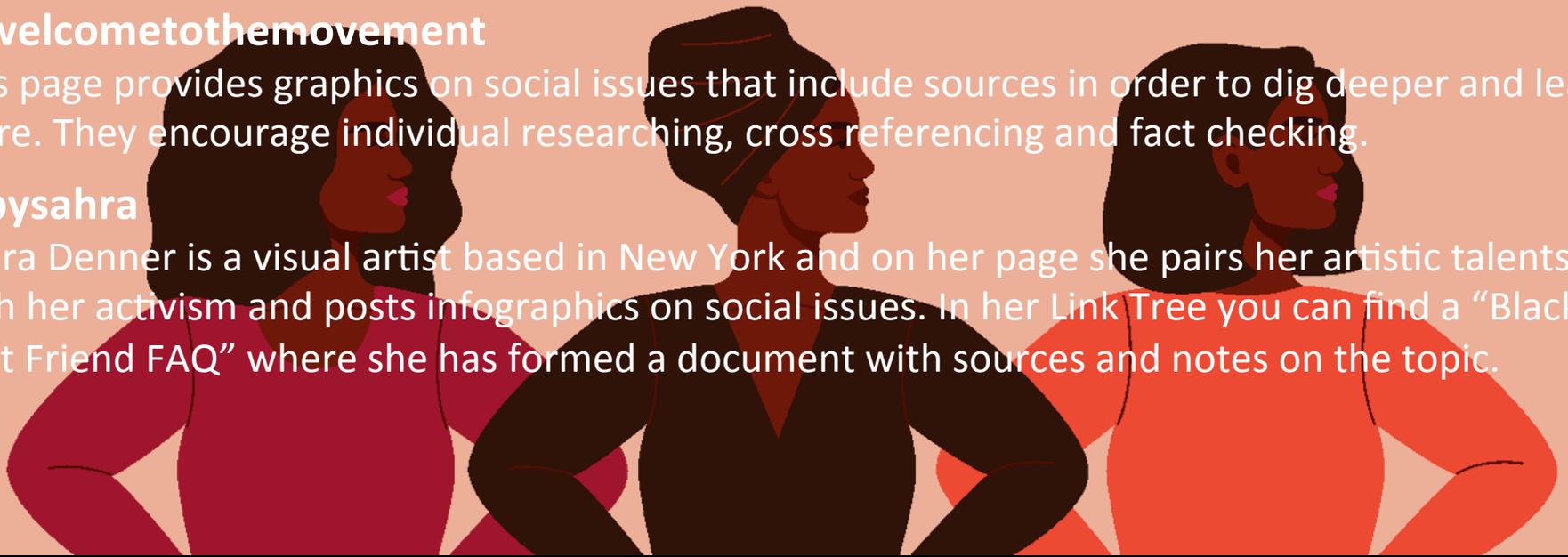
No White Savors is a community organization, based in Uganda that promotes education, advocacy and action.

@welcometothemovement

This page provides graphics on social issues that include sources in order to dig deeper and learn more. They encourage individual researching, cross referencing and fact checking.

@bysahra

Sahra Denner is a visual artist based in New York and on her page she pairs her artistic talents with her activism and posts infographics on social issues. In her Link Tree you can find a “Black Best Friend FAQ” where she has formed a document with sources and notes on the topic.





**FIND THE BLACKBESTFRIEND
PLAYLIST ON SPOTIFY**

SEARCH FOR BLACKBESTFRIEND



COME TO PAPA

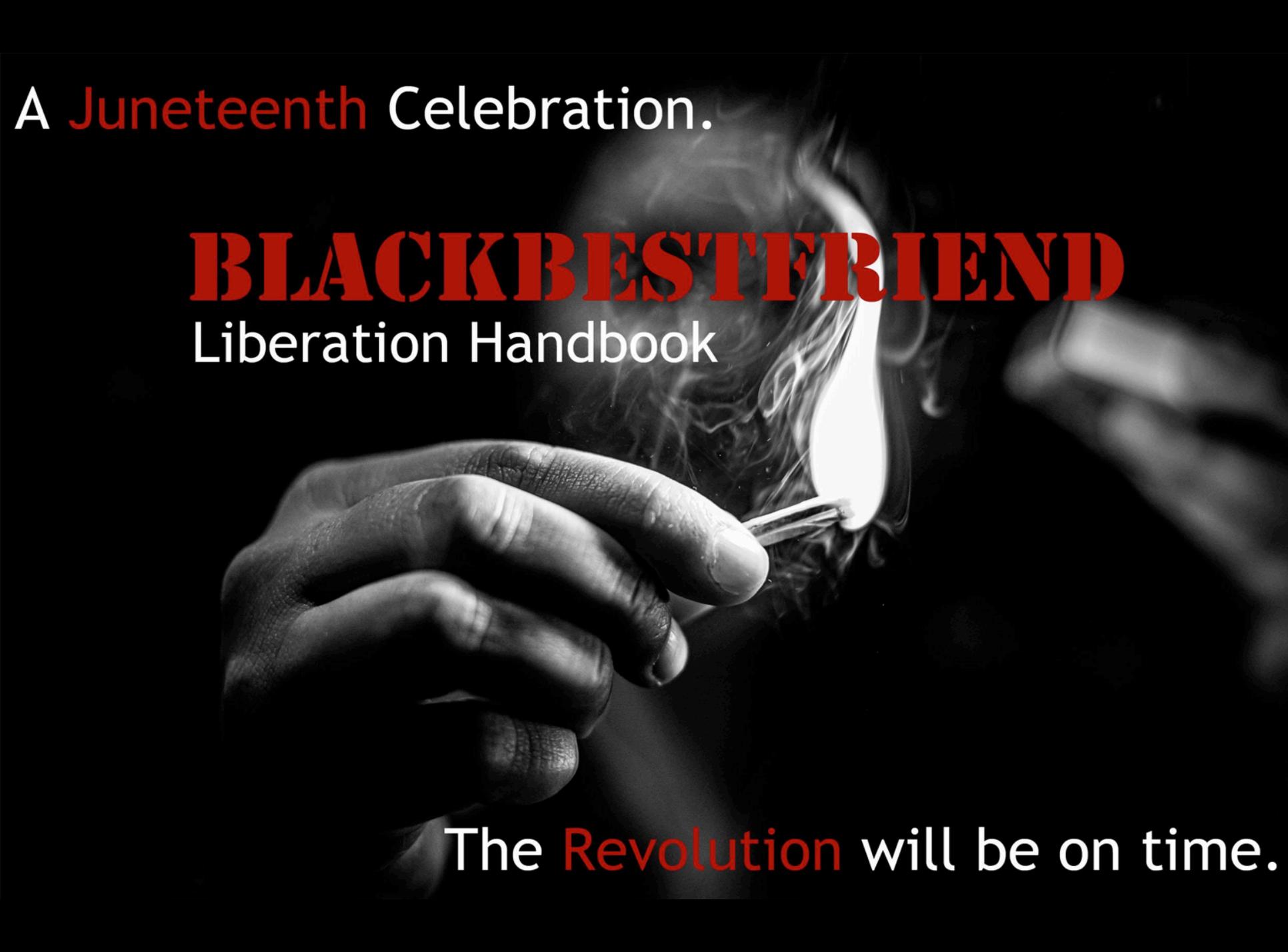
SUMMER FESTIVAL

JUNE 10TH-20TH
2021



www.phillyasianartists.com



A black and white photograph of a hand holding a lit matchstick. The match is lit, and a plume of white smoke rises from the tip. The background is dark and out of focus, with some faint, blurry shapes that could be other objects or parts of a person. The overall mood is dramatic and symbolic.

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