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Title: Hiroki Kimiko Keaveney Interview
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AT: 01:15:30 And, and what kind of, um, what kind of advice would you give to other young people who are interested in, um, you know, getting involved or organizing like that? What, you know, what would you leave with them? Especially given the current political moment?

HK: 01:15:56 Um, I don't like, it's funny, I used to love giving advice and I still love it, but the more I learn, the less I want to give advice because I think life is a process and that you'll learn as you go. And, uh, I, I guess the one piece of advice if I could give, would be to forgive yourself, to be kind to yourself and to, to know that the only constant is change. And I wouldn't give them advice. I would just say what comforts me is that even though things are really bad right now - as a historian, it's not as bad as it was. Like, that's why I love history because it grounds me and it helps me see how far people have changed because the only change is constant. Um, and, uh, yeah, I hope, I hope that people, this is, you know, I hope that people see all human beings as human beings and that includes racist white people. Like that is like, that's something I struggle with and it's not my advice, but it's, I, it's just something I want to share that one of the most powerful things I learned in ethnic studies was that white people are human beings. Um, I didn't think of white people as human beings before my master's program, um, in between being politicized in Seattle and San Francisco. I thought of white people as like monsters. And I think Donald Trump and his followers are in the embodiment of like that but to really like change society, you have to change your heart. And part of that change is seeing everyone, even the worst people to try to find their humanity, which is a lot, I know, and I don't ask anyone to do that, but that's just something I try to do that, um, grounds me and, um, tries, tries to help me have more compassion. And I, I say the part about forgiveness because a lot of people are like, oh, I I don't need to forgive myself. But for me, like I think what's remarkable about our community is the way, the way I

hear my grandpa talk about forgiveness and forgiving America. And um, the way the Nisei talk about is like, whoa. Like I think forgiveness is so critical to do sustainable work because not only is like you're forgiving yourself for like having a bad breakup, you know, the interpersonal dynamics, but also forgiving - like if you can get to a place like the way the Nisei have, where they can forgive, like whoa, like, and forgiveness all it is it's not excusing what happened - cause I think a lot of people think that's what it means - it's about letting go. This a Lily Tomlin - if I'm saying her right quote - it's about letting go of the hope that the past could have been any different. And it's all about letting go of like what you've been carrying. Um, and once you let that go, you can move forward. So that's why forgiveness is really important and it's easier to forgive other people or your country if you can start by forgiving yourself first for wishing that things were different and that, yeah. Yeah. You're welcome.

- AT: 01:19:48 Um, is there, is there anything else that I may have missed or that you'd want to add, before we wrap up?
- HK: 01:20:01 Um, not for this interview. Yeah, I think I'm okay. Yeah. Like I said, everything I need to say for this set. Yeah.
- AT: 01:20:08 Thank you so much for coming on. Y.
- HK: 01:20:10 Yeah, thank you for doing this. This is really important work, so, yeah. Thank you.

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