

Faculti Summary

<https://faculti.net/black-panther-woman-the-political-and-spiritual-life-of-ericka-huggins/>

This video describes the life and experiences of Erica Huggins, a prominent member of the Black Panther Party. It highlights her journey from joining the party at a young age to rising to key positions within the organization, such as serving as the director of the Black Panther Party, Oakland Community School. This video also emphasizes Huggins' resilience, spiritual wellness practices, and her commitment to community care and activism. It discusses how she used yoga and meditation to cope with the challenges of incarceration and promoted restorative justice after her release. This video underscores the importance of self-care, community building, and policy changes informed by peacemaking and restorative justice in addressing societal issues.