

## **Mindful Of Race Transforming Racism From The Inside Out**

The Problem of Race in the Twenty-first Century  
Dreaming Me  
True Refuge  
The Little Book of Racial Healing  
Time to Stand Up  
Awakening Together  
Subtle Acts of Exclusion  
Introducing Hinduism  
Parenting Forward  
Dharma, Color, and Culture  
Healing Rage  
The Inner Work of Racial Justice  
Love and Rage  
Radical Compassion  
A Clinician's Guide to Teaching Mindfulness  
The Racial Healing Handbook  
Antiracist Writing Assessment  
Ecologies  
The Way of Tenderness  
The Issue at Hand  
Mindfulness  
Taming the Ox  
The Emotional Wisdom Cards  
Healing Racial Trauma  
Stay Woke  
The Empathy Effect  
The Bhagavad Gita  
The Ethnic Project  
Mindful of Race  
Radical Dharma  
Race and Religion in American Buddhism  
Mindful of Race  
On Account of Race  
Teaching the Mindful Self-Compassion Program  
Mindfulness for Students  
Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing  
Poison in the Ivy  
You Belong  
Black and Buddhist  
More Courageous Conversations  
About Race

### **The Problem of Race in the Twenty-first Century**

#### **Dreaming Me**

This practical, accessible, nonjudgmental handbook is the first to help individuals and organizations recognize and prevent microaggressions so that all employees can feel a sense of belonging in their workplace.

#### **True Refuge**

An essential mindfulness and compassion-based approach to confront racial injustice and work towards healing  
Law professor and mindfulness practitioner Rhonda Magee shows that the work of racial justice begins with ourselves. When conflict and division are everyday realities, our instincts tell us to close ranks, to find the safety of our own tribe, and to blame others. The practice of embodied mindfulness--paying attention to our thoughts, feelings, and physical sensations in an open, nonjudgmental way--increases our emotional resilience, helps us to recognize our unconscious bias, and gives us the space to become less reactive and to choose how we respond to injustice. For victims of injustice, embodied mindfulness calms our fears and helps us to exercise self-compassion. Magee shows us

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

how to slow down and reflect on microaggressions--to hold them with some objectivity and distance--rather than bury unpleasant experiences so they have a cumulative effect over time. She helps us develop the capacity to address the fears and anxieties that would otherwise lead us to re-create patterns of separation and division. It is only by healing from injustices and dissolving our personal barriers to connection that we develop the ability to view others with compassion and to live in community with people of vastly different backgrounds and viewpoints. Incorporating mindfulness exercises, research, and Magee's hard-won insights, *The Inner Work of Racial Justice* offers a road map to a more peaceful world.

### **The Little Book of Racial Healing**

Jan Willis is not Baptist or Buddhist. She is simply both. *Dreaming Me* is the story of her life, from growing up a Baptist in the segregated South, dealing with racism in an Ivy League college, and becoming involved with the Black Panther Party to traveling to a Tibetan Buddhist monastery. It was upon meeting the great teacher Lama Yeshe that she found a way to understand both herself and the complicated world around her, a way to find peace. Willis went on to become a professor of religion at Wesleyan and is also an internationally recognized educator and innovator. *Dreaming Me* is the inspiring story of her spiritual journey of transformation.

### **Time to Stand Up**

This is the authoritative guide to conducting the Mindful Self-Compassion (MSC) program, which provides powerful tools for coping with life challenges and enhancing emotional well-being. MSC codevelopers Christopher Germer and Kristin Neff review relevant theory and research and describe the program's unique pedagogy. Readers are taken step by step through facilitating each of the eight sessions and the accompanying full-day retreat. Detailed vignettes illustrate not only how to teach the course's didactic and experiential content, but also how to engage with participants, manage group processes, and overcome common obstacles. The final section of the book describes how to integrate self-compassion into psychotherapy. Purchasers get access to a companion website with downloadable audio recordings of the guided meditations. Note: This book is not intended to replace formal training for teaching the MSC program. See also two related resources for MSC participants and general readers, *The Mindful Self-Compassion Workbook*, by Kristin Neff and Christopher Germer, and *The Mindful Path to Self-Compassion*, by Christopher Germer.

### **Awakening Together**

The award-winning author of Radical Acceptance presents an accessible guide to tapping inner resources to promote peace and acceptance in the face of difficult life challenges, building on the three traditional Buddhist pathways to freedom while offering meditation guidelines and illustrative stories about people who have achieved a state of presence during times of crisis.

### **Subtle Acts of Exclusion**

Leading African American Buddhist teachers offer lessons on racism, resilience, spiritual freedom, and the possibility of a truly representative American Buddhism. With contributions by Acharya Gaylon Ferguson, Cheryl A. Giles, Gy?zan Royce Andrew Johnson, Ruth King, Kamilah Majied, Lama Rod Owens, Lama Dawa Tarchin Phillips, Sebene Selassie, and Pamela Ayo Yetunde. What does it mean to be Black and Buddhist? In this powerful collection of writings, African American teachers from all the major Buddhist traditions tell their stories of how race and Buddhist practice have intersected in their lives. The resulting explorations display not only the promise of Buddhist teachings to empower those facing racial discrimination but also the way that Black Buddhist voices are enriching the Dharma for all practitioners. As the first anthology comprised solely of writings by African-descended Buddhist practitioners, this book is an important contribution to the development of the Dharma in the West.

### **Introducing Hinduism**

The Bhagavad Gita is the best known and most widely read Hindu religious text in the Western world. This new translation is ideal for the non-specialist as well as for students of Indian religions, providing a full cultural and historical context in its introduction and notes.

### **Parenting Forward**

While academic and popular studies of Buddhism have often neglected race as a factor of analysis, the issues concerning race and racialization have remained not far below the surface of the wider discussion among ethnic Buddhists, converts, and sympathizers regarding representations of American Buddhism and adaptations of Buddhist practices to the American context. In Race and Religion in American Buddhism, Joseph Cheah provides a much-needed contribution to the field of religious studies by addressing the

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

under-theorization of race in the study of American Buddhism. Through the lens of racial formation, Cheah demonstrates how adaptations of Buddhist practices by immigrants, converts and sympathizers have taken place within an environment already permeated with the logic and ideology of whiteness and white supremacy. In other words, race and religion (Buddhism) are so intimately bounded together in the United States that the ideology of white supremacy informs the differing ways in which convert Buddhists and sympathizers and Burmese ethnic Buddhists have adapted Buddhist religious practices to an American context. Cheah offers a complex view of how the Burmese American community must negotiate not only the religious and racial terrains of the United States but also the transnational reach of the Burmese junta. Race and Religion in American Buddhism marks an important contribution to the study of American Buddhism as well as to the larger fields of U.S. religions and Asian American studies.

### **Dharma, Color, and Culture**

The world of elite campuses is one of rarified social circles, as well as prestigious educational opportunities. W. Carson Byrd studied twenty-eight of the most selective colleges and universities in the United States to see whether elite students' social interactions with each other might influence their racial beliefs in a positive way, since many of these graduates will eventually hold leadership positions in society. He found that students at these universities believed in the success of the 'best and the brightest,' leading them to situate differences in race and status around issues of merit and individual effort. Poison in the Ivy challenges popular beliefs about the importance of cross-racial interactions as an antidote to racism in the increasingly diverse United States. He shows that it is the context and framing of such interactions on college campuses that plays an important role in shaping students' beliefs about race and inequality in everyday life for the future political and professional leaders of the nation. Poison in the Ivy is an eye-opening look at race on elite college campuses, and offers lessons for anyone involved in modern American higher education.

### **Healing Rage**

A no-nonsense guide to establishing a personal meditation practice, changing your life, and taking hold of your dreams. CONFESSIO: This is not really a meditation book. Yes, you're going to learn everything you need to know about meditation, but if you came looking for a typical guide to mindfulness, you're in the wrong place. We are modern people in a high-tech world. We have first world problems and long to-do lists. And if you grew up in struggle—overcoming homophobia, sexism, trauma, shame, depression, poverty,

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

toxic masculinity, racism, or social injustice—you need a different type of meditation ... one that doesn't pretend the struggle doesn't exist. Here you will discover: ? How to actually find stillness when your mind is going crazy ? Why most guided meditations get boring after a while ? What nobody tells you about "setting intentions" and the scientific process to manifesting ? Four hidden habits that sabotage your growth—and how to move past them ? Proven techniques to overcome anxiety, stress, and trouble sleeping ? Daily rituals that cement and enrich your practice ? How to use mindfulness to take action toward the causes you believe in and get sh!t done Whether you've tried meditation but it never sticks, or you've heard about it but never gave it a shot, Justin Michael Williams guides you step by step in creating a custom meditation ritual that fits in with your busy (and sometimes messy!) modern life. With free downloadable audio meditations every step of the way, Stay Woke gives people of all genders, identities, colors, religions, ages, and economic backgrounds the tools to stop wasting time, overcome self-doubt, and wake up to the lives we were really born to live.

### **The Inner Work of Racial Justice**

'A powerful book that will free you from shame, fear, and negative self-beliefs. You will feel wiser, happier, and kinder after reading it' Haemin Sunim World-renowned meditation teacher Tara Brach shares a simple four-step practice to awaken compassion and release the grip of painful emotions: Recognize Allow Investigate Nurture Heartfelt and deeply practical, Radical Compassion teaches us to find healing and freedom through the sources of love, courage and deep wisdom alive within us all. 'Radical Compassion lays out a path of straightforward, accessible practices grounded in both modern brain science and ancient wisdom a masterpiece' Rick Hanson 'This book is a treasure from one of the most spiritual teachers of our time' Kristin Neff

### **Love and Rage**

Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era. With national attention focused on the recent killings of

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, Radical Dharma demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked. Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah represent a new voice in American Buddhism. Offering their own histories and experiences as illustrations of the types of challenges facing dharma practitioners and teachers who are different from those of the past five decades, they ask how teachings that transcend color, class, and caste are hindered by discrimination and the dynamics of power, shame, and ignorance. Their illuminating argument goes beyond a demand for the equality and inclusion of diverse populations to advancing a new dharma that deconstructs rather than amplifies systems of suffering and prepares us to weigh the shortcomings not only of our own minds but also of our communities. They forge a path toward reconciliation and self-liberation that rests on radical honesty, a common ground where we can drop our need for perfection and propriety and speak as souls. In a society where profit rules, people's value is determined by the color of their skin, and many voices—including queer voices—are silenced, Radical Dharma recasts the concepts of engaged spirituality, social transformation, inclusiveness, and healing.

### **Radical Compassion**

The Emotional Wisdom Cards invite you to reflect on the diversity, complexity, and beauty of your life, and to garner the wisdom that is both unique to your experience and universal to all. Organized in five categories, these powerfully illustrated cards offer 50 provocative questions and 50 affirmations that will: ;Increase self-awareness and honesty;Deepen understanding and compassion ;Support genuine connection ;Embrace difficulties with grace;Align intentions and actions The Emotional Wisdom Cards are ideal for individuals, families, couples, communities, teams, support groups, and other relationships that seek more understanding, connection, and ease.

### **A Clinician's Guide to Teaching Mindfulness**

The problem of the twentieth century is the problem of the color-line, W. E. B. Du Bois wrote in 1903, and his words have proven sadly prophetic. As we enter the twenty-first century, the problem remains--and yet it, and the line that defines it, have shifted in subtle but significant ways. This brief book speaks powerfully to the question of how the circumstances of race and racism have changed in our time--and how these changes will affect our future. Foremost among the book's concerns are the contradictions and incoherence of a system that idealizes black celebrities in politics, popular

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

culture, and sports even as it diminishes the average African-American citizen. The world of the assembly line, boxer Jack Johnson's career, and The Birth of a Nation come under Holt's scrutiny as he relates the malign progress of race and racism to the loss of industrial jobs and the rise of our modern consumer society. Understanding race as ideology, he describes the processes of consumerism and commodification that have transformed, but not necessarily improved, the place of black citizens in our society. As disturbing as it is enlightening, this timely work reveals the radical nature of change as it relates to race and its cultural phenomena. It offers conceptual tools and a new way to think and talk about racism as social reality.

### **The Racial Healing Handbook**

In *Antiracist Writing Assessment Ecologies*, Asao B. Inoue theorizes classroom writing assessment as a complex system that is "more than" its interconnected elements. To explain how and why antiracist work in the writing classroom is vital to literacy learning, Inoue incorporates ideas about the white racial habitus that informs dominant discourses in the academy and other contexts.

### **Antiracist Writing Assessment Ecologies**

This book introduces Coming to the Table's approach to a continuously evolving set of purposeful theories, ideas, experiments, guidelines, and intentions, all dedicated to facilitating racial healing and transformation. People of color, relative to white people, fall on the negative side of virtually all measurable social indicators. The "living wound" is seen in the significant disparities in average household wealth, unemployment and poverty rates, infant mortality rates, access to healthcare and life expectancy, education, housing, and treatment within, and by, the criminal justice system. Coming to the Table (CTTT) was born in 2006 when two dozen descendants from both sides of the system of enslavement gathered together at Eastern Mennonite University (EMU), in collaboration with the Center for Justice & Peacebuilding (CJP). Stories were shared and friendships began. The participants began to envision a more connected and truthful world that would address the unresolved and persistent effects of the historic institution of slavery. This Little Book shares Coming to the Table's vision for the United States—a vision of a just and truthful society that acknowledges and seeks to heal from the racial wounds of the past. Readers will learn practical skills for better listening; discover tips for building authentic, accountable relationships; and will find specific and varied ideas for taking action. The table of contents includes: Chapter 1: Introduction Chapter 2: Trauma Awareness and Resilience Chapter

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

3: Restorative Justice Chapter 4: Uncovering History Chapter 5: Making Connections Chapter 6: Circles, Touchstones, and Values Chapter 7: Working Toward Healing Chapter 8: Taking Action Chapter 9: Liberation and Transformation And subject include Unresolved Trauma, Brown v. Board of Education, Lynching, Connecting with Your Own Story, Wht Healing Looks Like, Engage Your Community, and much more.

### **The Way of Tenderness**

"Racism is a heart disease," writes Ruth King, "and it's curable." Exploring a crucial topic seldom addressed in meditation instruction, this revered teacher takes to her pen to shine a compassionate, provocative, and practical light into a deeply neglected and world-changing domain profoundly relevant to all of us. With *Mindful of Race*, Ruth King offers: Tend first to our suffering, listen to what it is trying to teach us, and direct its energies most effectively for change. Here, she invites us to explore: Ourselves as racial beings, the dynamics of oppression, and our role in racism • The power of paying homage to our most turbulent emotions, and perceiving the wisdom they hold • Key mindfulness tools to understand and engage with racial tension • Identifying our "soft spots" of fear and vulnerability—how we defend them and how to heal them • Embracing discomfort, which is a core competency for transformation • How our thoughts and emotions "rigidify" our sense of self—and how to return to the natural flow of who we are • Body, breath, and relaxation practices to befriend and direct our inner resources • Identifying our most sensitive "activation points" and tending to them with caring awareness • "It's not just your pain"—the generational constellations of racial rage and ignorance and how to work with them • And many other compelling topics Drawing on her expertise as a meditation teacher and diversity consultant, King helps readers of all backgrounds examine with fresh eyes the complexity of racial identity and the dynamics of oppression. She offers guided instructions on how to work with our own role in the story of race and shows us how to cultivate a culture of care to come to a place of greater clarity and compassion.

### **The Issue at Hand**

"What does liberation mean when I have incarnated in a particular body, with a particular shape, color, and sex?" In *The Way of Tenderness*, Zen priest Zenju Earthlyn Manuel brings Buddhist philosophies of emptiness and appearance to bear on race, sexuality, and gender, using wisdom forged through personal experience and practice to rethink problems of identity and privilege. Manuel brings her own experiences as a bisexual black woman into conversation with Buddhism to square our ultimately empty nature with



## Free Reading Mindful Of Race Transforming Racism From The Inside Out

superficial perspectives of everyday life. Her hard-won insights reveal that dry wisdom alone is not sufficient to heal the wounds of the marginalized; an effective practice must embrace the tenderness found where conventional reality and emptiness intersect. Only warmth and compassion can cure hatred and heal the damage it wreaks within us. This is a book that will teach us all.

### **Mindfulness**

An award-winning constitutional law historian examines case-based evidence of the court's longstanding support for white supremacy (often under the guise of "states rights") to reveal how that bias has allowed the court to solidify its position as arguably the most powerful branch of the federal government. One promise of democracy is the right of every citizen to vote. And yet, from our founding, strong political forces were determined to limit that right. The Supreme Court, Alexander Hamilton wrote, would protect the weak against this very sort of tyranny. Still, as *On Account of Race* forcefully demonstrates, through the better part of American history the Court has instead been a protector of white rule. And complex threats against the right to vote persist even today. Beginning in 1876, the Supreme Court systematically dismantled both the equal protection guarantees of the Fourteenth Amendment and what seemed to be the right to vote in the Fifteenth. And so a half million African Americans across the South who had risked their lives and property to be allowed to cast ballots were stricken from voting rolls by white supremacists. This vacuum allowed for the rise of Jim Crow. None of this was done in the shadows—those determined to wrest the vote from black Americans could not have been more boastful in either intent or execution. *On Account of Race* tells the story of an American tragedy, the only occasion in United States history in which a group of citizens who had been granted the right to vote then had it stripped away. It is a warning that the right to vote is fragile and must be carefully guarded and actively preserved lest American democracy perish.

### **Taming the Ox**

"[A] rare combination of solid scholarship, clinically useful methods, and passionate advocacy for those who have suffered trauma." —Rick Hanson, PhD, author of *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* From elementary schools to psychotherapy offices, mindfulness meditation is an increasingly mainstream practice. At the same time, trauma remains a fact of life: the majority of us will experience a traumatic event in our lifetime, and up to 20% of us will develop posttraumatic stress. This means that anywhere mindfulness is being practiced, someone in the room is likely to be

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

struggling with trauma. At first glance, this appears to be a good thing: trauma creates stress, and mindfulness is a proven tool for reducing it. But the reality is not so simple. Drawing on a decade of research and clinical experience, psychotherapist and educator David Treleaven shows that mindfulness meditation—practiced without an awareness of trauma—can exacerbate symptoms of traumatic stress. Instructed to pay close, sustained attention to their inner world, survivors can experience flashbacks, dissociation, and even retraumatization. This raises a crucial question for mindfulness teachers, trauma professionals, and survivors everywhere: How can we minimize the potential dangers of mindfulness for survivors while leveraging its powerful benefits? Trauma-Sensitive Mindfulness offers answers to this question. Part I provides an insightful and concise review of the histories of mindfulness and trauma, including the way modern neuroscience is shaping our understanding of both. Through grounded scholarship and wide-ranging case examples, Treleaven illustrates the ways mindfulness can help—or hinder—trauma recovery. Part II distills these insights into five key principles for trauma-sensitive mindfulness. Covering the role of attention, arousal, relationship, dissociation, and social context within trauma-informed practice, Treleaven offers 36 specific modifications designed to support survivors' safety and stability. The result is a groundbreaking and practical approach that empowers those looking to practice mindfulness in a safe, transformative way.

### **The Emotional Wisdom Cards**

The mind contains the seeds of its own awakening—seeds that we can cultivate to bring forth the fruits of a life lived consciously. With Mindfulness, Joseph Goldstein shares the wisdom of his four decades of teaching and practice in a book that will serve as a lifelong companion for anyone committed to mindful living and the realization of inner freedom. Goldstein's source teaching is the Satipatthana Sutta, the Buddha's legendary discourse on the four foundations of mindfulness that became the basis for the many types of Vipassana (or insight meditation) found today. Exquisite in detail yet wholly accessible and relevant for the modern student, Mindfulness takes us through a profound study of: Ardency, clear knowing, mindfulness, and concentration—how to develop these four qualities of mind essential for walking the path wisely The Satipatthana refrain—how deeply contemplating the four foundations of mindfulness opens us to bare knowing and continuity of mindfulness Mindfulness of the body, including the breath, postures, activities, and physical characteristics Mindfulness of feelings—how the experience of our sense perceptions influences our inner and outer worlds Mindfulness of mind—learning to recognize skillful and unskillful states of mind and thought Mindfulness of dhammas (or categories of experience), including the Five Hindrances, the Six Sense Spheres, the Seven Factors of Awakening, and

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

much more "There is a wealth of meaning and nuance in the experience of mindfulness that can enrich our lives in unimagined ways," writes Goldstein. In Mindfulness you have the tools to mine these riches for yourself.

### **Healing Racial Trauma**

A progressive Christian parenting book with a social-justice orientation How do we build a better world? One key way, says Cindy Wang Brandt, is by learning to raise our children with justice, mercy, and kindness. In Parenting Forward Brandt equips Christian parents to model a way of following Jesus that has an outward focus, putting priority on loving others, avoiding judgment, and helping those in need. She shows how parents must work on dismantling their own racial, cultural, gender, economic, and religious biases in order to avoid passing them on to their children. "By becoming aware of the complex ways we participate in systems of inequality or hierarchy," she says, "we begin to resist systemic injustice ourselves, empower our children, and change our communities."

### **Stay Woke**

A POWERFUL WORK OF SPIRITUALITY AND ANTI-RACISM--Publishers Weekly IF YOU READ ONE BOOK IN 2020, MAKE IT THIS ONE.--Tricycle From much-admired meditation expert Sebene Selassie, You Belong is a call to action, exploring our tangled relationship with belonging, connection, and each other You are not separate. You never were. You never will be. We are not separate from each other. But we don't always believe it, and we certainly don't always practice it. In fact, we often practice the opposite--disconnection and domination. From unconscious bias to "cancel culture," denial of our inherent interconnection limits our own freedom. In You Belong, much-admired meditation expert Sebene Selassie reveals that accepting our belonging is the key to facing the many challenges currently impacting our world. Using ancient philosophy, multidisciplinary research, exquisite storytelling, and razor-sharp wit, Selassie leads us in an exploration of all the ways we separate (and thus suffer) and offers a map back to belonging. To belong is to experience joy in any moment: to feel pleasure, dance in public, accept death, forgive what seems unforgivable, and extend kindness to yourself and others. To belong is also to acknowledge injustice, reckon with history, and face our own shadows. Full of practical advice and profound revelations, You Belong makes a winning case for resisting the forces that demand separation and reclaiming the connection--and belonging--that have been ours all along.

### **The Empathy Effect**

What if you walked into your classroom to find a room full of students who were working cooperatively with one another, focusing on the day's lesson, and able to regulate their own thoughts and feelings? Learn how to teach mindfulness strategies to your elementary and middle school students to provide a foundation for social-emotional well-being and academic engagement. Based on research and designed to complement any school setting, no matter how busy, the practices in this book will create the groundwork for a positive and productive learning environment. The curriculum covers these five key mindfulness practices: Breath awareness Body awareness Focusing on gratitude Kindness toward self and others Open awareness Each chapter includes a detailed lesson plan with suggested wording, as well as support materials (e.g., journal templates, activity sheets, and infographics). These tools, as well as audio recordings of the practices, are also available on our website as free eResources for classroom use ([www.routledge.com/9781138586550](http://www.routledge.com/9781138586550)).

### **The Bhagavad Gita**

A powerful and practical guide to help you navigate racism, challenge privilege, manage stress and trauma, and begin to heal. Healing from racism is a journey that often involves reliving trauma and experiencing feelings of shame, guilt, and anxiety. This journey can be a bumpy ride, and before we begin healing, we need to gain an understanding of the role history plays in racial/ethnic myths and stereotypes. In so many ways, to heal from racism, you must re-educate yourself and unlearn the processes of racism. This book can help guide you. The Racial Healing Handbook offers practical tools to help you navigate daily and past experiences of racism, challenge internalized negative messages and privileges, and handle feelings of stress and shame. You'll also learn to develop a profound racial consciousness and conscientiousness, and heal from grief and trauma. Most importantly, you'll discover the building blocks to creating a community of healing in a world still filled with racial microaggressions and discrimination. This book is not just about ending racial harm—it is about racial liberation. This journey is one that we must take together. It promises the possibility of moving through this pain and grief to experience the hope, resilience, and freedom that helps you not only self-actualize, but also makes the world a better place.

### **The Ethnic Project**

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

Why do Hindus revere the cow? Must Hindus be vegetarian? Hinduism is the world's oldest religion, yet the word 'Hindu' was never used before the 18th century by Hindus to describe themselves. It is defined as polytheistic, but Gandhi declared that a Hindu needn't believe in any god. It is a religion as much of myth as of history - it has no founder, no single authoritative book, even few central doctrines. Introducing Hinduism offers a guide to the key philosophical, literary, mythological and cultural traditions of the extraordinarily diverse faith. It untangles the complexities of Hinduism's gods and goddesses, its caste system and its views on sex, everyday life and asceticism. Vinay Lal and Borin Van Loon's hugely enjoyable tour through Hinduism also explores its links with and differences from Buddhism, Jainism and other religions, the resurgence of Hindu extremism, the phenomenon of Bollywood and the overseas Hindu diaspora.

### **Mindful of Race**

Renowned author and National Book Award winner Dr. Charles Johnson writes that his creative work and Buddhist practice are the two activities in his life that have reinforced each other—and have anchored him. In this wide and varied collection of essays, reviews, and short stories, Johnson offers writings that passionately and compellingly illuminate how politics, race, and spiritual life intersect in our changing culture. Throughout his long and varied creative career, Johnson has been a cartoonist and illustrator, screen- and teleplay writer, novelist, philosopher, short fiction writer, essayist, literary scholar, and professor. His work is often philosophically, politically, and spiritually oriented, and he has deeply explored racial issues in the United States, most notably in his novel *Middle Passage*, which won the National Book Award for Fiction in 1990. Johnson received a MacArthur Fellowship, or "Genius Grant," in 1998. *Taming the Ox* is a wonderful reflection of what Johnson has learned during his passage through American literature, the visual arts, and the Buddhadharma.

### **Radical Dharma**

People of color have endured traumatic histories and almost daily assaults on their dignity. Professional counselor Sheila Wise Rowe exposes the symptoms of racial trauma to lead readers to a place of freedom from the past and new life for the future. With Rowe as a reliable guide who has both been on the journey and shown others the way forward, you will find a safe pathway to resilience.

### **Race and Religion in American Buddhism**

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

A groundbreaking anthology by Buddhists of Color on ending suffering. Cover and seven original drawings by Mayumi Oda.

Mindfulness-based interventions have exploded in popularity due to their success in treating everything from everyday stress to more serious mental health conditions such as depression, anxiety, and post-traumatic stress disorder (PTSD). This breakthrough book provides professionals with a comprehensive, session-by-session guide to teaching mindfulness, complete with the scripts and training materials needed to teach introductory mindfulness in a wide variety of settings, despite theoretical background. Mindfulness—once an ancient practice honed in Buddhist monasteries—is now a mainstream, evidence-based, secular intervention employed by trained health and mental health professionals worldwide. The rapid spread of mindfulness increasingly involves psychologists, physicians, social workers, therapists, counselors, spiritual advisers, life coaches, and education professionals trained in their respective disciplines. Additionally, research continues to show that mindfulness is an effective treatment for anxiety, depression, stress, pain relief, and many other illnesses. If you are a professional interested in teaching mindfulness, this book will provide you with everything you need to get started right away. The introductory, six-week protocol outlined in this book is easy-to-use, and can be implemented in a variety of settings, ranging from an outpatient mental health clinic to an inpatient oncology clinic, from a substance abuse recovery program to educational settings. In addition, this book will tell you what to bring to each class; provides outlines for each session; offers scripts to help you differentiate the weekly meditative practices; and provides invaluable resources for further study and professional development. If you're looking to integrate mindfulness into your professional work, this is your go-to guide.

### **Mindful of Race**

"Awakening Together combines the intimately personal, the Buddhist and universal into a loving, courageous, important work that will benefit all who read it. For anyone who longs to collaborate and create a just and inclusive community, Larry provides a brilliant guidebook." —Jack Kornfield, author of *A Path With Heart* How can we connect our personal spiritual journeys with the larger course of our shared human experience? How do we compassionately and wisely navigate belonging and exclusion in our own hearts? And how can we embrace diverse identities and experiences within our spiritual communities, building sanghas that make good on the promise of liberation for everyone? If you aren't sure how to

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

start this work, *Awakening Together* is for you. If you've begun but aren't sure what the next steps are, this book is for you. If you're already engaged in this work, this book will remind you none of us do this work alone. Whether you find yourself at the center or at the margins of your community, whether you're a community member or a community leader, this book is for you.

### **On Account of Race**

In this companion to his best-selling book, Singleton presents first-person vignettes and a detailed case study showing educators how to usher in courageous conversations to ignite systemic transformation.

### **Teaching the Mindful Self-Compassion Program**

How to grow our inner capacity to face racial ignorance and suffering with a wise and caring heart "Racism is a heart disease," writes Ruth King, "and it's curable." Exploring a crucial topic seldom addressed in meditation instruction, this revered teacher takes to her pen to shine a compassionate, provocative, and practical light into a deeply neglected and world-changing domain profoundly relevant to all of us. With *Mindful of Race*, Ruth King offers: Tend first to our suffering, listen to what it is trying to teach us, and direct its energies most effectively for change. Here, she invites us to explore: Ourselves as racial beings, the dynamics of oppression, and our role in racism The power of paying homage to our most turbulent emotions, and perceiving the wisdom they hold Key mindfulness tools to understand and engage with racial tension Identifying our "soft spots" of fear and vulnerability—how we defend them and how to heal them Embracing discomfort, which is a core competency for transformation How our thoughts and emotions "rigidify" our sense of self—and how to return to the natural flow of who we are Body, breath, and relaxation practices to befriend and direct our inner resources Identifying our most sensitive "activation points" and tending to them with caring awareness "It's not just your pain"—the generational constellations of racial rage and ignorance and how to work with them And many other compelling topics Drawing on her expertise as a meditation teacher and diversity consultant, King helps readers of all backgrounds examine with fresh eyes the complexity of racial identity and the dynamics of oppression. She offers guided instructions on how to work with our own role in the story of race and shows us how to cultivate a culture of care to come to a place of greater clarity and compassion.

### **Mindfulness for Students**

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

Race is a known fiction—there is no genetic marker that indicates someone's race—yet the social stigma of race endures. In the United States, ethnicity is often positioned as a counterweight to race, and we celebrate our various hyphenated-American identities. But Vilna Bashi Treitler argues that we do so at a high cost: ethnic thinking simply perpetuates an underlying racism. In *The Ethnic Project*, Bashi Treitler considers the ethnic history of the United States from the arrival of the English in North America through to the present day. Tracing the histories of immigrant and indigenous groups—Irish, Chinese, Italians, Jews, Native Americans, Mexicans, Afro-Caribbeans, and African Americans—she shows how each negotiates America's racial hierarchy, aiming to distance themselves from the bottom and align with the groups already at the top. But in pursuing these "ethnic projects" these groups implicitly accept and perpetuate a racial hierarchy, shoring up rather than dismantling race and racism. Ultimately, *The Ethnic Project* shows how dangerous ethnic thinking can be in a society that has not let go of racial thinking.

### **Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing**

"Essays on the Buddha's life making connections between spiritual practice and the Engaged Buddhism movement in which meditators allow their inner experience of peace to propel them into action for social justice and environmental protection"--

### **Poison in the Ivy**

In the face of systemic racism and state-sanctioned violence, how can we metabolize our anger into a force for liberation? White supremacy in the United States has long necessitated that Black rage be suppressed, repressed, or denied, often as a means of survival, a literal matter of life and death. In *Love and Rage*, Lama Rod Owens, coauthor of *Radical Dharma*, shows how this unmetabolized anger--and the grief, hurt, and transhistorical trauma beneath it--needs to be explored, respected, and fully embodied to heal from heartbreak and walk the path of liberation. This is not a book about bypassing anger to focus on happiness, or a road map for using spirituality to transform the nature of rage into something else. Instead, it is one that offers a potent vision of anger that acknowledges and honors its power as a vehicle for radical social change and enduring spiritual transformation. *Love and Rage* weaves the inimitable wisdom and lived experience of Lama Rod Owens with Buddhist philosophy, practical meditation exercises, mindfulness, tantra, pranayama, ancestor practices, energy work, and classical yoga. The result is a book that serves as both a balm and a blueprint for those seeking justice who can feel



## Free Reading Mindful Of Race Transforming Racism From The Inside Out

overwhelmed with anger--and yet who refuse to relent. It is a necessary text for these times.

### **You Belong**

"We are all connected on a neurobiological level far more than we have previously realized. Consciously or not, we are in constant, natural resonance with one another's feelings. When we are engaged in shared mind awareness, the possibilities for mutual aid and collaborative problem solving abound." –Helen Riess, MD A Revolutionary Guide for Understanding and Changing the Way We Connect Empathy is undergoing a new evolution. In a global and interconnected culture, we can no longer afford to identify only with people who seem to be a part of our "tribe." As Dr. Helen Riess has learned, our capacity for empathy is not just an innate trait—it is also a skill that we can learn and expand. With *The Empathy Effect*, Dr. Riess presents a definitive resource on empathy: the science behind how it works, new research on how empathy develops from birth to adulthood, and tools for building your capacity to create authentic emotional connection with others in any situation. Dr. Riess emerged as leading researcher on empathy by creating a breakthrough training curriculum now used internationally in health care, business, and education. Drawing from this successful program and the latest science, she presents:

- The E.M.P.A.T.H.Y.® method—a powerful seven-step system for understanding and increasing empathy, starting with Eye Contact and ending with Your Response
- How empathy works—a comprehensive synthesis emerging from neuroscience, sociology, developmental psychology, and evolutionary theory
- Tools for recognizing and promoting empathic behavior in yourself and others
- Parenting and teaching empathy in kids—guidance for every stage of development
- Texts, emojis, and digital empathy—the modern challenge of authentic connection in the information age
- Empathy through art and literature—exploring the power of creative expression to expand our emotional experience
- Leading with empathy—how political and business leaders can combine compassion with efficiency through group empathy skills and shared mind intelligence
- Digging deep for empathy—how to reverse scapegoating and recognize shared humanity with those we normally keep at a distance
- Self-compassion—why your ability to express love toward yourself affects every other relationship in your life

"Nourishing empathy lets us help not just ourselves," says Dr. Riess, "but also everyone we interact with, whether for a moment or a lifetime." *The Empathy Effect* is a life-changing book that will revolutionize the way you understand yourself, relate to your loved ones, and connect to every person in your life.

### **Black and Buddhist**

## Free Reading Mindful Of Race Transforming Racism From The Inside Out

Now in paperback, the self-published success that provides guidance for women in identifying and transforming one of the most challenging emotions of our lives. Self-help authors rarely distinguish between anger and rage, but Ruth King has devoted her career to exploring the subtle varieties of this emotion. In *Healing Rage*, she gives all readers access to her pioneering, breakthrough program, which has already changed thousands of lives through workshops nationwide. Written for every woman—from counselors and their patients to those who may not realize that rage is at the root of their unhappiness and have just begun to seek new paths of hope—*Healing Rage* is a unique invitation for transformation.

### **More Courageous Conversations About Race**

Essays on Buddhist Mindfulness Practice. An inspiring and very accessible compilation of essays and edited talks on the Buddhist practice of mindfulness. As Gil Fronsdal states, "the search for the issue at hand is the search for what is closest at hand, for what is directly seen, heard, smelt, tasted, felt, and cognized in the present." Gil brings the practice of mindfulness not only to formal meditation but to all the varying aspects of every day life.

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