



MINDFULNESS FOR THE PEOPLE

RADICALLY RE-IMAGINING THE MINDFULNESS MOVEMENT

In a racially unjust world what good is mindfulness?

Angela Davis

Black Feminist Activist

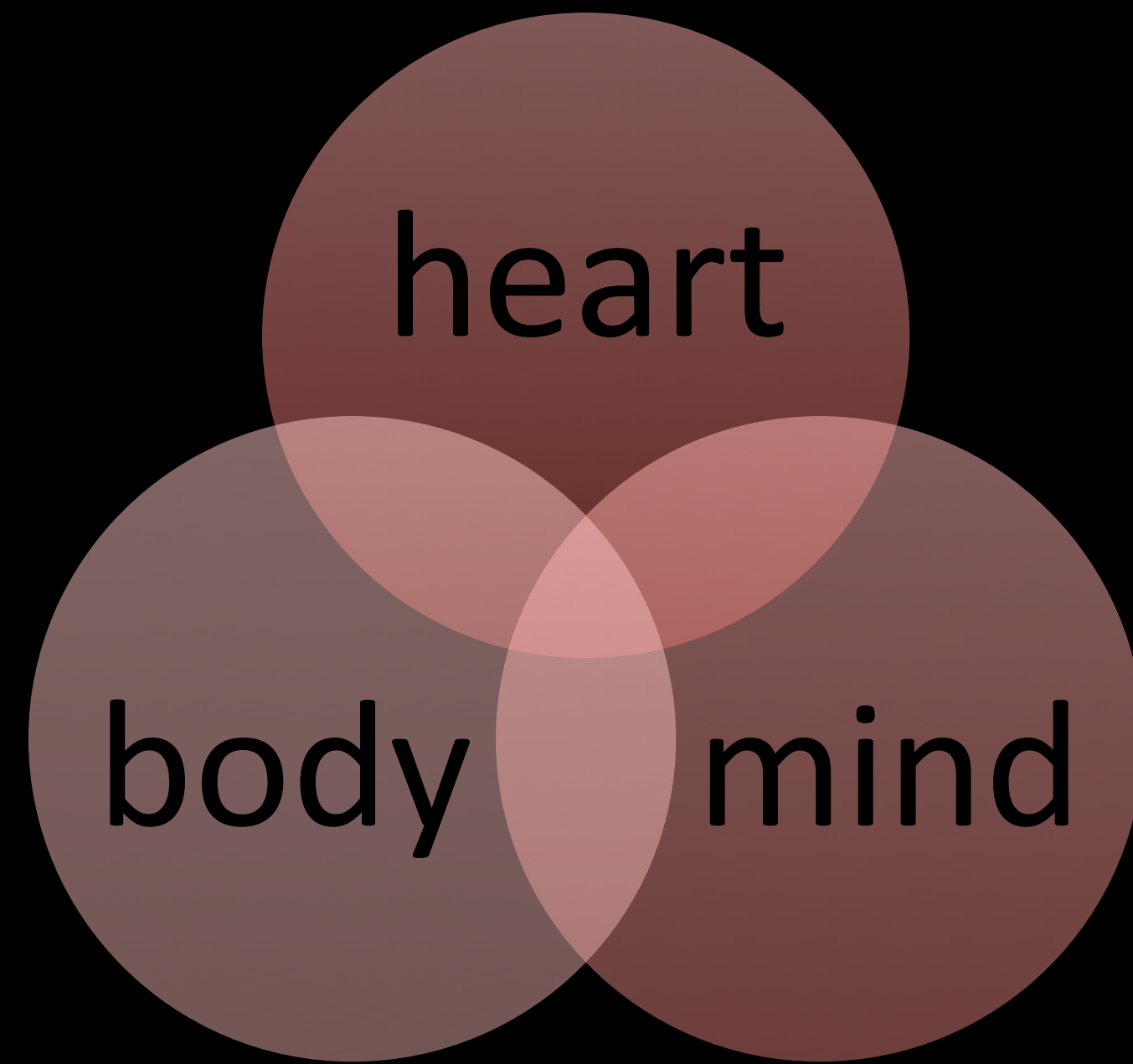
RADICALLY RE-IMAGINING THE MINDFULNESS MOVEMENT



#WhoGets2BeWell

Attention + Intention

Attention



Intention

Recognize

Allow

Invoke

Nurture

Overview

Our Racialized World

Our Awakening

**Our Radical
Re-Imagining**



**KEEP
CALM**

AND

**EMBRACE
THE AWKWARD**

My Love + Liberation Lens

15

10

6

4

2

1

0

7

*Love takes off the masks that we fear we cannot live without and know we cannot live within. I use the word love here not merely in the personal sense but as a state of being, or a state of grace—not in the infantile American sense of being made happy **but in the tough and universal sense of quest and daring and growth***

-James Baldwin,
The Fire Next Time

Our Racialized World

*We cannot live **unracialized lives in a racialized world.**
So when might the mindfulness movement actually begin
meeting the needs of our racialized world?*

*–Angela Rose Black, **Radically Re-Imagining the Mindfulness
Movement**, mindful.org (forthcoming, Spring 2017)*

Our Racialized World

#23WAYS

.Mic
ORIGINAL

#WhoGets2BeWell

Our Racialized World



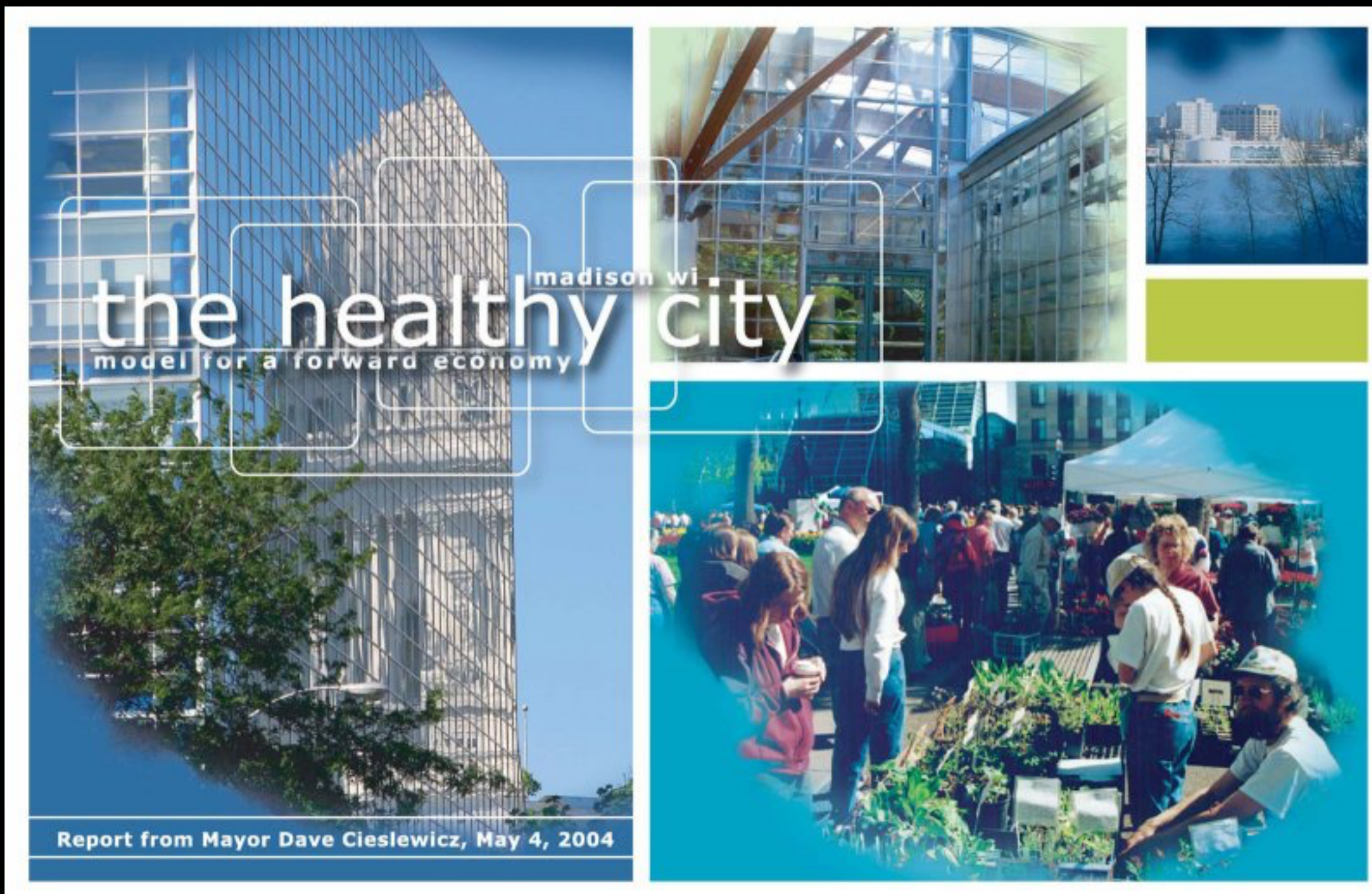
WORST for Black children

WORST for Black men

WORST for Black women

WORST for Black families

Our Racialized World



#1 Livability

#1 Quality of Life

#1 Greenest City

#1 Best City to Retire

Top 10 Best to Raise a Family

#WhoGets2BeWell

Our Racialized World



Our Racialized World

**African American
culture**

**caregiving roles
and expectations**

**cultural
competence**



cultural stigma

cultural shock

just like me

#WhoGets2BeWell

Our Racialized World



**contrasts with African
American culture**

"hippies"

"atheists"

"new age spiritualists"

Our Racialized World



cultural shock

"susceptible to the devil"

"religious cult"

"black women don't meditate"

"something may be wrong with me"

Our Racialized World



"..meditation means to physically dump yourself of you..all thoughts of you, all powers of you, all everything..so you can make yourself available to see spiritual fulfillment"

Our Racialized World



#1: being Black matters

*something that **people can relate to** because I think I initially..after the very first session when I went home with the CD..**I would have felt better if I had heard somebody's voice culturally, the tone was like mine"***



#WhoGets2BeWell

Our Awakening

*Either you will
go through this door
or you will not go through*

*If you go through
there is always the risk
of remembering your name*

Adrienne Rich

Prospective Immigrants Please Note



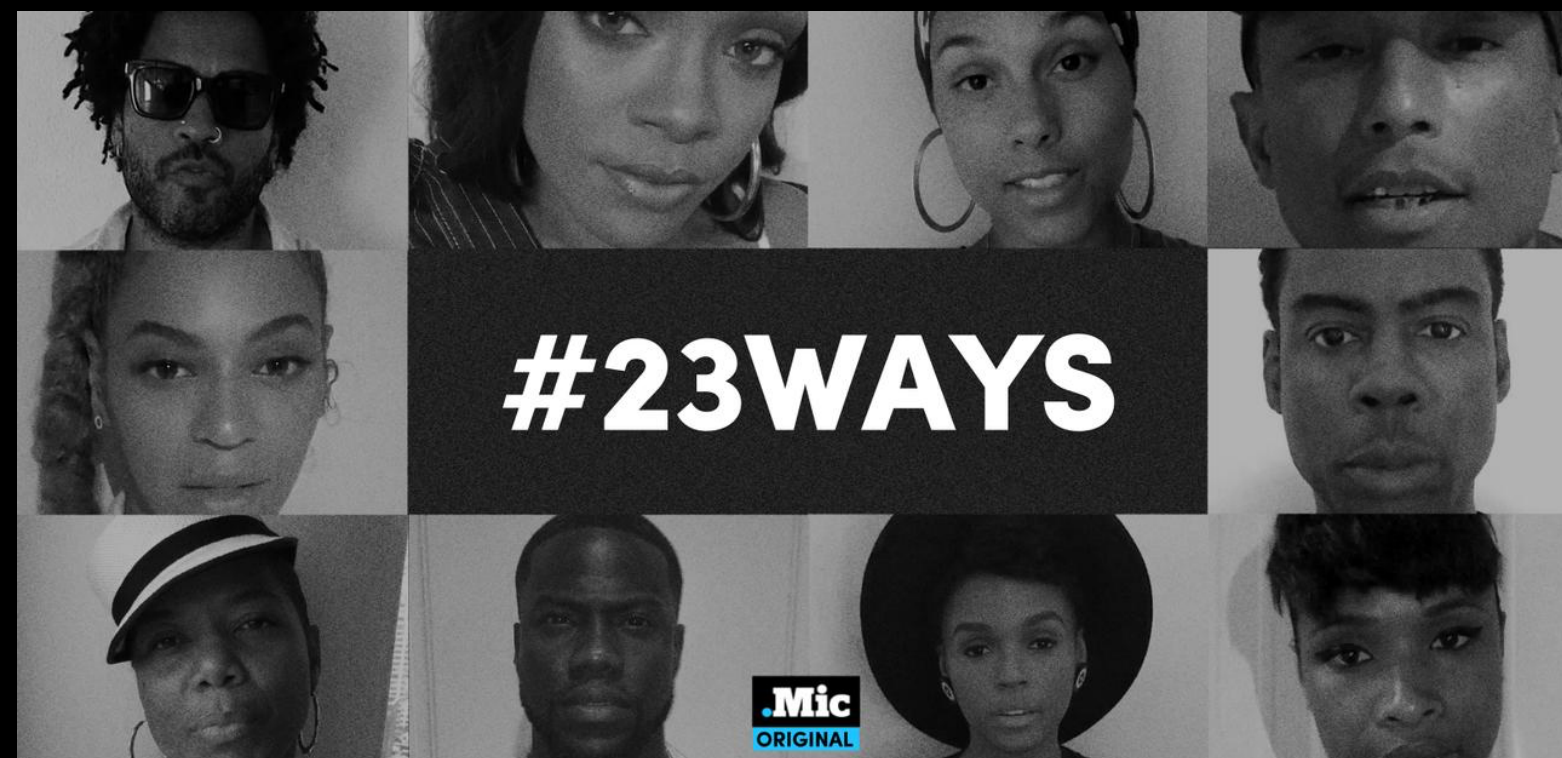
Universal Benefit



Seven Day Professional Training Retreat
Omega Institute - Rhinebeck, New York



Our Awakening: **What's Our Name?**



Collective Reaction

anger

fear

guilt

shame

silence

distance

Our Awakening: What's Our Name?

Table 1: Effects of Mindful Practices

↓ weight	↑ brain size, grey matter
↓ blood sugar	↑ body awareness
↓ blood pressure	↑ concentration
↓ cortisone	↑ learning
↓ inflammation	↑ sleep quality
↓ pain with stress	Improved lipid profile
↓ depression	Improved well being & alertness

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. By Kabat-Zinn, Jon (Sep 24, 2013).

MBSR + COMMUNITIES OF COLOR (2003-2013)

Total # of articles	11
• African American	8
• Hispanic/Latino	2
• Native American	1
• Asian American, Alaskan Natives, Pacific Islander	0
Logistical changes	5
Content changes	3
No changes	3

Fidelity + Rigor

Our Awakening: **What's Our Name?**



Business As Usual

Our Awakening: What's Our Name?

White Fragility (n):

"A state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include outward display of emotions such as fear and guilt, and behaviors such as argumentation, silence and leaving the stress-inducing situation."

Socialized into a deeply internalized sense of superiority and entitlement that we are either not consciously aware of or can never admit to ourselves, we become highly fragile in conversations about race. We experience a challenge to our racial worldview as a challenge to our very identities as good, moral people. Thus, we perceive any attempt to connect us to the system of racism as a very unsettling and unfair moral offense.

Dr. Robin DiAngelo,
Why White People Implode When Talking About Race

Our Awakening: **What's Our Name?**

White Fragility (n):

"A state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include outward display of emotions such as fear and guilt, and behaviors such as argumentation, silence and leaving the stress-inducing situation."

anger

fear

guilt

shame

silence

distance

Our Awakening: **What's Our Name?**

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These moves include outward display of emotions such as fear and guilt, and behaviors such as argumentation, silence and leaving the stress-inducing situation."

Universal Benefit

Fidelity

Rigor

Business as Usual

Our Awakening: **What's Our Name?**

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Universal Benefit

(silence, turning away)

Fidelity

(argumentation)

Rigor

(argumentation)

Business as Usual

(fear, guilt, silence, turning away)

Our Awakening: **What's Our Name?**

White Fragility (n):

"A state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include outward display of emotions such as fear and guilt, and behaviors such as argumentation, silence and leaving the stress-inducing situation."

Universal Benefit

(to whom?)

Fidelity

(based on what?)

Rigor

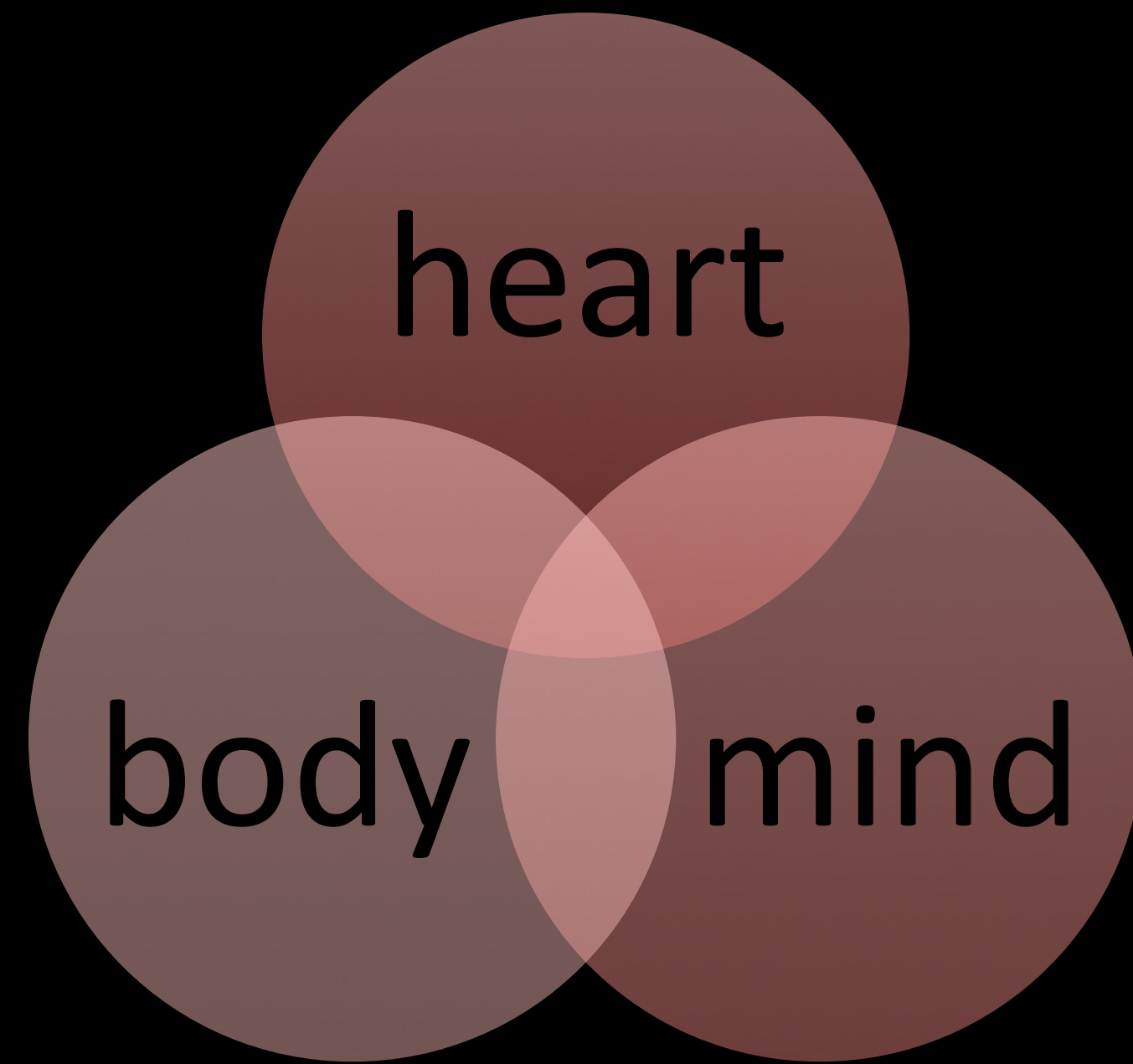
(at what cost?)

Business as Usual

(#WhoGets2BeWell)

Attention + Intention

Attention



Intention

Recognize

Allow

Invoke

Nurture

Our Radical Re-Imagining

*Progressive social movements do not simply
produce statistics and narratives of oppression;
rather, the best ones do what great
poetry always does:
transport us to another place, compel us
to re-live horrors and, more importantly,
enable us to to imagine a new society*

Robin D. G. Kelley

Freedom Dreams: The Black Radical Imagination



MINDFULNESS FOR THE PEOPLE

RADICALLY RE-IMAGINING THE MINDFULNESS MOVEMENT

WHO WE ARE

Mindfulness for the People LLC is a Black-owned for-profit social impact start-up.

WHAT WE DO

We design and implement culturally relevant and oppression sensitive mindfulness trainings that engage racial battle fatigue among people of color and white fragility among white people.

HOW WE DO IT

Our approach disrupts systemic whiteness by fostering awareness of implicit and explicit racial bias in the mindfulness movement. This shift in consciousness cultivates the learning edge needed to radically re-imagine a mindfulness movement that meets the needs of our racialized world.

Our Radical Re-Imagining



MIND-BODY RACIAL RESILIENCE™

Engages Racial Battle Fatigue among People of Color

COMPASSION-BASED RACIAL STAMINA BUILDING™

Engages White Fragility among White people

RADICALLY RE-IMAGINING THE MINDFULNESS MOVEMENT™

Fosters oppression sensitive and culturally relevant mindfulness initiatives

Trainings. Keynotes. Consultations.

Our Radical Re-Imagining

The Institute for Radical Re-Imagining™
**Mind-Body Racial
Resilience™**
by Mindfulness for the People

I wonder if I dreamt that this beautiful and amazing yoga space on the near east side of Madison...experienced this #MelaninTakeover...and all of a sudden...filled with the most beautifully abundant #melanatedmagic



#MelaninTakeover
Radical Release + Reset Edition
Sunday January 22nd
Synergy Co-Working
\$25 (\$20 Early Bird)
2p-5p

Our Radical Re-Imagining

The Institute for Radical Re-Imagining™

**Compassion-Based
Racial Stamina
Building™**

by Mindfulness for the People

*"This has been **one of the most transformative learning experiences I have had around racial justice**. The combination of content, community practice, homework, and expert modeling by facilitators created an integrated environment for individual and collective learning. People in my life---both white and PoCs---have noticed how **I'm showing up differently** as a result of taking this class. **My ability and capacity to listen to self and others has improved.**"*

-Senior Asst Dean, UW Madison

Our Radical Re-Imagining

The Institute for Radical Re-Imagining™

**Compassion-Based
Racial Stamina
Building™**

by Mindfulness for the People

*Your instruction and this class has **fundamentally changed how I approach my own white racial identity and my racial justice work.** This class has given me concrete tools to approach my emotions/reactions/actions, to identify my needs in racial justice work, and to begin to really understand my own “edges” as places **to build stamina within myself so I can begin to replace white fragility with racial stamina.***

-Nutrition Education Specialist, Madison, WI

*If you have come to help me
you are wasting your time
But if you have come because
your liberation is bound up with mine
then let us work together*

*Lilla Watson
Aboriginal activist*

Our Radical Re-Imagining



The Institute for Radical Re-Imagining™
**Radically Re-Imagining the
Mindfulness Movement™**
by Mindfulness for the People

*...Radically Re-Imagining the Mindfulness Movement proved to be incredibly valuable. Dr. Black **provided a framework to evaluate mindfulness events, programs, and organizations from a racial-justice perspective.** Skillfully guiding us through a real-life example, she gave us hands-on learning so we could deeply understand the framework and know how to apply it. If you're searching for a practical, effective approach to merging racial justice with mindfulness, look no further than Dr. Black.*

-CEO, Corporate Mindfulness Training Firm

**“If you have come to help me,
you are wasting your time.
If you have come because
your liberation is bound up
with mine, then let us
work together.”**

LILLA WATSON

**MINDFULNESS
FOR THE PEOPLE**

RADICALLY RE-IMAGINING THE MINDFULNESS MOVEMENT



Mindful.org

Page Liked · January 16 · Edited ·

This year [Mindful.org](#) and [Mindfulness for the People](#) will collaborate on a series about race and bias. It is our hope that we will empower more people to have open, kind, and honest conversations about the racial wounds that divide and paralyze our country and the role that mind-body disciplines and trauma-informed practices have in the work that needs to be done to heal race-based wounds.

<http://buff.ly/2iuXdkl>

Like Comment Share

252

Top Comments

63 shares

6 Comments



Jodi Madden excellent!

Unlike · Reply · 3 · January 16 at 5:32pm



Megan Bollig Bluma ❤️💜💛💚💙💖💗💕

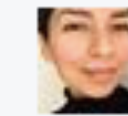
Unlike · Reply · 2 · January 16 at 8:43pm

1 Reply



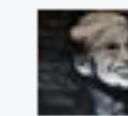
Fabiola Fabiola Love this post! ❤️ Awesome!

Unlike · Reply · 2 · January 17 at 7:16pm



Sarai Mendiola That is the best way.

Unlike · Reply · 3 · January 16 at 10:06pm



Laura H Love Thank you for this important work!

Unlike · Reply · 2 · January 17 at 3:26pm



Peg Dart Thomas I am impressed with Mindful. They're provide emails several times a week with very little advertisements.

Like · Reply · January 28 at 10:13pm



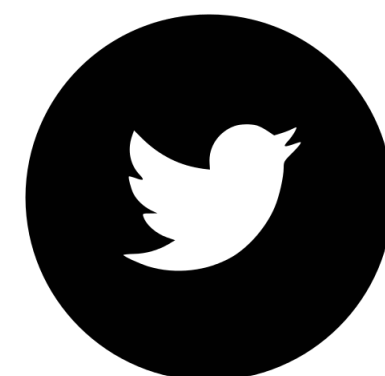
Write a comment...



mindfulnessforthepeople.org

MINDFULNESS FOR THE PEOPLE

RADICALLY RE-IMAGINING THE MINDFULNESS MOVEMENT





#MELANINTAKEOVER

Soul Care Sunday

"Today, I chose to get back into my body & heal.
What a blessing. So much magic at the
#melanintakeover!"

SOUL CARE SUNDAY

01
—
22
—
17

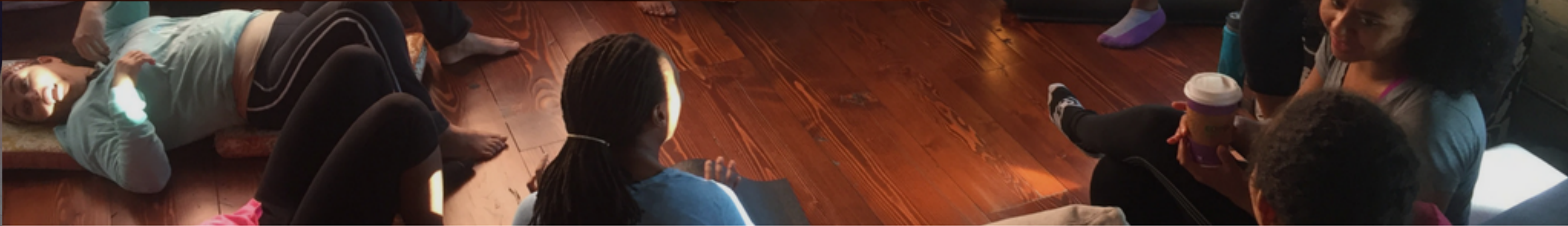
#MelaninTakeover



Y'all...when I tell you I
was gettin' it...I was
TRULY GETTIN' IT!!!
After the class, I thanked
the instructor for her
light and her positive
energy and confessed: "I
don't even move like
that!" She quickly
replied: "Girl, yes you
DO!"

#MELANINTAKEOVER

Soul Care Sunday: AfroVibe by Dr. Grenita Hall-Scott



SOUL CARE SUNDAY: #MELANINTAKEOVER

Our Racialized World

#23WAYS

