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# Mindful of Race: Transforming Racism From the Inside Out

RUTH KING | Saturday, April 28, 10:00 am - 4:30 pm

LIVESTREAM AVAILABLE

Racism remains one of the most deeply rooted and painful impasses of our time. It is fed through lack of awareness and the misuse of power. In this daylong, the Racial Awareness Rubik™ is introduced to support an understanding of the skeletal shape of racism and the flesh we put on its bones. Through the lens of the Vipallasa Sutta, we recognize the structure of misperception and three truths we must remember but often forget. Mindfulness practice helps us intimately investigate our individual and collective racial conditioning and its systemic proliferation. With practice, our response to racial injury, ignorance, and distress within ourselves and in the world is more wisely attended in service to a culture of care.

*RUTH KING is a guiding teacher at Insight Meditation Community of Washington, a core teacher in Spirit Rock's Dedicated Practitioner Program, and founder of Mindful Members Insight Meditation Community in Charlotte, NC. Ruth is a life coach and consultant, and the author of Healing Rage.*

Register at [spiritrock.org](https://spiritrock.org)



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