

a 3-part Study Group to explore

## *Race: The Power of an Illusion*

Amongst the most powerful teachings of the Buddha are those on the interconnectedness or mutual codependence of all living beings and the natural world, in spite of apparent differences.

In these current times, we find ourselves facing the devastating result of separation, in particular we see division of people by race and ethnicity. This separation has been enforced via social norms as well as through historical laws. Engaged Buddhists realize that individual moral and spiritual transformation must align with a deep understanding of the structures of oppression. It is not enough to recognize when the sufferings of greed, hatred and ignorance arise in the individual but that we must transform our understanding of how these are embedded in our society and its institutions.

*What would it mean to use our practice to explore race?*

Race: the Power of an Illusion is a 3 part video series released in 2003 which investigates the idea of race and its impact in our country.

**Part 1** challenges how the science of genetics has bundled human beings into 3 or 4 fundamentally different groups according to physical traits. **JULY 17 6:30-8:15 pm**

**Part 2** looks at how race, and the science that legitimized it, served to rationalize and justify social inequities in the US as "natural." **JULY 31 6:30-8:15 pm**

**Part 3** uncovers how race resides in politics, economics and culture -and how our social institutions disproportionately channels resources, power, status and wealth to benefit some at the expense of others. **AUGUST 14 6:30-8:15 pm**

We will begin each evening with a meditation. Once grounded in mindfulness, we will view one of the 60 minute video segments and this will be followed by a facilitated discussion.

All sessions take place at Albuquerque Insight Meditation Center, 200 Rosemont NE

Please contact Anne Arkin at [osaearkin@gmail.com](mailto:osaearkin@gmail.com) for any questions and to sign up for this study group.