

# Waking up to Whiteness 2.0

Using mindfulness to unlearn racism

A 6-week class

Tuesdays 6:30 – 9pm at the ABQ Insight Meditation Center

**Sept 12, 19, 26 & Oct 3**

**Two day-longs: Sept 9 and Oct 7 (10 am – 4 pm)**

Facilitated by Kathryn Turnipseed & Jennifer Tucker

Application Deadline: **July 31, 2017**

Racism causes suffering and violence. Our 6-week class will bring the tools of mindfulness and the Dharma to a deep exploration of racism and white privilege, or “whiteness.” We have three aims: 1) understand the historical and social roots of racism 2) use mindfulness to investigate our deep conditioning around race and whiteness and 3) work toward transformation at multiple levels: our own hearts & minds, our communities and the larger institutions that reproduce racism.

We anticipate there will be more interest than spaces available, so be sure to apply by the **deadline of July 31 (link below)**.

We will use mindfulness practices, study, reflection and discussion to look at how racial conditioning shows itself and how the privileging of whiteness harms us and others. Our curriculum is a revamped version of Waking up to Whiteness 1.0, held at AIMC in Spring 2017. This class drew from curriculum developed by committed dharma practitioners affiliated with the East Bay Meditation Center and Spirit Rock. We learned a lot together in that class, which will inform WUTW 2.0.

## **Many participants found Waking up to Whiteness 1.0 useful, saying:**

“This course has been seminal to my advocacy work and life changing as a practitioner of Vipassana Meditation”

“The class allowed me the time and space to delve more deeply into my role in perpetuating or dismantling racism...Engaging, talking and meditating with others at AIMC was an extremely valuable experience that has enlivened me to engage in further actions toward racial justice.”

“The Waking up to Whiteness curriculum truly does what is intended. The difficulty of the material, which can be anxiety provoking and heart breaking, is held with compassion through the sangha.”

## **Class expectations**

All participants must watch the three-part PBS series *Race: The Power of an Illusion* as a pre-requisite, before the first class.

There will be class “homework” consisting of short readings, mindfulness practices and check-ins with others.

We ask participants to commit to the entire course. Diving into the dynamics of whiteness is turning toward racial suffering. It’s not easy and you may feel tempted to turn away. We are seeking a cohort of participants who commit to supporting each other in sticking with it.

This class responds to calls from people of color in our sanghas and communities, saying that white folks need to do the work of understanding and dismantling racism and white privilege. Our curriculum is designed for white people. Yet we also know that race is complex and that many people, not just white folks, might benefit from this class. Anyone who wants to explore their own race privilege is welcome to join us.

## **Link for the application**

There are a limited number of spaces available in this class. The application should take about 10 minutes.

The application is [here](#)

## **Cost of the course**

This course will be offered in the tradition of dana, or generosity. There is no fee for participating in the class. Participants will have the opportunity to support the teachings through making donations, in the spirit of generosity.