

LOVE and TRUTH
Learning + Action for white healers in Michigan

“Being a healer is the powerful gift of bearing witness in an authentic way that allows us to mindfully choose who we are. In this way, there is another path.” -Michele Harper

BREAKOUT ROOM PART 1

The statements below were drafted to help encourage personal reflection. With the members of your breakout room, discuss the one statement assigned to your group below in the context of being a healer.

Each small group will have the opportunity to share points of conversation with the larger group. Please choose a representative now from your small group to jot down notes and then speak to the larger group on what came up.

1. Have the often difficult conversations around “**holding space**” for practices like yoga and meditation and - **holding privilege** at the same time.
2. Bolster the idea of **non-harm and inclusion** in the yoga and meditation spaces through **our acknowledgment of past and present “whiteness”**.
3. Reinforce the idea of **listening** - and also “**feeling**” - as one of our most **powerful tools of transformation**.
4. Let this meeting show us **where we need to do more work** through powerful conversation, but also our own **discomfort** - recognizing that as a portal.

BREAKOUT ROOM PART 2

With the members of your breakout room, consider how and where the Michigan yoga community needs support in acknowledging Black Lives Matter.

How can we better acknowledge and support the BLM movement as practice?

Please add thoughts and proposed solutions to the chat. We will continue the conversation in the large group.