The Art of Mindful Inquiry

“What I heard you say was...”

“Tell me more about what you meant by...”

“What angered you about what happened?”

“What hurt you about what happened?”

“What’s familiar about what happened?”

(How did that affect you?
How does it affect you now?)

“What do you need/want?”
Ways to Stop a Conversation About Race/Racism

1. I don’t see color, gender or age. We’re all just human beings.
2. We have more similarities than differences.
3. Racism/sexism/ageism happen all over the world.
4. I think some people use diversity as an excuse.
5. I think identifying into groups only further divides us.

Instructions: Let’s work on a reflection and an Inquiry for each statement Using the Art of Mindful Inquiry process