



BIPOC

(Black, Indigenous, People of Color)

Mindfulness Resource Guide



EDUCATION JUSTICE PROJECT
an initiative of Education at Illinois

Introduction

This resource guide was created by the [Mindfulness Discussion Group](#) (MDG), a weekly mindfulness meditation and discussion group which has been meeting at the Danville Correctional Center in Danville, Illinois since 2012. MDG is part of the [Education Justice Project](#) at the University of Illinois at Urbana-Champaign. You can find more information about the MDG [here](#).

The seeds for this project were planted by our inside (incarcerated) members over the course of several group meetings in 2019. In March 2020 all programming at the prison was suspended due to COVID-19. However, outside MDG members continued to meet regularly through videoconference to brainstorm ways to support our inside members (and each other) during the pandemic. Over the course of the next few months we compiled and created this guide.

It is our hope that the teachers, meditations, and opportunities for connection and practice contained within this guide will inspire you as they have inspired us. Once programming resumes at the prison, we hope to share them with our inside members. The guide will also be shared with EJP's outside network of families, friends, and supporters. Permission is given to you to freely share this guide with anyone you wish.

Finally, if you are a BIPOC teacher and would like to be included in future editions of this guide, please fill out and submit [this form](#).

May the wisdom contained within this guide open our hearts, settle our minds, and nourish and sustain our individual and collective efforts for liberation and justice.

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Phone Apps

General info: All phone apps can be downloaded free of charge. Some apps offer paid subscriptions to get access to all content (see details below).

Free of charge

Plum Village

Plum Village is an engaged Buddhist community founded by Vietnamese Zen Master Thich Nhat Hanh. The Plum Village app offers guided meditations for cultivating calm, deep relaxation, appreciation, true love, mindful eating and compassion. It also offers a preset meditation timer, nature sounds, contemplations, practice poems, chants, teachings, and videos of mindful movements. A unique feature of this app is the “bell of mindfulness,” which you can program on your computer or smartphone to ring at different times during the day as a reminder to stop, breathe and relax.

Teachers in Plum Village are not exclusively BIPOC. However, all of the teachers on the app are ordained members of the Order of Interbeing (the Buddhist order founded by Thich Nhat Hanh) and several are Vietnamese.

The app is entirely free of charge. All content can be downloaded to your device for offline listening.

The Plum Village app can be found in your phone's App store, or by visiting [here](#).

Free to download and can be upgraded via paid subscription

10% Happier

10% Happier is an app developed by self-described "fidgety meditation skeptic" Dan Harris. The App offers a series of courses, talks, and individual guided meditations as well as a special section for sleep. Individual meditations are grouped by topic which include relating to race ("attending to the fires of racism"), beginners, advanced, stress, happiness, difficult emotions, waking up, and relationships, among others. Course teachers are recognized experts within the field, and many are BIPOC.

The app is free to download, and can be upgraded for an annual subscription of \$99/year. The free version provides access to approximately 25% of the total content, including a course on the basics of meditation and the weekly "10%

Live Pandemic Sanity Break Series.” Subscribers get access to 100% of the content, and the ability to download content to their devices for offline listening.

Although teachers on 10% Happier are not exclusively BIPOC, many of the BIPOC teachers in this guide can be found in the app. It should also be mentioned that 10% Happier was one of the first apps to feature a high percentage of BIPOC teachers.

The 10% Happier app can be found in your phone’s App store, or by visiting [here](#).

Insight Timer

Originally a meditation timer, Insight Timer has grown to become the largest of all meditation apps. Meditations can be filtered by benefit, type of practice, and origin. Because the library is so large, the app can be a little hard to navigate at first. Additionally, the quality of the meditations and teachings on the app are quite variable.

The app is free to download, and can be upgraded to “Member Plus” with a subscription. The subscription is \$60/year. The free version provides access to 100% of the meditation library, as well as their customizable meditation timer that can be used for your own silent or self-guided meditation practice. However, subscribers get access to hundreds of courses, “daily insights,” and can download meditations/ talks to their device

for offline listening.

Teachers on Insight Timer are not exclusively BIPOC. However, Insight Timer has curated a free Teachers of Color playlist that can be found (and listened to) [here](#).

The Insight Timer App can be found in your phone's App store, or by visiting [here](#).

Liberate Meditation App

Liberate is a meditation app created by and for BIPOC. Meditation categories include sleep; anxiety; anger; ancestors; self-worth; gratitude; grief; the body; love; mindfulness; depression; race; microaggressions; masculinity; and pride. There is also a section of longer talks given by BIPOC teachers on topics such as "From surviving to thriving," "Deep healing for ourselves, our world," and "Feel more, suffer less." Because the app is so new, their library is small but growing.

The app is free to download, and can be upgraded to "Liberate Plus" with a subscription. The subscription is \$9.99/month, or \$71.99/year. The free version provides access to approximately 40% of the total content. Subscribers get access to 100% of the content, the ability to download meditations/talks to their device for offline listening, and the ability to participate in gatherings for Liberate Plus users. Financial assistance is available for those unable to afford a

subscription.

The Liberate Meditation App can be found in your phone's App store, or by visiting [here](#).



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Joshua Bee Alafia

Josh is an independent filmmaker who practices an eclectic blend of Vipassana, Dzogchen, Taoist, and Hawaiian Shamanic spiritual practices. He is a graduate of the Community Dharma Leaders training through [Spirit](#)

[Rock Meditation Center](#). He currently teaches mindfulness meditation with [South Side Insight Meditation Sangha](#) in Chicago.



Videos:

- [Guided 20 min Metta Meditation](#)
- [Guided 10 min Forgiveness Meditation](#)

Website/Contact Info: <https://joshuabee-alafia.squarespace.com/>

Noliwe Alexander

Noliwe Alexander has been a student of Vipassana meditation for over 20 years. Noliwe dedicates her coaching & Dharma practice to the POC, LGBTQIA+, At Risk and Elder communities. She is a graduate of [Spirit Rock Meditation Center's](#) CDL4 program, [East Bay Meditation Center's](#) Commit 2 Dharma program in 2010 and a graduate of Spirit Rock Teacher Training from 2017-2020. As founder of Peace At Any Pace, Inc, Noliwe offers a Journey to Healing from Intergenerational & Ancestral Trauma retreats, presented exclusively to people from the African Diaspora. Noliwe is a wisdom keeper and humbled by the presence of her ancestor's spirit that lives within and walks beside her.



Videos:

- [Guided Metta \(Loving-Kindness\) Meditation](#)
- Talk: [Waking up, calming the mind, holding the duality of our times](#)
- Talk: [Mindfulness and Relationships - The Dance](#)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Noliwe can be found [here](#)

Articles:

- Contributor: "[Heal the Wounds and Trauma,](#)" Lion's Roar (July 21, 2019)

Laurie Amodeo

Laurie Amodeo is of Haitian ancestry and is the co-founder of the [BIPOC Meditation Collective](#). She has been a student and practitioner of Yoga and Buddhism since 2005, studying in the Zen, Shambhala and Vajrayana traditions. She facilitates embodied practices as a Meditation Guide and yoga teacher.



Laurie is the Director of Marketing & Communications for [Tara Mandala International Buddhist Community](#) and serves on the Board of Directors for [The Arrow: A Journal of Wakeful Society](#). In her creative practice, Laurie is a vocalist, songwriter, dancer, and student of Sogetsu Ikebana.

Music:

- [Radiate Out](#)
- [New Moon In Scorpio](#)

Website/Contact Info: <https://www.laurieamodeo.com/>

Devin Berry



Devin Berry has been meditating for over 20 years. His practice is primarily informed by the classical teachings of early Buddhism and the Insight Meditation tradition. He has undertaken many periods of silent long-term retreat practice, and is currently in the 2017-2021 Insight Meditation Society Teacher Training Program. Devin is a community teacher at [East Bay Meditation Center](#) in Oakland, CA where he co-founded the teen sangha and the Men of Color sangha. He also serves on the Board of Directors of [Insight World Aid](#).

Videos:

- [Overcoming Racism for Individual and Collective Wellbeing](#) (Ted Talk)

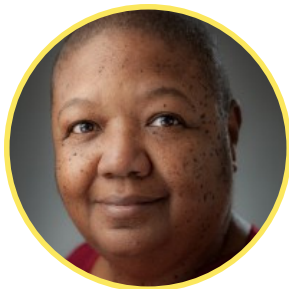
Audio Talks & Guided Meditations:

- [Self Forgiveness](#)

Articles:

- [Heal the Wounds and Trauma](#)
- [Free at Last](#)

Ven. Pannavati Bhikkhuni



Ven. Pannavati is a Buddhist monk ordained in the Theravada and Chan traditions. She is a disciple of Great Master Kuang Seng, continues Vajrayana empowerment and teachings with Rinpoche Zhaxi Zhouma and received dharma transmission from Roshi Bernie Glassman of [Zen Peacemakers](#). She is the co-founder and co-spiritual director of [Heartwood Refuge & Retreat Center](#).

Videos:

- [Inviting and Dwelling In Infinite Space](#) (guided meditation)
- [Guided Mindfulness Of The Breath](#)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Ven. Pannavati can be found [here](#)

Articles:

- Articles and additional videos can be found [here](#)

Website/Contact Info: <https://pannavati.org/about/>

Leslie Booker

Leslie is a graduate of [Spirit Rock's](#) Mindful Yoga and Meditation training, Community Dharma Leaders' Training, and will complete Spirit Rock's four year Retreat Teacher Training in 2020. She has worked with incarcerated and vulnerable youth, facilitated mindfulness and cognitive-based therapy intervention on Riker's Island, and is a faculty member of the [Engaged Mindfulness Institute](#).



Videos:

- [Mindfulness, Ethics, and Right Action](#) (Panel Discussion with Jonathan Rose, JoAnne Page)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Leslie can be found [here](#)

Articles:

- [A Practice to Open Up To The Emotional Body](#)
- Contributor: [Gender & Trauma - Somatic Interventions for Girls in Juvenile Justice: Implications for Policy and Practice](#) (Georgetown Law Center)

Books:

- Co-author: [Best Practices for Yoga in the Criminal Justice System \(Yoga Service Best Practice Guides\) \(Volume 3\)](#) (2017, CreateSpace Independent Publishing Platform)
- Contributor: [Happiness at Work](#), by Sharon Salzberg (2013, Workman Publishing Company)

Website/Contact Info: <https://www.lesliebooker.com/>

Stephanie Briggs



Stephanie Briggs is an Assistant Professor of English at the Community College of Baltimore County in Baltimore, Maryland, where she teaches Developmental English and English Composition I classes. Her program, "[Be. Still.](#)

[Move: Creative Contemplative Movement,](#)" was developed using the teachings and various practices of a number of mindfulness practitioners.

Professor Briggs leads the Building Communities With Students of Color Initiative, funded by The Fetzer Institute and the [Center for Contemplative Mind in Society.](#)

Videos:

- [Be. Still. Move](#) (Webinar offered by the Center for Contemplative Mind in Society)
- TedX Talk: [Developing Empathy As Practice](#)

Articles:

- [Bringing Movement and Contemplation Into the Classroom](#)

Website/Contact Info: sbriggs@ccbcmd.edu

Bhante Buddharakkhita

Bhante is one of the first Buddhist monks in Africa. He was ordained as a Theravada monk in 2002 and founded the [Uganda Buddhist Centre](#) in 2005. He currently lives in the United States, where he is a spiritual advisor of [Flowering Lotus](#) Meditation center.



Videos:

- Bhante has many video dharma talks [here](#)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Bhante can be found [here](#)

Books:

- Sowing Seeds of Peace: Mindfulness Meditation for Finding Peace Within (Out of Print). PDF available [here](#)
- Drop By Drop: The Buddha's Path To True Happiness (Out of Print). PDF available [here](#)
- Planting Dhamma Seeds: The Emergence of Buddhism in Africa (Out of Print)

Website/Contact Info: <https://www.spiritrock.org/bhante-buddharakkhita>

Michelle Chatman



Michelle leads a contemplative initiative at UDC which offers a monthly campus-wide meditation, contemplative pedagogy workshops, and an annual faculty and staff retreat. As a practitioner of the Yoruba belief system, the teachings of this ancient tradition, along with influences from her Christian upbringing and other spiritual traditions, serve as the basis of her personal, contemplative practices. Professor Chatman is enrolled in the [Koru Mindfulness Teacher Certification Program](#) and is also the curator of www.wisdomfromthemat.com, a website devoted to promoting critical, contemplative pedagogy among faculty of color.

Videos:

- [Healing the Harm In Schools](#) (TedxUStreetWoman Talk)
- [How Africa Changed My Life](#) (TedX Talk)

Website/Contact Info: mchatman@udc.edu

Thomas Davis

Thomas Davis is a Mindful Awareness practitioner who emerged from the Contemplative Faith Community, where he served as a Lay Minister for over 10 years. His orientation to the Mindful Awareness practice began at the [East Bay Meditation Center](#) in Oakland, CA in 2012. He has since graduated from the [Spirit Rock](#) Community Dharma Leader Training Program. He is currently a visiting teacher at The East Bay Meditation Center and Alameda Sangha, and has served as a member of the Kaiser Permanente Spiritual Care team as Chaplain.



Videos:

- [Body Scan](#) (Guided meditation)
- [Gratitude](#) (Guided meditation)

Articles:

- [Mindfulness for Pain Practice: Zooming Out](#) (with embedded guided meditation)

Groups/Classes:

- [People of Color Sangha Weekly Practice Group](#) (Online), Fridays 9PM-11PM Central Time

Website/Contact Info: Care of [InsightLA](#)

Bonnie Duran

Bonnie is of Opelousas/Coushatta descent, and has studied with many teachers. She graduated from the [Insight Meditation Society's](#) teacher training program, and holds a Dr.PH from UC Berkeley School of Public Health.

She has worked in public health research, evaluation and education among Tribes, Native Organizations and other communities of color for over 35 years. She is currently Director of the Center for Indigenous Health Research at the [Indigenous Wellness Research Institute](#), and teaches graduate courses in Community Based Participatory Research (CBPR), and Mindfulness, at the Schools of Social Work and Public Health at the [University of Washington](#), in Seattle.



Books:

- Contributed to [Dharma, Color, and Culture: New Voices in Western Buddhism](#) (2004, Parallax Press)

PDFs:

- "[Basic Mindfulness Meditation Instructions](#)"

Website/Contact Info:

- <https://www.spiritrock.org/bonnie-duran>
- <https://socialwork.uw.edu/faculty/professors/bonnie-duran#:~:text=Bonnie%20teaches%20graduate%20courses%20in,Dr.>

Melvin Escobar



With over 20 years experience as a social service volunteer and professional, Melvin has dedicated much of life in the service of others. He has a private practice as a clinical social worker, and is a Core Teacher at the [East Bay Meditation Center](#) in Oakland, CA. He is also a certified Raja yoga instructor. Melvin graduated from East Bay Meditation Center's Commit2Dharma program (studying under Spring Washam and Larry Yang), and has a Master's in Social Work from [McGill University](#). Melvin is a bilingual Spanish and English speaker, and identifies as a queer cisgender man of color.

Multimedia Interviews, Guided Meditations, and Talks:

- Talk: [Relational Self-Care For Precarious Times](#)
- Many of Melvin's guided meditations, interviews, and talks can be found [here](#)
- Additional content can be found on Melvin's Youtube Channel [here](#)

Website/Contact Info: <https://melvinescobar.com/>

Gaylon Ferguson



After studying meditation and Buddhist philosophy with the Tibetan teacher Chögyam Trungpa in the 1970s and 1980s, Gaylon became a Fulbright Fellow to Nigeria and completed a doctoral degree in cultural anthropology at [Stanford University](#). After several years of teaching cultural anthropology at the [University of Washington](#), he became teacher-in-residence at [Karmê Chöling Buddhist Retreat Center](#), and later joined the faculty of [Naropa University](#) in Boulder, Colorado. As an Acharya (teacher) in the Shambhala tradition, Gaylon has been leading meditation retreats for 33 years. He remains a faculty member at Naropa University, where he teaches both religious and interdisciplinary studies.

Articles:

- [Happy Together](#)
- [How Your Mind Works](#)
- [The New Science of Compassion](#)

the [Being Well Podcast](#))

Books:

- [Natural Wakefulness: Discovering the Wisdom We Were Born With](#)

Podcast Interviews:

- [Fear and Fearlessness](#) (on

Website/Contact Info:

gferguson@naropa.edu

Anushka Fernandopulle



Anushka Fernandopulle teaches Insight Meditation (Vipassanā) in organizations and retreat centers around the world. She also works as an organizational development consultant and executive/leadership coach, with a BA from Harvard University and an MBA from Yale University. She is on the Teacher's Council at [Spirit Rock Meditation Center](#) and lives in the San Francisco Bay Area where she serves as a Mayoral Appointee to San Francisco's Advisory Commission on Community Development. She has lifelong passion for social justice, music, arts, nature and the life of the city.

Anushka's work brings Eastern practices to Western modern life, making them accessible for individuals and organizations. She is particularly interested in the synthesis of leadership, creativity and awareness, helping leaders to develop courage, clarity and compassion to make their vision come to life.

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Anushka can be found [here](#)

Articles:

- [More Truth, Less Suffering](#)
- [Ask the Teachers: Is happiness really the central goal of Buddhist practice?](#)
- A collection of articles Anushka wrote for the Huffington Post can be found [here](#)

Website/Contact Info: <https://www.anushkaf.org/>

Singhashri Gazmuri

Singhashri is a queer, Latinx Buddhist meditation and secular mindfulness teacher curious about what our world needs now and how she might help. She believes in meditation as a means to awakening to love, beauty and truth and has committed her life to supporting collective awakening and the joy and freedom found there.

In 2010 she was ordained into the [Triratna Buddhist Order](#). What she teaches is firmly grounded in the Buddha's teachings on mindfulness, kindness, compassion, and joy. She believes in the power of awareness to support us in remembering who and what we truly are, and the power of love to heal the trauma of forgetting.



Videos:

- [Three Short Talks On The Theme Of Compassionate Action](#)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Singharshi can be found on her [Insight Timer page](#) and [website](#)

Articles:

- A variety of articles can be found on Singharshi's [Blog](#)

Website/Contact Info:

- www.radicalembrace.org
- <http://insig.ht/singhashri>
- <https://www.facebook.com/radicalembrace>
- <https://www.instagram.com/theradicalembrace/>
- singhashri@radicalembrace.org

Jozen Tamori Gibson

Jozen Tamori Gibson (they, ze) began formal meditation practice and study in 2004. Jozen is a student of Sotō Zen and Theravada practices, wisdom traditions, and serves on the New York Insight teacher council. A participant in the 2017-2021 Insight Meditation Society Teacher Training Program, Jozen shares their path of interdependent liberation by honoring the wisdom and compassion of all teachers, highlighting their mother, Akimi, and their dharma root teacher, Pamela Weiss.



Videos:

- [Undoing Patriarchy](#) (with Greg Snyder)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Jozen can be found [here](#)

Articles:

- <https://www.lionsroar.com/author/jozen-tamori-gibson/>

Marisella B. Gomez

Marisela B. Gomez is a community activist, author, public health professional, and physician scientist. She received a BS and MS from the University of New Mexico in Albuquerque, a PHD, MD, and MPH from the Johns Hopkins University. Of Afro-Latina ancestry, she has spent more than 20 years in Baltimore involved in social justice activism and community building/health research and practice.



Marisella is also an ordained lay practitioner in Thich Nhat Han's [Order of Interbeing](#). She currently lives in Baltimore, and teaches at the [Baltimore and Beyond: Mindfulness Community](#). She also leads retreats at the [Zen Mountain Monastery](#) in New York.

Videos:

- [Overcoming Racism for Individual and Collective Wellbeing](#) (Ted Talk)

Articles:

- [Fear & The Black Body](#)

Audio Talks & Guided Meditations:

- [Ancestor Healing](#) (Guided meditation)
- [Guided Deep Relaxation Meditation](#) (Guided meditation)
- A variety of talks and guided meditations by Marisela can be found [here](#)

Podcast Interviews:

- [Race, Class, Power, and Organizing in East Baltimore: Rebuilding Abandoned Communities in America](#) (The [Marc Steiner Show Podcast](#))

Books:

- [Race, Class, Power, and Organizing in East Baltimore: Rebuilding Abandoned Communities in America](#) (2015, Lexington Books)

Website/Contact Info: <https://www.mariselabgomez.com/>

Kazu Haga

Kazu Haga is the founder and coordinator of the [East Point Peace Academy](#) and a facilitator with the [Ahimsa Collective](#) in Oakland, CA. He is a trainer in Kingian Nonviolence, a philosophy developed out of the teachings of Dr. Martin Luther King, Jr. and the organizing methodologies of the Civil Rights movement. Having received training from elders including Dr. Bernard Lafayette, Rev. James Lawson, and Joanna Macy, he teaches nonviolence, conflict reconciliation, organizing and mindfulness in prisons and jails, high schools and youth groups, and with activist communities around the country.



Kazu has been active in various social change movements since 1998, when at the age of 17 he participated in the Interfaith Pilgrimage of the Middle Passage, a 6-month walking journey from Massachusetts to New Orleans to retrace the slave trade. He has since spent a year studying nonviolence in South Asia, has over 10 years working in social justice philanthropy and played leading roles in various movements such as the Global Justice Movement, Occupy Oakland, and the Movement for Justice for Oscar Grant. Kazu is the recipient of several awards including the Martin Luther King, Jr. award

and the Gil Lopez Award for Peacemaking.

Videos:

- [Exploring Restorative Organizational Practices](#)
- [Fierce Vulnerability](#)
- [Fractal Nature of Change: COVID-19 and How Spiritual Practice Can Support Systemic Change](#)

Articles:

- [Fighting Injustice Can Trigger Trauma: We Need To Learn To Process It And Take Healing Action](#)
- [Why The Moral Argument For Nonviolence Matters](#)
- [Why We Need To Move Closer To Martin Luther King's Understanding Of Nonviolence](#)

- Additional articles by Kazu can be found [here](#)

Audio Talks & Guided Meditations:

- [Metta \(Loving Kindness\) Meditation](#) (Guided Meditation)

Podcast Interviews:

- [Power, Love and Nonviolence](#) (Fractal Friends Podcast)
- [Healing Resistance: A Radically Different Response To Harm](#) (Irresistible Podcast)

Books:

- [Healing Resistance: A Radically Different Response To Harm](#)

Website/Contact Info:

<https://www.eastpointpeace.org/>

JoAnna Hardy

JoAnna is an Insight Meditation (Vipassanā) practitioner and teacher, founding member of the [Meditation Coalition](#), a teacher's council member at [Spirit Rock Meditation Center](#), visiting retreat teacher at [Insight Meditation Society](#), [Vallecitos Mountain Retreat Center](#) and collaborator on many online meditation programs. She teaches silent meditation retreats, social justice based meditation classes and workshops, youth work, online courses and works with private students.

Her greatest passion is to teach meditation in communities that are dedicated to seeing the truth of how racism, gender inequality and oppression go hand in hand with the compassionate action teachings in Buddhism and related perspectives to social and racial justice.



Videos:

- [Guided Mindfulness Of The Body Meditation](#) (Interview with Dan Harris; meditation begins at 5:40)

Audio Talks & Guided Meditations:

- A collection of talks and guided meditations by JoAnna can be found [here](#)

Podcast Interviews:

- A full list of interviews on the [Be Here Now Network](#) Podcast can be found [here](#)

Books:

- [Teaching Mindfulness to Empower Adolescents](#), with Oren Jay Sofer and Matthew Brensilver (March 2020, Norton Books)

Groups/Classes:

- JoAnna leads a monthly BIPOC & Allies Sitting and Discussion Group [here](#)

Website/Contact Info: <https://www.joannahardy.org/>

Candice Nicole Hargons

Candice Nicole Hargons, PhD, is a counseling psychologist and an assistant professor in the University of Kentucky's counseling research program.

Hargons offers retreats, workshops and training for people and organizations around sex, relationships and intimacy; she's also passionate about race, leadership development and social justice.



Meditations specific to BLM & Trauma:

- <http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>

Podcast Interviews:

- [Racial Trauma Won't Be Post-Traumatic Until It Stops](#) (on the Naming It Podcast)

Website/Contact Info: <http://drcandicenicole.com/>

Matthew Hepburn



Matthew Hepburn began practicing Buddhist meditation and mindfulness in his early twenties. He began offering vipassana instruction in 2012 at the [Cambridge Insight Meditation Center](#). Matthew's natural way of teaching is to approach mindfulness from a primary orientation of compassion & kindness, and help practitioners discover confidence (and wonder) in the immediacy of freedom available in this moment. He has a strong interest in intentionally developing relationships to make the unconscious conscious, especially in the service of transforming conditioning we inherit through our social locations (e.g., gender, race, sexual orientation).

For the last several years Matthew has led and learned from multiple affinity-based communities exploring privilege, identity, internalized oppression, and compassionate engagement. He is a participant in the 2017-2021 IMS Teacher Training Program.

Videos:

- [How Mindfulness Can Unlock Personal Hypergrowth](#)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Matthew can be found [here](#) or [here](#)

Groups/Classes:

- A schedule of groups and workshops led by Matthew can be viewed [here](#)

Website/Contact Info: <https://www.cloudmountain.org/staff?show=matthew-hepburn&teachers=all>

Nils Heymann



A native of El Salvador, Nils started meditating at the age of 16. He studied major religions at Lancaster University in England, and was ordained as a monk in the Ajahn Chah's Thai Forest tradition. He lived as a monk for seven years before leaving monastic life. He moved to Minneapolis, where he founded the Gay Men's Community Group at the Common Ground Meditation Center, and also helped to translated talks of Ajahn Chah into Spanish.

Nils currently lives in Oakland CA, where he is a teacher at the East Bay Meditation Center and a member of the Alphabet Brothers of Color Deep Refuge Group and Casa del Corazon.

Videos:

- [Wise Action: Responding, Not Reacting With Nils Heymann](#)

Audio Talks & Guided Meditations:

- A variety of audio talks and guided meditations by Nils can be found [here](#).

Website/Contact info: katannuto@yahoo.com

Mushim Patricia Ikeda

Mushim Patricia Ikeda practices in the Korean Zen tradition, and teaches at the [East Bay Meditation Center](#) in Oakland. She is a socially engaged Buddhist teacher, mindfulness meditation teacher, social justice activist, author, and diversity and inclusion facilitator. She is also a published poet and helped develop [Practice in Transformative Action](#), a program teaching mindfulness to social justice activists.



Videos:

- [How to Be a Mindful Mess: Inner peace isn't just about feeling good](#)
- [Giving That Which We Wish To Receive](#) (Interview In Transforming Loneliness Summit)
- [Creating Refuge for Yourself and Others in a Time of Fear](#)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations by Mushim Patricia can be found [here](#)

Podcast Interviews:

- [Momentum To Seed A New World](#) (on [The Lotus In The Fire](#) Podcast)

Website/Contact Info: <http://www.mushimikeda.com/>

Valerie (Vimilasara) Mason Johns

Valerie is a senior teacher in the Triratna Buddhist Community. She is also a written and spoken word artist. She specializes in addiction recovery and developed a secular addiction recovery model called “Mindfulness Based Addiction Recovery,” as well as a Buddhist alternative to the 12-steps called “Eight Step Recovery.”



Audio Talks & Guided Meditations:

- [Meditations for recovery](#)
- Several talks and guided meditations by Valerie can be found [here](#)

Books:

- [Detox Your Heart: Meditations for Healing Emotional Trauma](#) (2017, Windhorse Publications)
- [Eight Step Recovery: Using The Buddha’s Teachings To Overcome Addiction](#) (2014, Windhorse Publications)

Website/Contact Info: <https://www.valeriemason-john.com/>

Amana Brembry Johnson



Amana Brembry Johnson was introduced to Vipassana meditation through the early People of Color Retreats offered at Spirit Rock Meditation Center. She is currently in the Spirit Rock Teacher Training Program and offers online mentoring to meditation practitioners. As a visual artist, Amana creates imagery that exposes emotional and spiritual barriers of the heart as gateways into kindness, compassion and self-love.

Multiple dharma talks (to download or listen online):

- <https://sr.dharmaseed.org/teacher/954/>
- https://www.audiodharma.org/talks/audio_player/9215.html

Online workshops:

- <https://calendar.spiritrock.org/event-speaker/amana-brembry-johnson/>

Kate Johnson

Kate has a background in the arts. She studied dance at the Alvin Ailey School at Fordham University and earned a master's degree in performance studies at New York University. She has been practicing Buddhist meditation in the western Insight/Theravada tradition since 2008 and is empowered to teach through Spirit Rock Meditation Center.



Kate was a faculty member of MIT's Presencing institute for seven years, where she trained hundreds of leaders and change-makers to use embodied, awareness-based practices to access collective wisdom and spark systemic transformation. In addition to her organizational and content consulting work, Kate currently teaches about mindfulness, creativity and social change at the Institute for Contemporary Art in Philly, the Rubin Museum in NYC, the Eileen Fisher Leadership Institute, Spirit Rock Meditation Center, the Omega Institute, and the Kripalu Center. She has also recorded video meditation retreats for Tricycle Magazine Online and recorded audio for guided meditations on buddhify and Meditation Studio Apps.

Videos:

- [From Freeze To Flow: Transforming Your Fear In The Midst Of Pandemic](#)

Books:

- [Forthcoming book: Radical Friendship: Seven Ways to Love Yourself and Find Your People in an Unjust World](#)
(May 2021, Shambhala Publications)

Website/Contact Info: <https://www.katejohnson.com/>

Ruth King

Ruth King is the Founder of Mindful of Race Institute, LLC, and is a celebrated author, educator, and meditation teacher. Formally an organizational development consultant, King currently teaches the Mindful of Race Training Program to leaders, teams, and organizations, weaving mindfulness-based principles with an exploration of our racial conditioning, its impact, and our potential.



King teaches mindfulness meditation retreats worldwide and develops meditation practitioners at Spirit Rock Meditation Center, Insight Meditation Society, and the Mindfulness Meditation Teacher Certification Program. She has a Masters Degree in Clinical Psychology from John F. Kennedy University, CA, and is the author of several publications including her most recent, *Mindful of Race: Transforming Racism From The Inside Out*.

King currently resides in Charlotte, NC, with wife, Dr. Barbara Riley, and doggie Bodhi.

Videos:

- [Embracing The Mad Mind](#)

Audio Meditations:

- [40 minute guided metta meditation](#)
- [Quieting The Inner Emotional Storm](#)
- [Affirming Your Goodness](#)
- [Experiencing The Sacredness Of Love](#)

Podcast Interviews:

- Several podcast interviews found [here](#)

Books:

- [Mindful of Race: Transforming Racism from the Inside Out](#) (2018, Sounds True); [Healing Rage: Women Making Inner Peace Possible](#), 2007, Gotham Books

Website/Contact Info: <https://ruthking.net/>

Kaira Jewel Lingo

[Kaira Jewel Lingo](#) is a teacher who lived as an ordained nun for 15 years in Thich Nhat Hanh's Order of Interbeing, and is now based in New York. She provides individual spiritual mentoring and leads retreats internationally, offering mindfulness programs for educators, parents, youth as well as activists, people of color, artists and families. She mentors with the Mindfulness Meditation Teacher Certification Program, was lead teacher for Mindful Schools' year long training for educators, teaches teens and adults with Inward Bound Mindfulness Education, and is a guiding teacher for One Earth Sangha. She explores the interweaving of art, play, ecology and embodied mindfulness practice and is an InterPlay leader.



Videos:

- Kaira has many videos (several of which contain guided meditations) [here](#)

Audio Talks & Guided Meditations:

- 10 minute guided meditation on [Cultivating Kindness](#)
- Kaira offers several guided meditations and 10-day course on [Insight Timer](#)

Articles:

- [In Times of Crisis Call Upon the Strength of Peace](#), Lion's Roar

Books:

- Kaira edited [Planting Seeds: Practicing Mindfulness with Children](#), by Thich Nhat Han

Website/Contact Info: <http://www.kairajewel.com/>

Zenju Earthlyn Manuel

Zenju holds a Ph.D. and formerly worked for decades as a social science researcher, development director for non-profit organizations and those serving women and girls, cultural arts, and mental health.



She is the dharma heir of Buddha and the late [Zenkei Blanche Hartman](#) in the Shunryu Suzuki Roshi lineage through the San Francisco Zen Center (SFZC). She was Shuso (head Student) with Kiku Christina Lehnherr and her Dharma Transmission was completed by Shosan Victoria Austin. Zenju's practice is influenced by Native American and African indigenous traditions.

Finally, she is a lover of art, music, indie film, literature, and dance.

Videos:

- [Where Spirit and Action Meet](#)
- [Embracing The Fullness Of Emptiness](#)
- [The Lived Experience As The Gateway To Freedom](#)

Audio Meditations:

- [Breathe Yourself Back Home](#)
- Many meditations of hers are on the [Liberate](#) app

Books:

- <http://zenju.org/books/>

Website/Contact Info: <http://zenju.org/>

Konda Mason

Konda Mason is the Co-Founder and CEO of Impact Hub Oakland, a co-working space supporting and connecting socially engaged changemakers and social entrepreneurs in creating community and bringing their projects to life as they create a better world. Konda began her career in the entertainment industry as an artist manager, and later founded Yoganics, an organic food business in Los Angeles, where she successfully brought to market the first organic produce section in a major grocery store in the LA area. Konda led a media team to help successfully stop a coal-fired power plant from being constructed in Borneo, Malaysia, and has led eco-tours in South America.



Konda is a facilitator trainer for The Pachamama Alliance, and from 2013-2014 was the host for their online Thought Leader Speaker Series. She is a certified Kripalu yoga instructor, teaching primarily at Spirit Rock Meditation Center in Woodacre, CA, where she is in a 3-year Community Dharma Leadership program, with Jack Kornfield and Sylvia Boorstein as her personal mentors. A human equity advocate, Certified Permaculture Designer, and social entrepreneur, Konda's work is driven by the vision of realizing in her lifetime a genuinely

just and sustainable world.

Videos:

- [Expanding Our Hearts: A Dharma Talk & Meditation on Forgiveness](#)
- Panel Discussion (moderator): [Building The We Economy From The Inside Out](#)
- Panel Discussion (moderator): [Lessons From Ferguson](#)
- [Leadership From The Heart](#)

Audio Talks & Guided Meditations:

- A collection of Konda's talks and guided meditations at Spirit Rock Meditation Center can be found [here](#)
- A collection of Konda's talks and guided meditations from Spirit Rock Meditation Center and elsewhere can be found [here](#)

Podcast Interviews:

- [What Makes People Whole](#) (Mindrolling Podcast)

Articles:

- [The Absolute Beauty of Blackness: Konda Mason on The Gathering II](#)

Website/Contact Info: <https://www.linkedin.com/in/konda-mason-bb911394/>

Dawn Mauricio

Dawn has been practicing and studying Insight Meditation since 2005. She graduated from the first teacher development group of True North Insight as well as Spirit Rock's Mindfulness Yoga and Meditation Training, Dedicated Practitioners' Program, and 4-year Retreat Teacher Training. She leads daylongs, retreats, yearlong programs, and mindfulness workshops in Canada and the US for Spirit Rock, True North Insight, and for teens with Inward Bound Mindfulness Education.



In 2007 Dawn co-founded the Yoga Mala Foundation, a Montreal-based non-profit organization that supports the development of yoga programs in underserved communities. Drawing from her deep experience in yoga and meditation, Dawn firmly believes that how we offer ourselves in practice reflects how we offer ourselves in life, inspiring her to find new ways to extend her practice beyond the yoga mat and meditation cushion - and encouraging her students to do the same.

Videos:

- A collection of Dawn's guided meditations can be found [here](#)

Audio Meditations:

- [Love The Many Sides Of Yourself](#)
- [Setting An Intention](#)
- [Mindfulness Of Breath](#)

Books:

- [Mindfulness Meditation for Beginners: 50 Meditations to Practice Awareness, Acceptance, and Peace](#) (2020; Rockridge Press)

Website/Contact Info: <https://dawnmauricio.com/>

Nobantu Mpotulo

Nobantu is a Vipassana and Mahayana practitioner based in South Africa. She was a facilitator of Truth and Reconciliation Healing Workshops for victims and perpetrators of violence in South Africa. She has developed a coaching practice called “Ubuntu Coaching” that combines mindfulness and traditional South African wisdom (“Ubuntu” means “I am because we are.”)



Videos:

- Webinar on [Ubuntu Coaching](#)
- [The Heartwork of Ubuntu: Journey into Compassion](#)

Website/Contact Info: <http://www.peakinsight.com/partners/coaches/nobantumpotulo.html>

George Mumford

As a renowned meditation expert, George Mumford helps world-class athletes, including Michael Jordan, Kobe Bryant and Shaquille O'Neal, enhance their performances through mindfulness techniques.

He worked with coach Phil Jackson, Jordan and the Chicago Bulls during the team's '95, '96 and '97 championship seasons. Mumford was also present when Jackson and the LA Lakers won three NBA titles a few years later.

"I came to mindfulness because I was in a lot of pain," he said in a recent HuffPost Originals video. Despite his athletic abilities as a teenager, injuries prevented Mumford from playing basketball at a higher level. His tendency to self-medicate led to substance-abuse problems. After using meditation throughout his recovery process, Mumford devoted his life's work to the power of mindfulness.



Audio Talks and Guided Meditations:

- [10 minute guided meditation](#)
- A variety of talks and guided meditations can be found [here](#)

Video Talks and Interviews:

- [Mindfulness, Sports & Performance](#)
- [How To Be Mindful](#)
- [The Mindful Athlete](#)

Podcast Interviews:

- [Cultivating Resilience \(10% Happier Podcast\)](#)
- [Zen and The Art Of The Free Throw \(On Point Podcast\)](#)
- [How To Become A Mindful Coach, and Develop Mindfulness In Your Athletes \(Changing The Game Podcast\)](#)

Books:

- [The Mindful Athlete: Secrets to Pure Performance](#)

Lama Rod Owens

Lama Rod Owens is an author, activist, and authorized Lama (Buddhist Teacher) in the Kagyu School of Tibetan Buddhism.

Lama Rod is the Guiding Teacher for the Radical Dharma Boston Collective, a teacher with Inward Bound Mindfulness Education (iBme), a faculty member for the iBme's Teacher Training program and is also a faculty member for the Harvard Graduate School of Education's professional education program in mindfulness for educators and has served as a guest faculty member for the school's course Mindfulness for Educators. He holds a Master of Divinity degree in Buddhist Studies from Harvard Divinity School

Lama Rod self-identifies as a "black, queer male, born and raised in the South, and heavily influenced by the church and its community."



Videos:

- [Meditation For Social Change](#) (with Lena Franklin)
- [The Practice Of Love And Rage As Tools For Liberation](#)
- [The Principles Of Resiliency and Self-Preservation for People of Color](#)
- [Love And Fear During Times Of War](#) (with Tara Brach)
- [When Happiness Hurts: Questioning The Pursuit Of Happiness](#)
- [Trauma-informed teaching and practice related to “broken heartedness”](#) (guided meditation begins at 16:35)

Audio Talks & Guided Meditations:

- A collection of audio talks and guided meditations can be found [here](#)

Books:

- [Love and Rage: The Path of Liberation through Anger](#) (2020, North Atlantic Books)
- With angel Kyodo williams and Jasmine Syedullah: [Radical Dharma: Talking Race, Love, and Liberation](#) (2016, North Atlantic Books)

Website/Contact Info:

<https://www.lamarod.com/>

Khandro Rinpoche

Mindrolling Jetsün Khandro Rinpoche is a Lama (teacher) in both the Kagyu and Nyingma schools of Tibetan Buddhism. She has taught in Europe, North America and Southeast Asia since 1987. She has established and heads the Samten Tse Retreat Center in Mussoorie, India, and is the resident teacher at Lotus Garden Retreat Center in Virginia, USA. She is also actively involved with the administration of the Mindrolling Monastery in Dehradun, India. Additionally, she is interested in interfaith dialogue and currently sits on the Board of World Religious Leaders for the Elijah Interfaith Institute.



Videos:

- [Advice For The COVID-19 Situation](#)
- [What Meditation Really Is](#)
- [Compassion Versus Competition](#)
- Additional teachings can be found [here](#)

Audio Talks & Guided Meditations:

- A variety of talks and guided meditations can be found [here](#)

Books:

- [This Precious Life: Tibetan Buddhist Teachings on the Path to Enlightenment](#)

Website/Contact Info: <http://www.khandrorinpoche.org>

Rahil Rojiani



Rahil Rojiani (they/them) is a psychiatry resident at Cambridge Health Alliance, and a mindfulness facilitator and teacher through multiple secular and Buddhist lineages. As a queer South Asian Ismaili Muslim, Rahil is dedicated to the intersection of social justice, contemplative practice, and somatic healing for collective liberation.

- Dr. Rojani offers weekly online mindfulness practice for POC/Indigenous People [here](#)
- Dr. Rojani offers daily free community drop-in practice [here](#)

Website/Contact Info: <https://www.chacmc.org/rahil-rojiani>

Tuere Sala

Tuere Sala is a retired prosecuting attorney who has practiced Vipassana meditation for over 25 years.



Tuere believes that urban meditation is the foundation for today's practitioner's path to liberation. She is inspired by bringing the Dharma to nontraditional places and is a strong advocate for practitioners living with high stress, past trauma and difficulties sitting still. Her teachings reflect an approach to Dharma that is both easy to follow and understand – making it accessible to everyone.

Videos:

- [Seeing Past the Impulse](#) (via [Buddhist Recovery Network](#))

Talks:

- [Where Craving Begins](#)
- Many more talks available [here](#) (series and alone standing talks)

Website/Contact Info: <https://seattleinsight.org/Teachers/Teacher/TeacherID/102>

Alexis Santos

Alexis' primary teacher was Sayadaw U Tejaniya, from the Burmese Buddhist Theravada tradition, and with whom he ordained as a Buddhist monk from 2003 - 2005. Alexis also completed the Spirit Rock/IMS four-year teacher training program. He is the guiding teacher at the Open Door Meditation Community in Portland, Maine.



Videos:

- [The Power Of Gratitude](#) (interview with Dan Harris, guided meditation begins at 6:07)

Audio Talks & Guided Meditations:

- A collection of talks and guided meditations can be found [here](#)

Website/Contact Info: <https://www.alexissantos.io/>

Rosamaría Segura

Rosamaría Segura believes in prevention, protection, and healing for all beings. She offers Mindfulness Meditation and Restorative Practices for underserved communities and those dedicated to protecting our planet and all beings. She is fluent in Spanish and aspires to share her practices with Spanish speaking communities.

Rosamaría has been practicing meditation for over ten years. She graduated from InsightLA's Mindfulness Facilitators Program, continues training with Tara Brach and Jack Kornfield, and studies Zen under the guidance of Jokai Blackwell Sensei.



Videos:

- [About Insight In Action](#)
- [Mindful S.T.O.P with Rosamaría Segura](#)
- [Uniendo mentes y corazones para calmar inquietudes](#)

Audio Talks & Guided Meditations:

- [Meditación Guiada: El Cuerpo](#)
- [Meditación Guiada: La Respiración](#)
- [Meditación Guiada: Práctica de Pausa](#)
- [Mindful Social Action](#)

Website/Contact Info:

- rosamaria@insightla.org
- Telephone (213) 446-2060

Sebene Selassie

Sebene Selassie has studied Buddhism for more than twenty-five years and received a BA from McGill University and an MA from the New School, where she focused on Buddhism, Hinduism, cultural studies, and race. She is a graduate of the Community Dharma Leaders Program at Spirit Rock Meditation Center, and of the Professional Coaching Course training program at New Ventures West. She was the Executive Director of New York Insight Meditation Center, where she currently teaches and is on the board of the Barre Center for Buddhist Studies.



Videos:

- [Meditation Tips on Letting Go](#) (Interview with Dan Harris, guided meditation begins at 3:18)
- [The Joy Of Allowing Life To Be](#) (Interview with Dan Harris, guided meditation begins at 3:54)
- [Learning From Difficult Emotions](#)
- [Mindfulness of the Four Elements: Reconnecting with the World](#) (4-part video teachings)

Audio Talks & Guided Meditations:

- A collection of talks and guided meditations can be found [here](#)

Books:

- [You Belong: A Call for Connection](#) (2020, HarperOne)

Website/Contact Info: <https://www.sebeneselassie.com/>

Ralph Steele

Ralph Steele has taught meditation since 1987. He completed a year of intensive practice as a Theravada monk in Myanmar and Thailand; in 2000 he completed a four year teacher training with Jack Kornfield. He studied with Tibetan masters Ven. Kalu Rinpoche and Lobsang Lhalungpa, and worked on H.H. The Dalai Lama's meditation team at the San Francisco conference of Nobel laureates.



Ralph is a Vietnam veteran, and spearheaded the establishment of annual retreats for People of Color at Spirit Rock Meditation Center and Insight Meditation Society. He is the guiding teacher of Life Transition Meditation Center, and director of Life Transition Therapy, Inc a clinic offering meditation-based treatment for trauma in Santa Fe, N.M.

Videos:

- [Embodying Emotions With Somatic Meditation](#)
- [Insight Into Awakening](#)

Audio Talks:

- A collection of Ralph's talks can be found [here](#)

Books:

- [Tending The Fire: The Path of War and Meditation](#) (2014, Sacred Life Publishers)

Website/Contact Info: <https://www.lifetransition.com/>

Larry Ward

Senior dharma teacher ordained by peace activist and Zen Master Thich Nhat Hanh. Deeply inspired by Dr. Martin Luther King Jr. and Thich Nhat Hanh, he has committed his life to non-violent social change, healing, and transformation at all levels, from individuals & communities to the global scale.



Videos:

- TedxSoCal Talk: [The Labyrinth of I-Making](#)
- [The Four Foundations Of Mindfulness](#)
- [Cultivating Liberation And Awareness Of The Mind](#)
- [Resilience and America's Racial Karma](#)

Books:

- [America's Racial Karma: An Invitation To Heal](#) (2020, Penguin Random House)
- [Love's Garden: A Guide To Mindful Relationships](#) (2008, Parallax Press)

Website/Contact Info: <https://www.thelotusinstitute.org/about>

Spring Washam

Spring has practiced and studied in both the Theravada and Tibetan schools of Buddhism. She is a member of the Teachers Council at Spirit Rock Meditation Center, and is a founding member and teacher at the East Bay Meditation Center.

She is co-founder of Communities Rizing, which is dedicated to providing yoga and meditation teacher training programs for communities of color. She has also studied shamanic healing in Peru, and leads workshops that combine indigenous healing practices and Buddhist Wisdom through Lotus Vine Journeys.



Videos, Audio Talks & Guided Meditations:

- A variety of videos and audio talks & guided meditations can be found [here](#)

Multimedia Articles & Podcast Interviews:

- A variety of links to printed articles, and podcast interviews can be found [here](#)

Books:

- [*A Fierce Heart: Finding Strength, Courage, and Wisdom in Any Moment*](#) (2019, HayHouse Inc.)

Website/Contact Info: <https://www.springwasham.com/>

Angel Kyodo Williams

Angel Kyodo Williams is an ordained Zen priest and the second black woman recognized as a teacher in the Japanese Zen lineage. She applies wisdom teachings and embodied practice to intractable social issues at the intersections where race, climate, and economic justice meet. She coined the name for the field of “Transformative Social Change” and sees it as America’s next great movement. She is the founder of The Center For Transformative Change and spiritual director of the New Dharma Community.



For over 20 years, Rev. angel has been putting into practice her unwavering belief that the key to transforming society is transforming our inner lives. She has developed comprehensive systems for illuminating both practical personal change and the profoundly liberating potential of mindfulness meditation, yoga, and somatic practices coupled with wisdom teachings. Calling for a paradigm shift that “changes the way change is done,” Rev. angel envisions the building of a presence-centered social justice movement as the foundation for personal freedom, a just society and the healing of divisions of race, class, faith and politic.

Videos:

- [Introduction to Mindfulness For Activists](#)
- [Making Friends With Discomfort](#) (interview with Dan Harris, guided meditation begins at 8:15)
- [Meditation In Times Of Crisis](#) (interview with Dan Harris, guided meditation begins at 6:38)
- [Love & Awakening In A Global Pandemic](#) (with Jon Kabat-Zinn)

Multimedia Interviews, Guided Meditations, and Talks:

- A variety of interviews, guided meditations, and talks can be found [here](#)

Books:

- [Being Black: Zen and the Art of Living with Fearlessness and Grace](#) (2002, Penguin Books)
- [Radical Dharma: Talking Race, Love, and Liberation](#), with Lama Rod Owens and Jasmine Syedullah (2016, North Atlantic Books)

Website/Contact Info: <https://angelkyodowilliams.com/>

DaRa Williams



DaRa Williams is a trainer, meditation teacher and psychotherapist. DaRa has been a meditator for the past 25 years and is a practitioner of both Vipassana and Ascension meditation. She is a graduate of the Spirit Rock/Insight Meditation Society Teacher Training Program and is a guiding teacher at IMS. She is the program manager and a core teacher in the current IMS Teacher Training Program. DaRa has been a clinician and administrator in the field of mental health for over 25 years and currently maintains a private practice in Manhattan. She is a certified trainer and practitioner of Indigenous Focusing Oriented Therapy and Complex Trauma. DaRa integrates these skills, understandings, wisdom traditions and world views in her intention for contributing to the ending of suffering for all beings.

Talks:

- [Equanimity, Balance and Ease](#)

Interviews:

- [Compassionate Awakening](#)

Articles:

- [Heal the Wounds and Trauma](#) (with Devin Berry, Noliwe Alexander, and Rosetta Saunders)

Audio Talks and Guided Meditations:

- A variety of talks and guided meditations can be found [here](#)

Recursos en Español

Tres de los maestros enumerados en esta guía, Melvin Escobar, Nils Heymann, y Rosamaría Segura son bilingües.

Además, los siguientes grupos de meditación se realizan en Español:

East Bay Meditation Center (Oakland, CA)

Damos la bienvenida a todes que se identifican como parte de la diáspora latinoamericana.

Nos reunimos una vez al mes para meditar, convivir, y hablar sobre un tema budista. No hay costo ni registro.

Escríbanos para saber cuándo será la próxima reunión:
melvinescobar828@gmail.com

InsightLA (Los Angeles, CA)

Grupo de meditación y apoyo para aprender a manejar el estrés, ansiedad, y lograr un equilibrio emocional.

Reuniones: Los lunes de 8:30 pm – 9:30 pm (hora estándar central)

Conéctate con zoom, o marca uno de los números de teléfonos de abajo.

Para integrarte al grupo haz click aquí : <https://zoom.us/j/932969072>

Opción para Teléfono: +1 669 900 6833

Contraseña: 364966 #, haz click al símbolo de #

Donación sugerida (pero no son un requisito): \$5

El formato de cada sesión es, 10 minutos de introducción, seguido por 20 – 30 minutos de meditación guiada y en silencio, terminando con 10 minutos de compartir preguntas y respuestas.

Para más información comunicarse con Rosamaría

Email: rosamaria@insightla.org

Sociedad Budista para la Sabiduría Compasiva (Ciudad de México)

Nuestras actividades se centran en la difusión del Budismo Zen, la práctica de la Meditación y las enseñanzas de Buda.

Reuniones: Los Miércoles de 7:30 pm - 9:00 pm, y Domingos de 9:30 am - 11:00 am (hora estándar central).

Las donaciones son bienvenidas, pero no son un requisito.

Escríbanos para obtener la información de Zoom: contacto@sociedadbudista.org

Books

Leslie Booker

Co-author: [Best Practices for Yoga in the Criminal Justice System](#) (Yoga Service Best Practice Guides) (Volume 3) (2017, CreateSpace Independent Publishing Platform)

Contributor: [Happiness at Work](#), by Sharon Salzberg (2013, Workman Publishing Company)

Bhante Buddharakkhita

Sowing Seeds of Peace: Mindfulness Meditation for Finding Peace Within (Out of Print). PDF available [here](#)

Drop By Drop: The Buddha's Path To True Happiness (Out of Print). PDF available [here](#)

Bonnie Duran (Contributor)

[Dharma, Color, and Culture: New Voices in Western Buddhism](#) (2004, Parallax Press)

Gaylon Ferguson

[Natural Wakefulness: Discovering the Wisdom We Were Born With](#) (2010, Shambhala)

Marisella B. Gomez

[Race, Class, Power, and Organizing in East Baltimore: Rebuilding Abandoned Communities in America](#) (2015, Lexington Books)

Kazu Haga

[Healing Resistance: A Radically Different Response To Harm](#) (2020, Parallax Press)

JoAnna Hardy

[Teaching Mindfulness to Empower Adolescents](#), with Oren Jay Sofer and Matthew Brensilver (2020, Norton Book

Valerie (Vimilasarā) Mason Johns

[Detox Your Heart: Meditations for Healing Emotional Trauma](#) (2017, Windhorse Publications)

[Eight Step Recovery: Using The Buddha's Teachings To Overcome Addiction](#) (2014, Windhorse Publications)

Kate Johnson

[Radical Friendship: Seven Ways to Love Yourself and Find Your People in an Unjust World](#) (August 2020, Shambhala Publications)

Ruth King

[Mindful of Race: Transforming Racism from the Inside Out](#) (2018, Sounds True)

[Healing Rage: Women Making Inner Peace Possible](#) (2007, Gotham Books)

Kaira Jewel Lingo

Editor: [Planting Seeds: Practicing Mindfulness with Children](#), by Thich Nhat Han (2007, Parallax Press)

Zenju Earthlyn Manuel

[The Deepest Peace: Contemplations from a Season of Stillness](#) (Dec. 2020, Parallax Press)

[Sanctuary: A Meditation On Home, Homelessness, And Belonging](#) (2018, Wisdom Publications)

[The Way of Tenderness: Awakening through Race, Sexuality, and Gender](#) (2015, Wisdom Publications)

[Tell Me Something about Buddhism: Questions and Answers for the Curious Beginner](#) (2011, Hampton Roads Publishing)

Editor: [Seeds for a Boundless Life: Zen Teachings from the Heart](#), by Zenkei Blanche Hartman (2015, Shambhala)

Be Love: An Exploration of Our Deepest Desire (2012, Kindle) Can be downloaded for free [here](#).

Lama Rod Owens

[Love and Rage: The Path of Liberation through Anger](#) (2020, North Atlantic Books)

[Radical Dharma: Talking Race, Love, and Liberation](#), with angel Kyodo Williams and Jasmine Syedullah (2016, North Atlantic Books)

Khandro Rinpoche

[This Precious Life: Tibetan Buddhist Teachings on the Path to Enlightenment](#) (2005, Shambhala)

Sebene Selassie

[You Belong: A Call for Connection](#) (August 2020, HarperOne)

Ralph Steele

[Tending The Fire: The Path of War and Meditation](#) (2014, Sacred Life Publishers)

Larry Ward

[America's Racial Karma](#) (2020, Penguin Random House)

[Love's Garden: A Guide To Mindful Relationships](#) (2008, Parallax Press)

Spring Washam

[A Fierce Heart: Finding Strength, Courage, and Wisdom in Any Moment](#) (2019, HayHouse Inc.)

Rev. Angel Kyodo Williams

[Being Black: Zen and the Art of Living with Fearlessness and Grace](#) (2002, Penguin Books)

[Radical Dharma: Talking Race, Love, and Liberation](#), with Lama Rod Owens and Jasmine Syedullah (2016, North Atlantic Books)



Podcasts

The following podcasts feature many of the teachers listed in this guide. We recommend them for those interested in learning more about the overlap between mindfulness, meditation, culture, spirituality, psychology, and social justice.

[Irresistible](#)

[The One You Feed:
Practical Wisdom For A
Better Life](#)

[Metta Hour: Real Change
Podcast Series](#)

[The Science of Happiness](#)

[10% Happier Podcast](#)

[Black Zen](#)

[Chitheads from Embodied
Philosophy](#)

[Tara Brach](#)

[Be Here Now Network](#)

[Insight Meditation Society
Podcast](#)

[FitMind Podcast](#)

Remote/Online BIPOC Meditation Groups

BIPOC Voices: Weekly Sunday Sangha (Community)

Day & Time: Sundays, 11-12:30PM Central Time

Hosted by: [Spirit Rock](#) (An Insight Meditation Center in Woodacre, California)

Teachers: Noliwe Alexander, JoAnna Hardy, etc.

Description: The Black, Indigenous and People of Color (BIPOC) Sangha is a weekly gathering of self-identified BIPOC practitioners that provides a safe place to meditate and explore the dharma (Buddhist teachings). As a beloved community, this sangha supports exploration of the dharma in light of our experiences. Together we will cultivate an environment that welcomes diverse voices and builds community.

All levels of experience are welcome.

For more information and to register, visit [here](#).

POC (People of Color) Sangha

Day & Time: Thursdays, 9:30 - 11:00PM Central Time

Hosted by: [East Bay Meditation Center](#) (a multi-tradition meditation center in Oakland, California)

Teacher: Varies

Description: The People of Color Sangha was officially launched in December of 2006 with a small group of dedicated practitioners. The goal of the sangha is bring mindfulness into our daily lives and move into greater states of love, joy and clarity. We come together as a community of people of color for meditation, practice and resilience, to support each other and provide a balm to soothe our continued work forward.

Every Thursday we gather to meditate, share the teachings of liberation, and celebrate this precious life. Our inspiring teachers guide the sangha in practices which support us in learning to live more fully in the present moment.

We welcome new members whether you are new to meditation or have been practicing for years.

For more information and to register, visit [here](#).

People of Color Mindfulness space

Day & Time: Fridays, 4:00 - 5:00 PM Central Time

Hosted By: [Cambridge Health Alliance](#)

Teacher: Rahil Rojiani

Description: People of Color Mindfulness Space is offered weekly BY people of color, FOR all who identify as people of color (POC), indigenous, or non-white. We offer beginner-friendly mindfulness instruction, including teachings, guided meditations, and discussions. With a different topic each week, we explore how to ground in the body, work with our thoughts and emotions, and open our hearts to love and compassion. As we recuperate, explore our edges, and build community in this space, we support each other's growth and healing, learning to navigate today's world with more ease and wellbeing.

For more information and to register, click [here](#).

InsightLA People Of Color Sangha Practice Group

Day & Time: Fridays, 9PM - 11:00PM Central Time

Hosted By: [InsightLA](#)

Teachers: Thomas Davis; Tere Abdala; Gulu Singh; Alisa Dennis; Spring Washam

Description: The InsightLA People of Color Sangha is a growing community where all 'self-identified' people of color are invited to practice in a safe and welcoming space together. Sangha is a Pali word translated as beloved community and it's used to describe a group of people who come together to practice meditation and mindfulness together.

Every Friday night we will gather to meditate together and share Buddhist-based teachings focused on love, wisdom and liberation. The goal is to let go of our pain and suffering and start getting free! With an open heart, we can learn to live more fully in the present moment. Whether you are new to meditation or have been practicing for years you will always learn something new.

For more information and to register [here](#).

Meditation Coalition BIPOC & Allies Sitting And Discussion Group

Day & Time: First Sunday of every month, 1PM-2:30PM
Central Time

Hosted By: [Meditation Coalition](#)

Teacher: JoAnna Hardy

Description: This is a meditation group for people of color and their allies interested in using the Buddhist principles of mindfulness and compassion to help work with and understand better the many painful issues that people of color encounter in America.

This group, led by JoAnna Hardy, invites guest speakers to share their wisdom and experience on topics that are pertinent and immediate in the country today.

This is open to all who care about the future of racial issues in America, not just Buddhist practitioners.

Join Via Zoom:

Meeting ID: 856 0142 6730

Password: POCALLY20

BIPOC Meditation Collective Meditation Gatherings

Day & Time: 2nd & 4th Wednesday of the month, 8PM - 9:30PM Central Time

Hosted By: [BIPOC Meditation Collective](#)

Teacher: Varies

Description: The BIPOC Meditation Collective is an engaged meditation community created by and for Black, Indigenous, and People of Color. We are committed to maintaining a culture of kindness, respect, care and celebration.

Every gathering includes:

1. Sitting meditation
2. Wisdom sharing, snacks and music

What happens in between depends on what arises from the Collective. This could be discussion, contemplations on current events, presentations from guest speakers, embodiment and movement practices, film, poetry, spontaneous song...it's up to us.

The BIPOC Meditation Collective is open to anyone who identifies as a person of color. New and experienced meditators are always welcome.

For more information and to register, click [here](#).

Penn Medicine Open Sitting for People of Color

Day & Time: Monthly

Hosted By: [Penn Program for Mindfulness](#)

Teacher: Robin Hall

Description: The Penn Program for Mindfulness offers monthly open meditation sittings for People of Color, facilitated by Robin Hall. These are informal sessions of meditation and discussion and some experience with mindfulness meditation is recommended (but not required) as the program is not instructional.

It is our goal to make mindfulness as widely accessible to the People of Color audience as possible. To that end there are some limited financial assistance opportunities that are available to individuals wishing to learn more about mindfulness through more formal programs like our 8-week Mindfulness-based Stress Management program.

For more information and to register, e-mail Program Director Robin Hall at: robin.hall@uphs.upenn.edu

IMS Weekly online meditations

Live Stream or On Demand Retreats and Meditations

<https://www.dharma.org/ims-online/>

Mental Health/Mindfulness/ Meditation Resources for BIPOC

Mental health resources for BIPOC (a guide)

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/for-bipoc-mental-health>

Mental health resources for BIPOC (a guide)

https://projects.iq.harvard.edu/files/antiracismresources/files/resources_for_black_healing_updated_6_1_2020_2_1.pdf

Resources for self-care

<https://projects.iq.harvard.edu/antiracismresources/bipoc/selfcare>

Interfaith – live meditation

<https://twitter.com/ministter/status/1295694258578456577>

Getting inspired to meditate

<https://www.instagram.com/meditatingforblacklives/>

Contact

Questions? Feedback? We'd love to hear from you! E-mail us at: mdg@educationjustice.net.

Know someone you'd like to add to this resource or would you like to add yourself? Please fill out this [survey](#). We plan to update this guide regularly.

You can also get in touch with us the old fashioned way:

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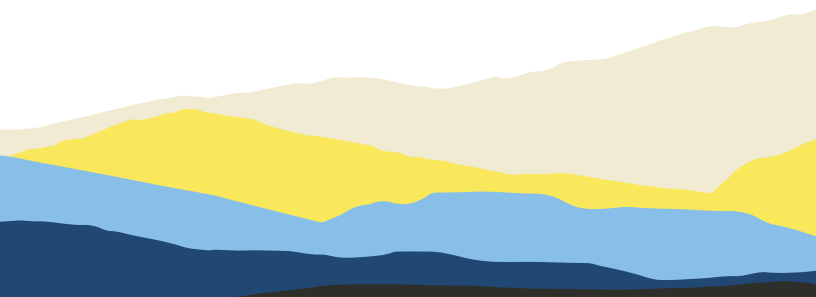
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