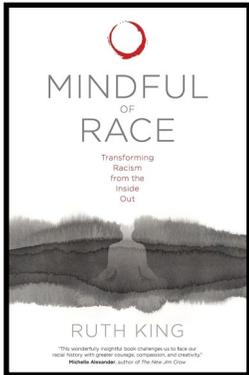




# Discussion Guide



## About the Book

Title: Mindful of Race

Author: Ruth King

Published: Sounds True, 2018

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

Facebook: [www.facebook.com/ruthkingmindful](http://www.facebook.com/ruthkingmindful)

## Questions for Discussion

1. What were your general impressions of this book?
2. Discuss the six hindrances to racial harmony (Chapter 4).
  1. White people, good people.
  2. Internalized Oppression
  3. Stars and Constellations
  4. Intent and Impact
  5. Cumulative Impact
  6. White Privilege
3. Ruth King says that racism is a heart disease. Do you agree or disagree? Discuss.
4. What is mindfulness and how can it assist us in dealing with racism?
5. What are the benefits of meditation and how can it help deal with racism?
6. Do you meditate? If so, how does it help you in your life. If not, what are some suggestions she offers to get started? Is this something you'd like to try? Why or why not?
7. King recommends meditation and mindfulness practices including sitting meditation, walking meditation, meta/kindness meditation, and working with racial distress through the RAIN practice. Which of these practices have you or will you use? Discuss.
8. King outlines the RAIN practice of Recognizing, Allowing, Investigating and Nurturing. How do you think this would work for you? For others?
9. In Part 3 of the book, King discusses "Recovery-Cultivating a Culture of Care" by cultivating moral character, a compassion practice, organizing racial affinity groups, and talking about what disturbs you. What did you find helpful about these suggestions?
10. What did she recommend white people do about privilege? What did she say people of color do together?
11. How can artistry and equanimity practices help us deal with racism?
12. Read over the MAMs comments on this book. With whom do you agree/disagree and why?



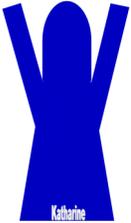
**NANCY:** I am grateful to my wonderful, late friend, Winkie Mitchell, who loved this book and shared it with me. I so appreciate this mindful approach to addressing racism. Ruth King offers many tools to extend a daily meditation practice and build self-awareness and clarity, with specific suggestions for working to end racism. Thank you, Ruth and Winkie!



**ABIGAIL:** Ladies, I think we should start a White Affinity Group, instead of expecting Molly to enlighten us on racism. I really heard what she said about how white people always expect Black people to teach them about racism and what to do better. It's a white problem. It's up to us to fix it, not them. They aren't the problem, our people are. Molly can start a Black Affinity Group.



**MOLLY:** There you go again, white person, telling Black people what to do. But seriously, I like this book. I'm going to try some of these practices. The next time I get ticked off about a race incident, I'm going to take some time out to try the RAIN practice. I'm also going to try the kindness and compassion visualizations. Thank you Ruth, for these very wise suggestions.



**KATHERINE:** A great book for all college students. I'll recommend it for all freshmen. It's such a novel way of dealing with racism, starting with each of us, inside. It reminds me of *My Grandmother's Hands* in some ways. I find the Buddhists give me tools as a Christian to practice loving others. I really like the meta meditation .



**PRISCILLA:** Well, I'm not into Buddhism myself, but I can see how this might be a good way to handle my anger. Now that I found out that I have Black DNA, I get more upset with some of the ways white people talk about Black people and with the ways racism manifests. So, tell me, should I be in a White Affinity Group or a Black Affinity Group? I mean I thought I was white all my life, but now I found out I'm mixed. What about people like me?



**SALLIE:** You don't have to be Buddhist to be mindful or meditate. I've been wanting to meditate for awhile. I'm going to start. Yes, let's start a White Affinity Group. I'd also like to work on teaching these practices to kids. Don't you think that could help them from a young age?



**JANE:** As a business woman, I admire this mindful approach. I thought it was cool that Ruth King once wrote a book about Rage, and now has changed this much, that she recommends meditation and mindfulness rather than rage. These are good skills for all of us, especially equanimity.