We at Embracing Equity firmly believe that anti-racism is not an intellectual exercise; instead it is an embodied practice.

When we talk about racism, it brings up all sorts of emotions. Mostly discomfort, fear, awkwardness. That is because we have been normalized to not talk about race. As such, when we are fighting for racial equity, we have to build our capacity for discomfort and to lean into that discomfort to talk about and take action against racism. To do this, we utilize a practice called Wholeness. Wholeness is rooted in bringing your whole self, including our bodies, to this work.

**The point is not to regulate our feelings or emotions, but to hone our awareness of our bodies.** Wholeness is a practice that helps us normalize and recognize discomfort and provides opportunities for learning and growth instead of shutting down or disengaging. Rather than react immediately and shut down, Wholeness allows us to stay engaged.

Furthermore, in moments of heightened anxiety and political unrest, it's common for our thoughts to linger on the unknown future and play out worst case scenarios in our mind. The antidote is to bring awareness to our thoughts and emotions, and return to presence. This helps recenter and stabilize us in times of uncertainty.

By fully engaging with ourselves, we are more able to radically and lovingly engage with one another.
Close your eyes, if that feels accessible to you, and take a deep breath in. Filling your belly with air and expanding it as big as you can. And when you can’t breathe in anymore, exhale all the air out through your nose, tightening your stomach to take the outbreath all the way to the end... And breathe one more deep breath in... And let it all out.

Bring your breath back to its normal rhythm. And bringing your attention onto your body. Feeling your chest rise and fall with the motion of your breathing. Feeling the cool air on your nose as you breathe in and the warm air on your nose as you breathe out.

Feel your shoulders lower and relax... Feel your cheeks soften.. And your jaw release... Let your tongue fall down from the roof of your mouth... Feel your arms get heavier and sink further into relaxation... Let your stomach soften and relax... And feel your legs get heavy and relax. Feel your body melt deeper into your relaxed position. Breathing out any extra tension or pain that might be lingering.

If you can in this moment start to bring awareness into the fact, in the moment... right now... That there’s enough air to breathe. Your heart is still beating. Your body is basically okay. And you can register the fact and feeling that you're basically okay right now.

You can still be aware of what’s happening around you... or inside you. You can still deal with challenges with the felt recognition of the truth. That right now, you are basically okay... See what it's like to open into a growing sense of feeling as safe as you reasonably can.

In this moment, at least, you are probably protected in various ways. There’s no immediate life-threatening danger. See what it's like to settle into a growing sense of safety.

Now, begin to wiggle your fingers and your toes... allowing your relaxed body to awaken. Feel your body rise and fall with your breath. And breathe in gratitude for this moment... Trusting that you will have everything you need to deal with the facts as they evolve.

And in this space of peace, send out feelings of compassion, love and healing. Imagine that love and healing spreading all over the globe, as you root yourself in community and love.
Wholeness Script