Wholeness is the practice of being connected to all aspects of ourselves and the process of staying actively engaged and becoming deeply aware and connected to others around these difficult and necessary topics.

Within Embracing Equity, we see wholeness as a necessary process for the preparation of self necessary to engage in anti-racism.

By fully engaging with ourselves, we are more able to radically and lovingly engage with one another. Awareness of your mind and body can be a flag to indicate an area for reflection, growth, and healing.

Consider using the resource as a journal to capture and reflect on the ways in which your body and mind are responding to critical conversations and learnings about identity, power, and oppression.
Wholeness Reflection Journal