

Blessing

May we understand and transform our racial habits of harm.

May we grow in our awareness that what we do and say can help or hinder racial well-being.

May we meet the racial cries of the world with as much wisdom and grace as we can muster.

May all beings, without exception, benefit from our growing awareness.

(Adapted from Ruth King, *Mindful of Race: Transforming Racism from the Inside Out*, vSounds True, 2018, p. 260.)