

# The Art of Mindful Inquiry



“What I *heard* you say was...”

“*Tell* me more about what you meant by...”

“What *angered* you about what happened?”

“What *hurt* you about what happened?”

“What’s *familiar* about what happened?”

(How did that affect you?

How does it affect you now?)

“What do you *need/want*?”

## **Ways to Stop a Conversation About Race/Racism**

1. I don't see color, gender or age. We're all just human beings.
2. We have more similarities than differences.
3. Racism/sexism/ageism happen all over the world.
4. I think some people use diversity as an excuse.
5. I think identifying into groups only further divides us.

**Instructions: Let's work on a reflection and an Inquiry for each statement Using the Art of Mindful Inquiry process**