

From the Mailbox

Our literal mailboxes connect us to the wide world outside, sometimes with messages asking things from us (a donation letter or flyer encouraging us to vote), sometimes with messages offering us gifts (a letter from a friend or a special delivery). Our "From the Mailbox" section applies this metaphor to today's call for families to engage in the work of dismantling white supremacy culture. Together each month, as a Soulful Home community, we open and accept these "invitations" to join some of the many brave, inspiring and wise leaders and organizations who are co-creating a future that is actively anti-racist.

Commitment to Self-Love Meditation with Tracee Stanley

It's a truth almost so ubiquitous that it's tempting to dismiss it as a cliché, but it's too important to let go: in order to be the people we are meant to be, and want to be, and that the world needs, we must, must, must take care of ourselves. Yoga and meditation teacher Tracee Stanley offers a free guided meditation on self-love on her website, where she also links to her podcast, Radiant Rest, as well as her book and courses for purchase.

Invitation: Listen to this [gentle, 15 minute meditation](#). (You need to sign up for her newsletter to access it, but of course, can unsubscribe afterward if you choose.) It is a seated meditation. If that position doesn't work for you, use whatever position does. *If you do this meditation with young children, consider having paper and crayons or markers out so younger children can draw as they listen.* If sustained attention is difficult, try to hold out for minute 11:55, where Stanley asks us to repeat affirmations. This can be a powerful experience for children to do with their adults.

Commit to the Uncomfortable Conversations Around Race

The National Museum of African American History and Culture has [an excellent resource page](#) on the work of talking about race, for both white folk and people of color. Unitarian Universalism calls us to commit to dismantling white supremacy culture, and honoring this commitment takes sustained effort over time.

Invitation: Even if you think you've done the deep work and internalized the needed paradigm shifts, check out this website as a family. There is one section in particular, "A Questioning Frame of Mind," that offers sample scripts for how to interrupt racism in interpersonal conversations, using curiosity and connection. Practice these conversations within the family, and talk about why experiencing the discomfort of confronting racism is worth it.