

Mindfulness is
Knowing, with care
Knowing with my being and not just with thoughts
Knowing what is real in this moment, without storylines or judgement or clinging

Mindfulness is
Knowing there is hurt, fear and exhaustion
Knowing I don't truly know what it's like for you
Knowing that when you hurt I hurt
Knowing I can't stand by doing nothing
Knowing that I still have so much to learn

Mindfulness is
Knowing how to hold my anger, heartbreak, and helplessness
Knowing how to hold whatever words you need to speak or your silence
Knowing that they are afraid too
Knowing that it can't just be boiled down to good vs bad
Knowing that I also have inside of me bits of the good and the bad

Mindfulness is
Not being afraid to look at my privilege
Not being afraid to look at how my life has benefited
Not being afraid to look at my biases
Not being afraid to question all of my assumptions
Not being afraid to admit when a racist thought passes through my mind
Not being afraid to help you see when a racist thought passes through your mind

Mindfulness is
Seeing the patterns in my thoughts
Creating a gap between thought and reaction
Stopping myself from taking harmful action
Learning what is wise action
Sharing in as much of the burden as I can
Opening to our interconnectedness
Opening to my tears
Opening to my love

- Jennifer Wang
(Instagram @isthismeditation)