Agreements

PRACTICE PATIENCE
EVERY-BODY IS INCLUDED AND WELCOME
ANTI-RACIST SPACE
PRACTICE NONJUDGEMENT
TAKE SPACE AND MAKE SPACE
CREATE CONNECTION WITH YOURSELF AND OTHERS
RADICAL SELF CARE and BODY LIBERATORY
PARTICIPATE AT YOUR LEVEL OF COMFORT AND CAPACITY
Mindfulness is paying attention,
To what’s here,
now, in the present
With love
And kindness
Think of mindfulness as a light. It helps us see what’s present in our inner world—our thoughts, emotions, and the sensations in our physical bodies. It also helps us see what’s in our outer world—our relationships with others, our community, and the Universe.
Mindfulness is like a pair of heart shaped sunglasses, encouraging us to see everything around us through a more loving, kind, and nonjudgmental lens. Imagine what could change in your life if you saw things through this lens. By practicing mindfulness we can learn acceptance as a path toward healing and transformation.
SEEING IS A **POWERFUL** POINT OF DEPARTURE.

WE CANNOT **ACCEPT** WHAT WE DON’T SEE.

WE CANNOT **LOVE** WHAT WE DON’T SEE.

WE CANNOT **UNDERSTAND** WHAT WE DON’T SEE.

WE CANNOT **HEAL** WHAT WE DON’T SEE.

WE CANNOT **TRANSFORM** WHAT WE DON’T SEE.
Mindfulness in Your Life

Mindfulness is paying attention with love and compassion. What might shift in your life if you gave a little more loving attention?

MY PERSONAL LIFE MIGHT SHIFT IN THESE WAYS:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

MY PROFESSIONAL LIFE MIGHT SHIFT IN THESE WAYS:

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________________________________________________________________________

________________________________________________________________________
GRATITUDE and REVERENCE
Gratitude to.....

- State and city system for acting to flatten the curves
- Frontline workers
- YOU, community builders and advocates who are working overtime to provide our communities with support
- Firefighters and those supporting our communities in navigating the wildfires
- Disruptors, change makers, healers, and activists in our Black Lives Matter Movements and Human Rights Uprisings
Honoring the Land and the First Nations People

Honoring Ohlone Karkin People

What unceded territory are you on? https://native-land.ca/

Honoring the migrations of peoples, forced and by choice

Honoring the Impact of Systematic Oppression, White Supremacy, Anti-Blackness and Racism

Honoring the impact of colonization and imperialism, and these histories that are often erased

Honoring The Bay Area, and its many diverse peoples that make up this community

Honoring the ecology and geography, this piece of Earth

Honoring the Animal and Plant life
MINDFULNESS PRACTICE:

Gratitude

One of my favorite mindfulness teachers, Rick Hanson, says our brains are like Velcro for the “bad” and Teflon for the “good.” Our tendency to focus on the challenging, frustrating, imperfect, and negative aspects of an experience is known as the negativity bias. While the majority of an experience with a friend, romantic interest, homework assignment, or test may go well, we might obsess over a single aspect of it that didn’t go quite so well. This is normal! This is our brain’s way of helping us survive. It’s the brain’s job to look for things to improve and fix, but this negativity bias can get a little too loud and feel like criticism at times.

Gratitude can act like the antidote to this negativity bias. Here are a few ways to practice gratitude and create new neural pathways, change our brains, and be thankful for the many hundreds of things that go well, rather than dwell on the few that are challenging.
AWARENESS PRACTICE:

Gratitude Blanket
Your name matters!

Help us learn your names as quickly as possible by saying your name and pronouns out loud when you share.