

# Clarifying the Dynamics of Whiteness:

## A Study Group for Exploration and Change

**ONLINE - 5 sessions - July 29, August 5, 12, 19 & 26 2020**

**Wednesday's 10:30am to 12:00pm (Arizona time - MST) / 11:30am to 1:00pm (New Mexico time MDT).**

Join us in exploring the dynamics of whiteness as a way of liberating our hearts and minds that leads onward to the liberation of all. In this 5-week study group, we will be reading the book *White Fragility* by Robin Di Angelo to support a deeper understanding of the dynamics of whiteness in our communities and in our minds. In addition to meeting in the large group, there will be time for deeper discussion and connection in small groups. Our intention is to create a supportive atmosphere where we can safely explore these topics, as well as connect our explorations with our spiritual practice.

There is NO FEE for this study group. The teachings of the Buddha have been sustained by the 2,500 year old tradition of *dana*, a Pali word meaning "generosity." Our teacher receives no compensation for his services. Participants are encouraged to help Brian lead a life devoted to teaching the dharma by offering donations to him. In the act of giving, we develop our ability to let go, cultivate a spirit of caring, and honor our inter-connectedness.

### **Registration is Required:**

[Course Registration Form](#)

Once you register, links and other details for the course will be sent to you. For more information contact Brian at: [brian@liberatingawareness.com](mailto:brian@liberatingawareness.com)



Brian Lesage has practiced Buddhist meditation since 1988 and has taught meditation since 2000. He has studied in the Zen, Theravada and Tibetan schools of Buddhism. He was ordained in the Rinzai Zen tradition in 1996. His training in Vipassana Meditation includes doing extended meditation retreats in Myanmar (Burma), Nepal, and India as well as numerous retreats in the U.S. He leads retreats and teaches meditation courses nationwide. Brian also has a private practice in Somatic Experiencing, which is a naturalistic approach to healing trauma.

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