

Kripalu®

“I give you one secret. Whatever you seek in life, you will find through this practice. Just learn to do self-observation. By this practice, you will be able to master your mind, your intellect, and your ego. It is the sure and easiest way to progress.”

—Swami Kripalu

Integration Questions: An Exercise After Reading the Equity Statement

How are you? Describe sensations in your body. Are there any emotions present? If so, list them. What is the quality of the mind? Still? Racing? Sharp? Dull? How connected do you feel to Spirit/God/Source?

What do you need right now to stay with these feelings? Can you move or breathe in a way that brings you back in balance? When you feel ready, move on to the next questions.

What questions came up for you after reading the Equity Statement?

Craft a personal action statement around equity work by answering these questions:

- Even if the vision seems unattainable—what is the next small step in making it a reality?
- List one thing you would like to learn more about. Dare to challenge yourself.
- How might you use an embodied practice (like yoga, dance, or moving meditation) to help you when strong feelings arise?
- Identify someone in your life, a friend, a family member, who you can connect with to talk about these issues. How will you connect with them?
- How will I hold myself accountable?