“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


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?