

# Resources for Co-Creating Inclusive Mindfulness Communities

Assembled by the Still Water Mindfulness Practice Center's  
Committee for Inclusive Communities



We created this resources list as part of Still Water's commitment to co-creating inclusive communities in which all belong and feel welcomed. The list contains books, articles, websites, and consultants that may help individuals and communities nourish their understanding and their capacity to be inclusive.

We understand that people may seek safety and affirmation by practicing in communities that reflect their shared identities. Below are sections on BIPOC Only Sanghas and Mixed/Intersectional and Allies Sanghas that include groups for people with disabilities and people who identify as LGBTQIA+.

Recognizing that speech and actions by white-identified folks wishing to increase their racial self-awareness and understanding in mixed groups may bring additional suffering to BIPOC people, there is also a section below on White Mindful Affinity Groups and Resources for White People.

## Books

*America's Racial Karma: An Invitation to Heal* (2020) by Dr. Larry Ward

*Mindful of Race: Transforming Racism from the Inside Out* (2018) by Ruth King

*Radical Dharma: Talking Race, Love, and Liberation* (2016) by Lama Rod Owens, angel Kyodo Williams, Jasmine Syedullah

*Awakening Together, The Spiritual Practice of Inclusivity and Community* (2017) by Larry Yang

*The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities*

*Through Mindfulness* (2017) by Rhonda McGee

*Together We Are One: Honoring Our Diversity, Celebrating Our Connection* (2006) by Thich Nhat Hanh and Kaira Jewel Lingo

*Dharma, Color, and Culture: New Voices in Western Buddhism* (2004) by Hilda Gutiérrez Baldoquín (Editor)

## Articles

“[Our Opportunity to Include All Genders in Buddhist Communities](#)” by Ray Buckner

“[I Figured I Would Never Find Another: On Being a Queer Asian American Buddhist](#)” by Marissa Wong

“[Brown Body, White Sangha](#)” by Atia Sattar

“[Broken Body of the Sangha](#)” by Ruth King

“[Waking up to Racism](#)” by bell hooks

“[The Wisdom In My Bones](#)” by Zenju Earthlyn Manuel

## Inclusivity Primers for Mindful Communities

[Developing Trans\\*Competence](#): A Short Guide to Improving Transgender Experiences at Meditation and Retreat Centers

[Ableism & Disability in the Mindfulness Practice Community](#)

## Mindfully Informed Initiatives Focusing on Racial and Social Justice

[Arise Sangha](#) (Plum Village initiative)

[Making Visible](#)

[Buddhist Peace Fellowship](#)

## Consultants/Workshop Teachers

Kira Jewel Lingo: <https://www.kairajewel.com/>

Melina Bondy: <https://www.melinabondy.com/>

Roxy Manning: <http://www.roxannemanning.com/>

Sandra Kim (Re-Becoming Human): <https://www.sandrakim.com/>

Ruth King (Mindful of Race Institute): <https://ruthking.net/>

## **BIPOC Only Sanghas**

[Baltimore and Beyond](#): Mindfulness Community for People of Color (Plum Village group for BIPOC practitioners)

Sweet Blossoming POC Online Sangha (an online Plum Village group for BIPOC practitioners)  
Contact: [POCSanghaonline@gmail.com](mailto:POCSanghaonline@gmail.com)

True Home Sangha (an online Plum Village group for BIPOC practitioners)  
Contact Polly Chu: [pollyc.email@gmail.com](mailto:pollyc.email@gmail.com)

MettaMophosis Sangha (a group in the Plum Village tradition for BIPOC OI members, aspirants, and inquiring) Contact Victoria Mausissa: [vic822@yahoo.com](mailto:vic822@yahoo.com)

[The Garrison Institute's BIPOC meditation Sangha](#) (Plum Village facilitators)

[People of Color Sangha \(East Bay Meditation Center in Oakland, CA\)](#)

## **Mixed/Intersectional and Allies Sanghas**

[Baltimore and Beyond Mindfulness Community \(BBMC\) for White Social Activists and BIPOC](#) (a mixed/intersectional group in the Plum Village tradition that maintains a 50/50 split between white and BIPOC participants)

[Chrysanthemum Sangha USA](#) (a group in the Plum Village tradition for those who belong to the LGBTQIA+ community and allies)

[Many Faces Sangha](#) (a group in the Plum Village tradition that expressly welcomes, “All ages, colors, gender/sexual orientations, shapes, sizes + incomes”)

[Tranquil Lotus Sangha](#) (a group in the Plum Village tradition for people of color and white allies)

[World Interbeing Sangha](#) (an online community in the Plum Village tradition that offers BIPOC and LGBTQ groups)

[Alphabet Sangha](#) (an East Bay Meditation Center Buddhist-based meditation group for the Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Same-Gender Loving, and Two-Spirit communities)

[Every Body Every Mind Sangha](#) (an East Bay Meditation Center Buddhist-based meditation and discussion group open to anyone living with disabilities, limitations, differences and chronic illnesses.)

[Sangha for People with Dis/Abilities and Deaf People](#) (a group in the Insight tradition)

## **White Mindful Affinity Groups & Resources for White people**

Awake to Race Sangha

For more information, contact Tim McCormack: [hocomindfulness@gmail.com](mailto:hocomindfulness@gmail.com)

[Healing from Internalized Whiteness](#)

[White Awake](#)

[\(divorcing\) White Supremacy Culture](#)