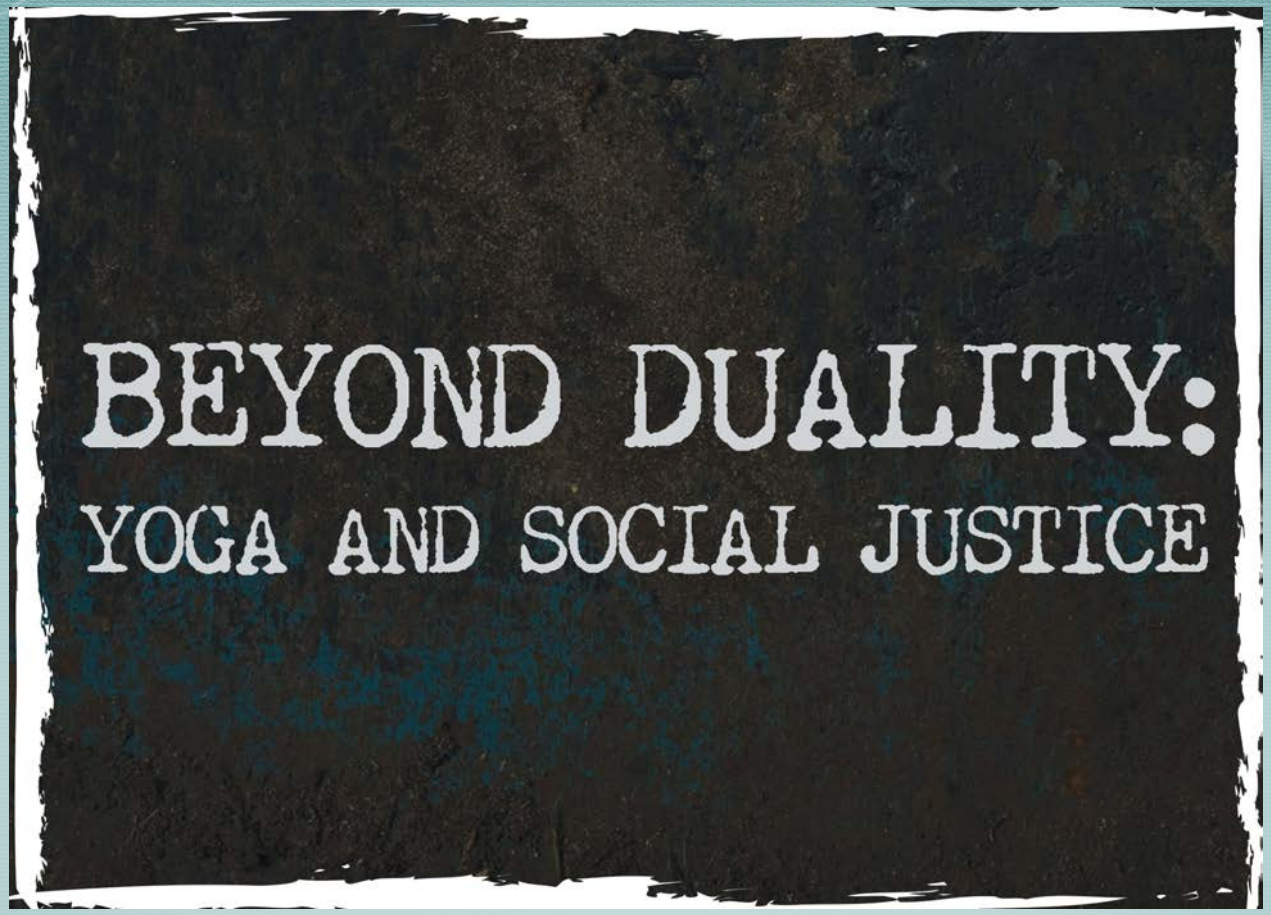


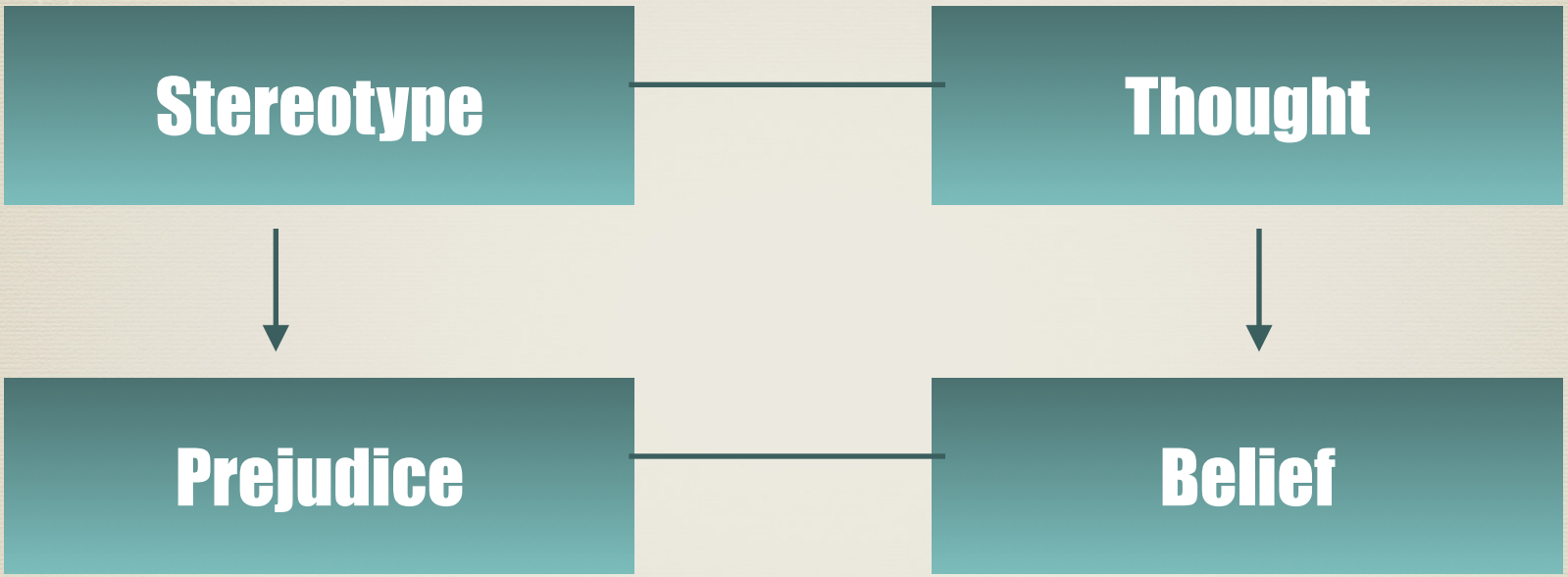
Session 3: Social Justice Basics

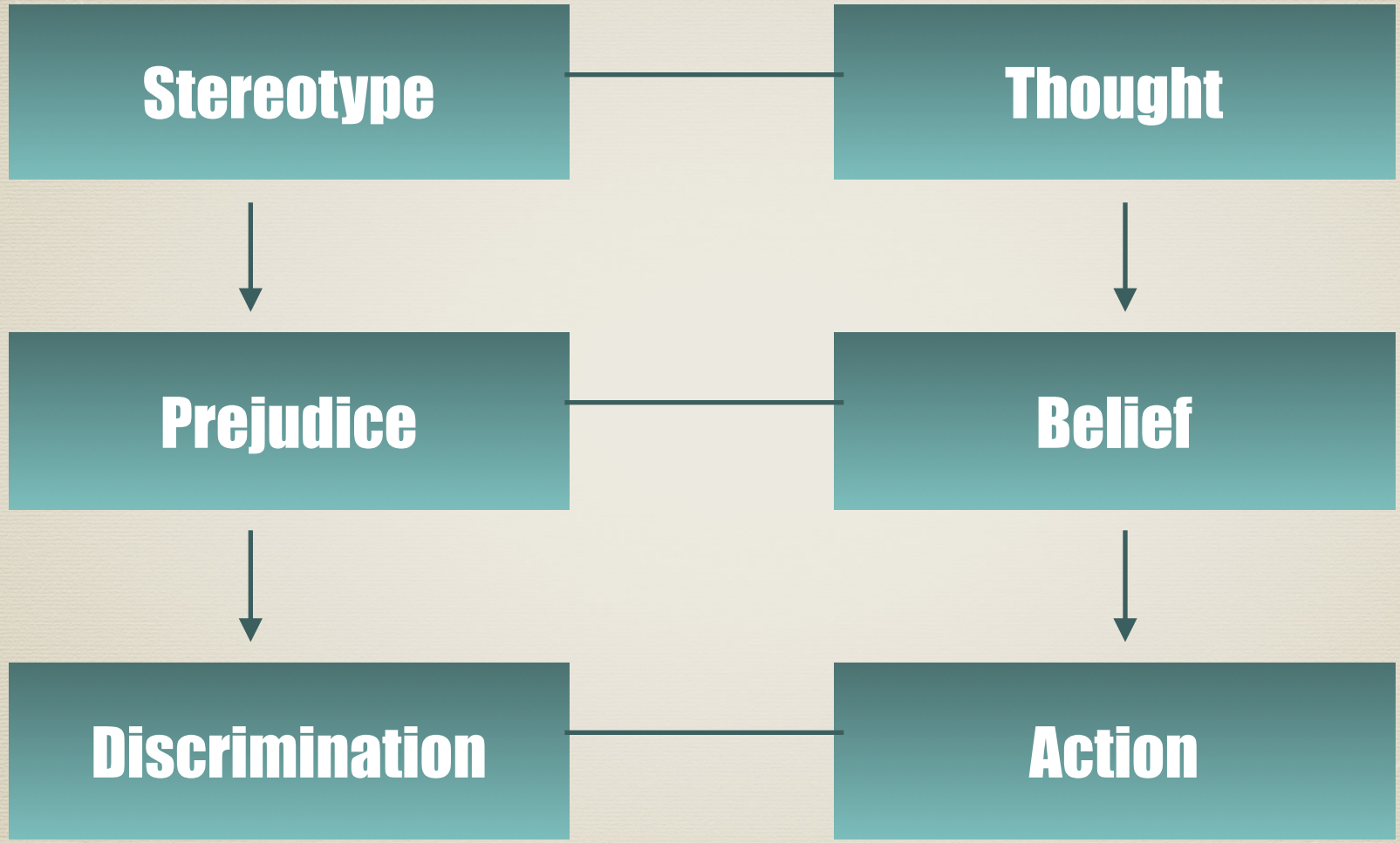
Session 2 Review

- Self-Regulation Tools: Orient, Ground, Center
- Yogic Philosophy:
  - Avidya (seeds of Disconnection) - root; 4 branches: ego, attachment, Aversion, Fear
  - Samskara - Habitual conditioning that can be inborn, acquired, and imposed or personal, cultural, institutional. Repeating samskaras reinforces them, creating a groove that is difficult to resist
  - 3 way to affect Transformation - Speech, Thought, Actions
- Grounded Spirituality:
  - Spiritual Bypass - using spiritual beliefs to avoid painful feelings, unresolved wounds, and developmental needs; Generates and reinforces fragmentation

Stereotype

Thought


Stereotype
Thought
Prejudice
Belief


Stereotype
Thought
Prejudice
Belief
Discrimination
Action

4 Quadrants

- Write about a time when you felt you were a target of injustice, bias, and/or exclusion
- Write about a time when you felt you were a perpetrator of injustice, bias and/or exclusion against another
- Write about a time when you saw an act of injustice, bias, and/or exclusion take place against another and didn't do anything about it
- Write about a time when you saw an act of injustice, bias, and/or exclusion take place against another and and you did do something/ took action as an ally