

Definition of Terms related to Equitable Mindfulness

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Equitable Mindfulness Framework (Cash, Gueci & Pipe, 2021):

- ✓ **Equitable Mindfulness:** Presenting the concept of mindfulness to everyone, while being active in our respective communities by removing personal and systematic barriers that work against inclusivity and transformative change.
- ✓ **Holding space:** Inviting an individual into one's mindfulness practice by seeing, hearing, and holding what they need to express using mindful listening and heartfelt compassion without giving advice or attempting to solve problems.
- ✓ **Shared spaces:** Each participant in a group intentionally holds space at the same time, co-creating a shared experience-space.
- ✓ **Brave container:** An action initiated by the facilitator and continued and managed by the participants to intentionally create a space of conversation and community. Grounded in principles of mindfulness and bridging. This is a departure from the traditional role of the facilitator and the associated power gradient; this container disrupts the hierarchical norm.

Unique Terms important to the work in Equitable Mindfulness:

- ✓ **Global Indigenous:** a term to considering the cultures and cultural norms of indigenous societies around the world (pre-colonialization) on all continents. An inclusive term to help us center on folx from the [Americas, Africa, Eurasia, Oceania](#) – research has shown that these cultures have more alike than previously known.
- ✓ **“Those in the margins” or “people who have been put in the margins”:** Minority, by definition means a part of the whole. This belief does not coincide with Equitable Mindfulness, which believes that any person who has been put in the margins is a *part* of anything. Instead, we believe that we *all* represent the *collective whole*. So we center those in the margins by using a “people” term first.
- ✓ **“Racialized as”:** By using this term, we speak about people who consider themselves BIPOC (Black, Indigenous, and people of color) with the understanding that race is a *social construct*. In this way, we put people first - defining someone by the ways that society has traditionally seen them, instead of defining them by a race, individually. This is a way to center them instead of their race. However, by doing this, we do not want to bypass the trauma or experiences of racialized folx. As such, it is important to remember that each person defines themselves.
 - ✓ This is also important when speaking to other individuals/groups who have traditionally been put in the margins. We want to use the term *individual* first, because we want to center them as human beings.
- ✓ **Using folx (with an x) and brothers/sisters after a term (Ex. Asian brothers/sisters, Asian folx):** As a racialized person who created this work, this term is used when speaking about those who have been racialized. As someone who experiences collective trauma of those within the margins, this helps to remember that we are all human and that we all share a common relation

– centering our commonality through family. Here, it is also important as a facilitator to remember who is speaking. If you are of racialized groups who can identify with the issues being experienced by a group traditionally put into the margins this term could be beneficial. If you are hesitant to use these terms because of your own past, please know that your discretion and the voices of the demographic you are serving are most important.

References:

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List of indigenous peoples. (2021, May 30). In Wikipedia. https://en.wikipedia.org/wiki/List_of_indigenous_peoples