



# Cultural Healing, Restoring Kinship:

A Dharma-based Book study of

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies](#) by Resmaa Menakem

**September 13 - November 9, 2020**

This 2-month online course is facilitated by Kaira Jewel Lingo and Hai An. There are 9 racial affinity sanctuary group meetings and 2 community ceremonies. Each week includes recorded teachings and meditations, assigned chapters from the book, additional resources, and an online discussion. Apply [here](#).

## **Dates:**

**Saturdays at 8am Pacific/11am Eastern/4pm UK/5pm EU: October 10 and November 7**  
**Community Ceremony for all participants, 90 minutes long, facilitated by Kaira Jewel & Hai An.**

## **Racial Affinity Group Sanctuary Calls, September 13-November 9**

**Racial affinity group calls are 75-minutes long.**

- *For Black-Bodied people, with Kaira Jewel*  
**Sundays** at 8:30pm ET/5:30pm PT or
- *For all Black/Indigenous/People of Color/ all BAME, with Kaira Jewel*  
Sundays at 8am PT/11am ET/4pm UK/ 5pm EU

If you can't attend one of these times, we may be able to offer additional times dependent on interest, so please indicate in the application that you'd like to be on the waiting list for additional group times.

- *For White People, with Hai An*  
Either **Sundays** at 7pmET/4pm PT  
**Mondays** at 11am PT/2pm ET/7pm UK/8pm EU  
Or **Mondays** at 5pm PT/8pm ET

If you can't attend any of the times, we may be able to offer additional times dependent on interest, so please indicate in application that you'd like to be on the waiting list for additional group times.

#### **Testimonials from past participants:**

"I felt the ancestors warm loving embrace ... their sadness, sorrow, their joy, love, strength and resiliency... Heal us, heal us all was the calling." - CRJr

All of these helped me to become aware of my sensitivities, as well as honor and work on managing the impacts that my inviting, empathic self and my fierce, disrupter self can have on my wellness. These practices also have helped me to tap into wells of ease and joy, as well as offer different concrete ways that I can voice and "be" -- both vocally and silently ...- RM

I really appreciate the offer of this facilitated learning. This course was a wonderful way to get to experience Menakem's book in its complex richness - not just of written content, but in the dimensions of being in practice and connecting with others. - BN

Kaira Jewel and Sr. Hai An masterfully led an 8-week series of gatherings based on the book *My Grandmother's Hands*. I better learned how to pay attention to the way my body expands and contracts around topics of race that hold so much charge in our society. I garnered more compassion for myself, other white people and people of color as we figure out together and apart how to heal from historical traumas. Highly, highly recommend it for sangha communities.  
-- AJ

#### **Sliding Scale Cost:**

\$100 for those on a fixed income - *no one will be turned away for lack of funds.*

\$250 covers the cost of the course

\$400 helps others to enroll

**We are now accepting applications. Please apply [here](#):**

<https://forms.gle/fNyR1CAJARum8Df6A>

Applications will be reviewed on a first come, first serve basis until the sanctuary groups are filled. Please apply early to ensure your spot.

For those who wish to support this work and cannot join the course, we invite you to donate to make scholarships available via PayPal [here](#):

[https://www.paypal.com/paypalme2/KairaLingo?locale.x=en\\_US](https://www.paypal.com/paypalme2/KairaLingo?locale.x=en_US) or via Venmo (@Kaira-Lingo)

or if sending internationally, via transferwise.com, email [info@kairajewel.com](mailto:info@kairajewel.com) for bank info.

Please indicate that your donation is for **Cultural Healing, Restoring Kinship** scholarships.

Thank you for spreading the word!

### **About the facilitators:**



**Kaira Jewel Lingo**, (she/her), is biracial, of black and white heritage. She began practicing mindfulness in 1997. An ordained nun of 15 years in Thich Nhat Hanh's Order of Interbeing, she is now based in Colombo, Sri Lanka, leading retreats internationally, offering mindfulness programs for educators and youth in schools, as well as individual spiritual mentoring. She offers BIPOC

mindfulness retreats and retreats and workshops on healing racism. She is a recent graduate of the Spirit Rock Teacher Training Program. Visit [kairajewel.com](http://kairajewel.com) to learn more.



**Hai An** (they/them, she/her) identifies as White and is a *Bhikshuni*, a Buddhist nun, living on the colonized lands of the Attawandron people, called Guelph, Canada. HaiAn received monastic ordination from Thich Nhat Hanh 2012 and trained at Plum Village Monastery in France and Blue Cliff Monastery in New York State, and left the monastery in 2018. They are a member of the [ARISE Sangha](#) bringing racial justice to the forefront of the Plum Village community and a member of Dharma Pathways, a

collaboration of independent monastics: visit [dharmapathways.org](http://dharmapathways.org) to learn more.