

This video discusses the motivations and themes behind a book focused on integrating mindfulness and embodiment practices into social justice education and pedagogy. The author reflects on their long experience teaching gender, women's studies, and social justice classes, noting a gap between understanding social justice concepts intellectually and applying them in real life. The author's journey involved discovering the importance of engaging the whole being—intellect, body, and emotions—in social justice work.

The book emphasizes the significance of mindfulness, defined as repeated, intentional practices that enhance self-awareness and presence, as vital tools for fostering deeper connections and transformative learning in social justice contexts. The author addresses the need for authenticity in conversations about equity and the complexities of power dynamics in mixed-identity spaces. The integration of embodiment practices is presented as essential for creating a more inclusive and effective learning environment.

The second edition of the book expands on these ideas, drawing from public intellectual work and contemporary practices in mindfulness and social justice. It provides practical guidance for educators and program developers, aiming to promote systemic change through collective action and individual transformation. The author hopes readers will be inspired to apply these insights across various contexts, contributing to the ongoing evolution of social justice work.