

Tension Pairs

Set 1	Our mindset influences how much we experience suffering.	And	Systemic injustice creates suffering in the U.S. regardless of an individual's mindset.
Set 2	Focusing on the transcendent involves looking beyond racial categories.	And	Being race conscious allows us to recognize that although race is not real, it has real impacts.
Set 3	Focusing on our deepest humanity allows us to see beyond race.	And	Focusing on race allows us to recognize the depth of humanity's challenges
Set 4	Every human deserves care, love, and positive regard while seeking to raise awareness.	And	Developing race consciousness can be painful; it's our job to "comfort the afflicted and afflict the comforted."
Set 5 Optional	<i>Add something specific to your community, as desired.</i>	And	<i>Add something specific to your community, as desired.</i>