



Beyond Diversity Resource Center

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Radical Attention

Extraordinary Mindfulness for Social Justice



A **virtual** workshop series for hopefulness, community-building, and resistance to oppression in troubled times.

Dates/Times:

Sunday, April 27, 2025

Sunday, May 4, 2025

Sunday, May 11, 2025

Sunday, May 18, 2025

Sunday, June, 8, 2025

All dates from 5:00 p.m. to
6:30 p.m. Eastern

- * This is not just a workshop series; this is a call to be in community with others on challenging social issues.
- * This is not just a chance to talk; this is an opportunity to promote inclusion.
- * This is not just about creating a space for change; this is about creating a more compassionate society.
- * This is not just a call to learn more, this is a plea to engage with your highest aspirations.

Register for each workshop separately or for the entire series at a discount.

Workshops will be held on Zoom.

Follow this [link](https://tinyurl.com/nhcyw3e) to register, or enter this url in your browser: <https://tinyurl.com/nhcyw3e>

Radical Attention

Extraordinary Mindfulness for Social Justice

At the Beyond Diversity Resource Center, we are hopeful. We believe people who have compassion for others and value our society's diversity can make change that elevates everyone, especially people who are most marginalized. We also reject the idea of powerlessness. Inspired individuals and small groups of people can have profound influences on making our nation more inclusive.

Radical Attention

Focussing attention—with great purpose—on the present moment and noticing the details. Seeing things as they are through a nonjudgmental curiosity and a willingness to accept what arises.



Extraordinary Mindfulness

Approaching everyday life with an eye for what is transcendent; looking bravely into the heart of things while sharing compassion for ourselves and others; choosing hope over fear, and compassion over cruelty.

Why Are Radical Attention and Extraordinary Mindfulness Important?

Many of us have not seen disruptions to our social fabric and sense of belonging like those that are happening now. We need innovative approaches that offer tools and perspectives for individual and group action. We need to build a sense of community that ties us together across social differences with compassion.

Please attend our workshops. Radical attention and extraordinary mindfulness will enhance our ability to address social justice issues in these ways:

1. **Heightened Awareness** – Radical attention will enhance our focus on people, experiences, or truths often ignored. Extraordinary mindfulness will foster an openness to what is transcendent in the here and now.
2. **Resistance to Distraction** – In a world of overstimulation, radical attention is an act of resistance—choosing to deeply engage rather than passively consume. Extraordinary mindfulness counters the numbness of routine by recognizing the extraordinary in the ordinary.
3. **Transformation Through Presence** – Radical attention and extraordinary mindfulness shift how we perceive and interact with the world, opening up new, often unforeseen, possibilities for compassion.
4. **Embodiment and Practice** – Radical attention and extraordinary mindfulness link mind, body, and spirit. Our workshops will illustrate how to use those tools through guided meditation, breathwork, and facilitated discussions on social justice topics.
5. **Justice and Ethics** – Radical attention helps ensure that marginalized voices and overlooked realities are truly seen. Extraordinary mindfulness supports a just and compassionate worldview.

What will happen during the workshops?

During the workshops we will:

- * Offer an overview and explanation of our workshop practice.
- * Use breathwork to ground ourselves for a unique exploration of social justice.
- * Reflect on a reading related to each workshop's social justice topic.
- * Participate in guided meditations to sharpen our focus.
- * Engage in conversations that arise from our shared experience of radical attention and extraordinary mindfulness.



To Register

Register for each workshop separately or for the entire series for a discount.

- * April 27, 2025; 5:00 p.m. to 6:30 p.m. Eastern – *Grieving the Attacks on Social Justice*
- * May 4, 2025; 5:00 p.m. to 6:30 p.m. Eastern – *Compassion for Undocumented People and Immigrants*
- * May 11, 2025; 5:00 p.m. to 6:30 p.m. Eastern – *Standing With the LGBTQ+ Community*
- * May 18, 2025; 5:00 p.m. to 6:30 p.m. Eastern – *Seeing Racism Radically*
- * June 8, 2025; 5:00 p.m. to 6:30 p.m. Eastern – *Seeing Sexism Radically*

Tuition for each workshop is \$56. Register for all five for a 10% discount.

**Register for the workshops on [Eventbrite](#),
or use this url: <https://tinyurl.com/nhcyrw3e>**

If you have questions, please send us a message at info@beyonddiversity.org

Workshop Facilitators



[Robin Parker](#) is the Executive Director of the Beyond Diversity Resource Center. His work with the Beyond Diversity emphasizes compassion and anti-oppression.

Robin has done award-winning work on diversity issues for more than thirty years and has received accolades such as the World of Difference Award from the ADL. He is a former Deputy Attorney General of New Jersey and Chief of the Office of Bias Crime and Community Relations.

[Ron Gray](#) is a Transformational Men's Coach and certified breathwork facilitator with advanced training in breath science. His work integrates breathwork and somatic awareness to help men navigate stress, burnout, and disconnection.



Ron's approach supports nervous system regulation and emotional resilience—creating space for deeper self-awareness, embodied presence, and more conscious, compassionate connection within ourselves and across our communities.