

Broken and Apart



In the film, *Seabiscuit*, a horse that is broken comes back to win in a major race. At the end, the rider shares: I know that many think we helped bring a broken horse back to life, but I think it is, we, who were brought back from our broken lives...and in the process we helped each other become healthy again. When I listened to those words, I thought to myself: that's where we are as a nation right now – broken and apart. Seemingly, lost and irretrievably entangled in a web of fear and blame, hatred and overwhelming anguish at the endless violence and social injustices that permeate our society on a daily basis.

Most of my life I was taught that good triumphs over evil and that kind and caring people are always there when they are most needed. That dream is still inside of me, however clouded by doubt and the hopelessness of an undeniable reality of broken promises and dreams from yet another election year. And yet, something inside of me endures. Praying that this person or year will make a difference. That we will somehow 'awaken' from this nightmare that seems to be engulfing all of us into a dark hole of suspicion and distrust into a world where we value and honor each other for who we are and for what we bring to the table.

Some have said democracy is a 'work in progress.' But, too often it feels that only a small group of select folks are progressing and that the vast majority of us are left behind to fend for ourselves, even called 'victims' when they try to speak the truth about the injustices and inequities thrust upon them since birth.

If we are ever to fulfill the 'dream of democracy' we must decide to live and to experience the world around us differently. There is Chinese proverb: To get to a different place, we have to take a different path. Sounds logical doesn't it? Ah, but so difficult to put into practice. In one of my recent workshops a young woman who was just hired shared how often she was bombarded by calls from folks who insult and demean her because she is young and new to her job. In response, an older woman lectures her about needing to 'grow up' and that it is because of her immaturity that she is feeling this way. As I witnessed all of this, I noticed how uncomfortable and dejected the young woman felt, partly because she felt unseen, but also invalidated and blamed. You see, what was missing here was compassion and curiosity. Empathy for what she was feeling and going through and curiosity about how this affected her, what was familiar, and lastly what kind of support did she need and want from the folks in the room.

You see, the disengagement here was a common pattern of blaming and judging her for not being 'prepared' or strong enough. In short, the older woman was sharing what she would do, not taking the time to learn more about the person in front of her who was hurting and feeling alone. As the Buddhist often share: Curiosity is the gateway to empathy. Don't you think it's time we became more curious, more compassionate, more supportive? If not you, then who? If not now, then when?

Lee Mun Wah



Our new **Mindful Facilitation 4-part Series** are now offered in the spring, summer and fall to suit your 2023 schedule. Sign up for one at a time, or all of them! Our popular **Discriminatory Incident workshop** is also scheduled three times in 2023. And back by popular demand our monthly **Tea Times!**

[See Schedule on following page](#)

2023 Mindful Facilitation Series



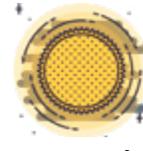
Mindful Facilitation Spring Series Sat & Sun

Beginning Level: Feb 4-5

Intermediate Level: March 11-12

Advanced Level: April 15-16

Mastery Level: May 20



Mindful Facilitation Summer Intensive Series Thurs-Sun

Beginning Level: July 20

Intermediate Level: July 21

Advanced Level: July 22

Mastery Level: July 23



Mindful Facilitation Fall Series Sat & Sun

Beginning Level: Sept 9-10

Intermediate Level: Oct 14-16

Advanced Level: Nov 11-12

Mastery Level: December 9



What to Do When a Discriminatory Incident Occurs

Three Saturdays in 2023 to choose from:

Jan 28

May 6

Sept 30

TeaTime with Lee Mun Wah 2023 Sessions Open Now

Session Details:

Each mini-workshop is from 9am to 10:30am (Pacific Time) one Saturday a month

January 14 - February 25 - March 18 - April 8 - May 13 - June 24

July 8 - August 12 - September 23 - October 21 - November 18

Register at stirfryonline.com

Upcoming Weekend StirFry Workshop

MINDFUL FACILITATION ADVANCED LEVEL

Saturday and Sunday, November 19-20, 2022
8am – 12 noon (PST)

\$350 for both days

Facilitated by Lee Mun Wah

This training will be practicing advanced mindful facilitation techniques through the use of filmed vignettes, role plays and personal stories. The main focus will be on integrating group process and mindful facilitation techniques in situations where there are intense confrontations and conflicts over diversity issues, coupled with a high degree of escalation and polarization. Participants will learn how to de-escalate these types of conflicts within seconds and help those who are disconnected to become reconnected. Participants will not only learn the art of listening, but also the art of responding in a way that supports everyone to feel heard, seen and understood.

Participants will learn:

- How to mindfully facilitate conflicts within a diversity context
- How to de-escalate conflicts within seconds
- Ways to identify and respond when there is a major disconnection
- Ways to create community based on empathy and curiosity
- How to identify when to use the four major advanced mindful interventions
- How to improve their auditory and visual acuity
- The Art of Summary
- How to identify the common threads and issues in most groups
- The intersection of Mindful Facilitation and Group Process
- How to use personal stories to create community and deeper understanding
- The Art of Listening
- The Art of Co-Facilitation

This training is especially appropriate for: managers, social workers, educators, directors, supervisors, administrators, therapists, and diversity trainers.