



Disrupting White Mindfulness

Race and Racism in the Wellbeing Industry

By Cathy-Mae Karelse

DESCRIPTION

Disrupting White Mindfulness offers a timely commentary on the dominant narratives that shape the mindfulness industry - whiteness, postracialism and neoliberalism. Its positioning as 'apolitical' forges institutions that fit comfortably into increasingly divided societies. The race-gender profile of these institutions reveals a White, middle-class profile of decision-makers, educators and staff that is mirrored in its audiences. Mechanisms that recycle the industry's whiteness include corporatist pedagogies, edicts of authority, disengagement with difference and inappropriate uses of mindfulness that distance People of the Global Majority. A growing emergent movement focused on a justice-infused mindfulness and liberatory wellbeing decolonises mindfulness and de-centres whiteness. Its premise in indigenous, global South, queer knowledges leverages difference to produce multiple solutions focused on liberation. There is room for White Mindfulness to change.

ENDORSEMENT

'Karelse delivers a cracking Black Feminist call to decolonise "Wellbeing" with her forensic exposé of the darkside of the White Mindfulness industry and its colonial co-option of Eastern teachings for Western gain.'

Heidi Safia Mirza, author of *Race, Gender and Educational Desire*

AUTHOR/EDITOR BIOGRAPHY

Cathy-Mae Karelse (she/her) is a scholar-practitioner, changemaker and public speaker on issues of race, difference and belonging. She received a PhD from SOAS in 2019. Her work addresses all landscapes: the inner, outer and in-between. She is currently the DEI Lead at The Mindfulness Initiative and holds the position of Systems Change Lead at Resilience Capital Ventures. She works on policy and change programmes globally.

Hardcover, £85.00

May 2023

978-1-5261-6206-9

272 Pages

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