

Reflect. Unite. Act.

Sowers of Justice Network

What if people of good faith and people of goodwill transform our city into a community of Nonviolence, Compassion, and Peace?

10 Civic  
Mantras



To Uproot  
Racism



## 10 Civic Mantras to Uproot Racism

For a link to the instructions video visit  
[SowersofJusticeNetwork.org](https://www.sowersofjusticenetwork.org)

Many of us want a simple but effective daily practice—the **right practice** — to fully address racism in daily life. Like many others, we have worked hard to name our unique failings, and our unique gifts, and build an overall understanding of structural racism that leads to authentic action, which is at times frankly, overwhelming. Many of us also long to offer something hopeful and pragmatic, and remain linked to either our faith communities or civic connections— or both. The mantras are the results of that effort. A trustworthy spiritual or civic practice can help to manage the guilt, the uncertainties, the anger, the emotional pain and suffering and intense feeling of solidarity any one of us encounters. The mantras offer discernment, energy, consistency, and resilience to persist in the work.

**Why a Mantra?** Mantras can be either a civic or a spiritual practice and as such, sidestep some the inevitable issues involved in current meme wars, othering and violence, and the lingering hopelessness resulting from headlines, blogposts, sermons, videos, social media posts, hashtags. Mantras also help address the permeating pain of black anger, white guilt, the need for camaraderie with immigrants & refugees in the face the overt unwelcome of Muslims and others, as well as the uncertain effects of vigils, protests, walks, marches and gatherings of solidarity. Mantras require no adherent qualifications, no belief system to assent to, and no other requirements other than the commitment to practice and see what happens. That's it.

**The Mantras** are offered as a joint or private practice. The Mantras, paired with daily journaling, helps each of us see, over time, how we are becoming fit for the work of uprooting racism and how to better be in community with others with the same intentions.

**Mantras** are the repetition of words and phrases of special significance, and can be said either out loud or internally or both. Mantras are used as phrases that are repeated and repeated and repeated as anchors for our wandering minds and to help sow, root, and grow important ideas and values into daily practice. People of good faith and people of good will seek to add value to relationships and the common good in ways that manifest themselves in legitimate impact on social problems and specific situations. These mantras help us focus on our values in practical, hopeful, instrumental ways and offer the religious and nonreligious alike a practice we can all join in together.