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Message of Love & Support from the UNtraining

This is a powerful moment in the history of racial justice in the US. The diligent work of generations of activists and civil rights leaders has converged in this moment. More people are waking up to the problem of systemic racism—talking about it, writing about it, shouting about it, praying and meditating on it, taking to the streets, and demanding change.

Our collective consciousness is evolving. Our conscious capacity is expanding to hold a massive diversity of realities that includes the pain, suffering and joys of all people. For us to be ready and available for something new that is trying to happen, we must have an ongoing practice of freeing up our minds, bodies and spirits together. This work is deep, long-term and crucial to shifting the oppressions that policy change can't touch – those that are internalized in our hearts and bodies. The UNtraining is here for people of all backgrounds to provide a space of ongoing education & practice.

UNTRAINING MISSION:

The UNtraining works to relieve the world of all forms of violence that intentionally and unintentionally harm our natural and social environments.

Our mission is to provide environments where diverse groups of people can come together to experience an expanded sense of self that can hold the complexities of multiple realities. Our mission is to create environments where people can accept responsibility for themselves and their conditioning, and accept a responsibility to create their being as a healing environment; and accept responsibility to create social environments where we are accountable for the safety and well-being of each other, everyone, without exception.

To that end, as an organization, the UNtraining does not train people to take political stands. We train people to become more sensitive to themselves, each other, and the environment; to be able to experience and embrace intense emotion; to acknowledge and experience the complexities of self and others, and to stand authentically in an experience of self, in all situations. Our organizing principle is to love the authentic self, not the self who is right or who is wrong. Participants find the conflicts within

themselves that are mirrored in the world, honor those conflicts and work with them. Then they decide for themselves how they show up in the midst of external conflicts.

Every day I must pay attention in order to have an authentic experience of myself. Most conflicts are prescribed. My authentic self is not welcomed in these environments of prescribed conflicts. ~Rita Shimmin

Racism is a prescribed conflict. All the isms are prescribed conflicts. All of the conflict areas of the world are prescribed conflicts. Until we can experience ourselves outside of these prescribed conflicts, we are unconsciously part of someone else's agenda. There is nothing new trying to happen within these prescribed conflicts. On the contrary, these conflicts exist to maintain the status quo of the organizing principle that creates dominance over another, dominance over the other.

The organizing principle of the UNtraining is an authentic experience of yourself as a healing environment for everyone, without exception.

If we can experience the natural conflicts brought on by diversity and difference, outside of prescribed conflicts, we can be stewards of something new that is trying to happen, something new that is trying to come into being. The work of the UNtraining is learning to love yourself so much that this love changes the world. Loving yourself is a political act that interrupts the impact of oppressive social conditioning.

We cannot do the work of regaining our authentic selves alone. Our social construct is systematically organized to prevent this. We must create environments that encourage and nurture this discovery of authentic self. The world is evolving. New culture is evolving to support the discovery of the authentic self, the self of basic goodness.

(Mission statement by Rita Shimmin, 2015)

Be well and take good care.

Rita, Ro, Caren, Swan, Janet & the UNtraining staff