

Situation	Disability Justice Lens	Examples to use	Instead of
Stationary Meditation Set Up	We want all bodies to feel welcome, including bodies that cannot sit during meditation. It can feel hurtful for folks who are not able to sit to be cued to do so.	“We will begin our meditation at 7 PM”	“We will begin our sit at 7 PM”
Stationary Meditation Set Up	Using invitational language. Accommodating different bodies by acknowledging multiple meditation positions.	“I invite you to take a meditation position that is intentional and alert. This can be standing, seated or lying down”	“Take a seated posture”
Stationary Meditation Instructions	Using invitational language and avoiding words that place value judgments like “just.” Acknowledging bodies with chronic pain. It is often not accessible for people with chronic pain to notice pain without judgment and these statements may feel invalidating.	“Perhaps noticing sensations in the body. If there is pain in a part of the body, maybe noticing without judgment. If you have chronic pain and this is not possible, perhaps coming to a part of the body that does not have pain, if that is available”	“If there is pain in a part of the body, just noticing, without trying to shift this or change it.”



Moving Meditation	Not all bodies can walk. Offering moving meditation that is accessible to persons with limited mobility/alter abilities is key for radical inclusivity.	Offering access – centered movement meditation. This might include walking, rolling in a wheelchair, moving one’s arms while seated, making movements while lying down, etc.	Offering walking meditation
Dharma Talk (sloth/torpor or restlessness/worry, for example)	Some people have chronic fatigue, PTSD, neuro-divergence, developmental differences, and psychic differences. Being mindful that not everyone has equal access to “energy”, “clarity”, “focus”, etc.	Discussing energy and focus while recognizing different abilities and experiences. Perhaps validating the experiences of people with sickness/disability, or anyone that struggles with fatigue, fogginess, anxiety, etc.	Discussing energy or focus without recognizing and validating different bodies and minds.
The Breath	Every body and every mind has a different relationship with the breath. Some people have asthma, trauma, anxiety, etc. and have a hard time accessing the breath. Offering alternatives or validating their experience.	“I invite you to observe your breath. If coming to your breath is not accessible for you today, perhaps noticing a sensation in the body or the connection between your body and the earth.”	“Begin to observe your breath.”

