

This curriculum has been adapted from *White Awareness Insight Curriculum for Uprooting Privilege (WAIC UP!): A Dharma and Racism Study Program*, originally offered by [Spirit Rock Community](#) Dharma Leader 5 participants to Buddhist sanghas everywhere. It has been revised to reflect the language of Unitarian Universalists and other like-minded people. We are intensely grateful for the work of those who have pioneered this study.

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About the image



The background image used on this website is from the painting "[American Progress](#)" (1872) by [John Gast](#). Columbia holding a schoolbook is shown bringing light from the east to the west as Native Americans and bison are driven away.