



Resiliency Within
Monday at 1 PM Pacific
June 20th 2022: Encore Racism: How to Live Beyond Trauma

Drs. Larry Ward and Peggy Rowe-Ward will address how we are all as a world community are impacted by Racism and how we can heal from the traumas that arise from Racism. Dr. Ward's book, America's Racial Karma published in September 2020 addresses how America can begin to heal. They have been teaching and practicing with Zen Master Thich Nhat Hanh, a global spiritual leader, poet and peace activist, revered throughout the world for his powerful teachings and bestselling writings on mindfulness and peace. They received the lamp (teacher transmission) from him at Plum Village in 2001. They co

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Featured Guests



Larry Ward

Larry Ward received his PhD in Religious Studies with an emphasis in Buddhism in 2015. His research focused on meditation and neuroscience. He was certified to teach Search Inside Yourself in 2015. His belief is that the world needs more high performing contemplatives and his mission is to support this effort, whether it is teaching in a Zen center, Christian monastery or Fortune 500 corporation. Larry is also an ordained Christian minister and he has celebrated more than 30 years of practice and teaching in this capacity. His teachings on Living Buddha, Living Christ are deep and nuanced from his study and practice of strengthening both of these root traditions. Larry lived and served

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Peggy Rowe-Ward

Peggy received her EdD in Adult Education in 1994 and has her Master's in Counseling Psychology. She co-authored Making Friends with Time and is currently completing a book on tools parents and teachers working with children with mindfulness. She is also certified to teach Gentle Yoga and she likes to combine art, music, movement and yoga in their retreats. She loves to share her joy in the Dharma. Peggy is a faculty member at Atlantic University in a Master's program in Mindfulness and Leadership. She is a Visiting Professor for DeVry University and teaches in Psychology and Leadership. She also works one on one to mentor Buddhist ministers and to serve practitioners from all faiths a

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