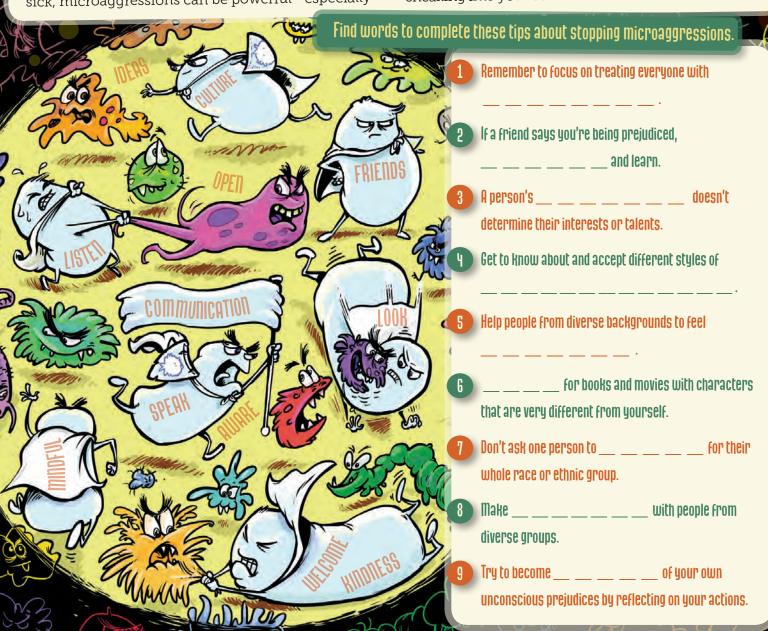
## Respectful Remedies

"The body of the human world is sick. Its remedy and healing will be the oneness of the kingdom of humanity." —'Abdu'l-Bahá

here are you really from? What race are you? Do you even speak English? These may not seem like obvious insults, but they can be hurtful. Questions like these are subtle put-downs called microaggressions. They imply that a person isn't welcome or doesn't fit in. Like microscopic bacteria that are invisible to the eye but still make you sick, microaggressions can be powerful—especially

when they are heard often.

Your immune system battles harmful bacteria in your body. In life, you can fight microaggressions by zooming in on the oneness of humanity and respecting those who are different from you. See each person as a unique individual as well as a member of a race or ethnic group. You can stop invisible insults from sneaking into your conversations.



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