

Episode 16: Sacred Attention | A conversation with Cole Arthur Riley

## **The creator of *Black Liturgies* has written a best-selling book about finding the sacred in her own skin.**

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In this episode Cole Arthur Riley and I discuss the power of sacred attention, the importance of resting in the stories, and what it means to let the true self live in expanse. She defines contemplation as “a certain commitment to paying attention,” and mysticism as “a fidelity to magic,” and shares more about her contemplative writing process for her book, [\*This Here Flesh\*](#).

Born and raised mostly in Pittsburgh, Cole Arthur Riley is the creator of [Black Lituriges](#), a space for black spiritual words of liberation, lament, rage, and rest. She is the executive curator of the Center for Dignity and Contemplation. Her book is [\*This Here Flesh: Spirituality, Liberation, and the Stories that Make Us\*](#).