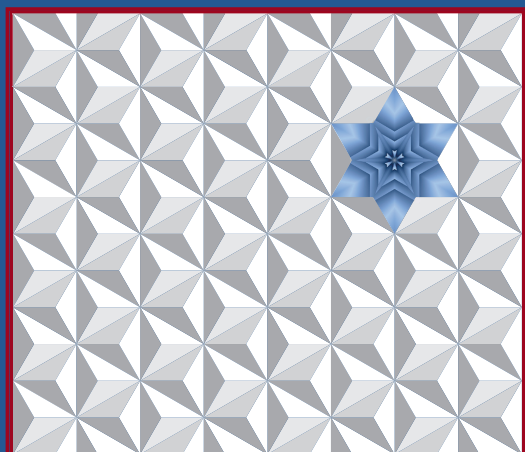


*PLEASE JOIN US FOR A SERIES
OF SPECIAL STANFORD EVENTS CELEBRATING*
CONTEMPLATION: THE POWER OF THE PAUSE



"Contemplation in Windhover" photo courtesy of Matthew Millman

NOVEMBER 1 - 9, 2017



CONTEMPLATION BY DESIGN

CONTEMPLATION BY DESIGN (CBD) IS A CAMPUS-WIDE COLLABORATION INVITING THE STANFORD COMMUNITY TO ENJOY THE POWER OF THE PAUSE FOR THE PURPOSE OF RE-ESTABLISHING BALANCE, TRANQUILITY, COMPASSION, AND ENERGY TO SUPPORT OUR CREATIVE EXCELLENCE.

PLEASE JOIN US **NOVEMBER 1 - 9** FOR **FREE CBD** EVENTS OFFERING RESEARCH ON THE NEUROSCIENCE OF CONTEMPLATION, SKILL-BUILDING OPPORTUNITIES AND REFRESHING EXPERIENCES FROM STANFORD'S NATURAL BEAUTY AND CAMPUS ARTS.

REGISTER AT CONTEMPLATION.STANFORD.EDU

WEDNESDAY CBD EVENTS (NOV. 1ST)

Contemplative Skills for P.E.A.C.E. (CBD17W-1)

Sponsored by: Health Improvement Program (HIP), BeWell, HELP

Welcome to the 2017 Contemplation by Design (CBD) week. In this introductory session, we will begin to experience renewal, peace of mind and well-being by pausing to quiet the thinking mind, engage the senses, relax and replenish. We will explore the fundamental role of contemplative practices in creating a life of sustained excellence, service, joy, compassion, wisdom and health — a life lived fully. Learn practical evidence-based contemplative skills for enjoying *the power of pause*.



Instructor: **Tia Rich**, PhD, Director, Contemplation by Design (CBD), has been integrating mindfulness, compassion and meditation into stress management and career training programs at the University and Medical Center since 1984. Her creation and leadership of the CBD program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

Date: Wednesday, 11/1 Time: 12:30-1:30pm

Location: TBD

Compassion in Health Care: Best practices by corporations, clinicians and care recipients (CBD17W-2)

Sponsored by: HIP, WellMD, HealthySteps

Through dynamic discussion, Stanford Health Care and School of Medicine leaders will provide insights from multiple perspectives. Practices, policies and principles for an integrated approach to compassion in health care will be presented. Q & A will be included.



Panelists: **Lloyd B. Minor**, MD, is the Carl and Elizabeth Naumann Dean of the Stanford University School of Medicine. With his leadership, Stanford Medicine has established a strategic vision to lead the biomedical revolution in Precision Health, a fundamental shift to more proactive and personalized health care that empowers people to lead healthy lives. In 2012 he was elected to the National Academy of Medicine. Dr. Minor is a professor of Otolaryngology–Head and Neck Surgery and of Bioengineering and of Neurobiology. With over 140 research publications, he is an expert in balance and inner ear disorders.



Charles Prober, MD, is the Senior Associate Vice Provost for Health Education and Founding Executive Director of the Stanford Center for Health Education. He is a Professor of Pediatrics, Microbiology and Immunology and an international expert in pediatric infectious diseases. Prober served as Senior Associate Dean for Medical Education at Stanford from 2007-2017. In that role he worked diligently to create a more diverse and supportive educational environment for students and graduate medical trainees.



Dale E. Beatty, DNP, RN, NEA-BC, is the Chief Nursing Officer – Vice President Patient Care Services for Stanford Health Care. His experience includes working in both community and academic medical center environments. Dale served as the Chief Nursing Officer at the University of Illinois Hospital and Health Sciences System. He was Executive V. P. – Chief Nursing Officer at Northwest Community Healthcare and also at Sharp Healthcare, both of which are ANCC Magnet Designated for nursing excellence.



Mickey Trockel, MD, PhD, Clinical Associate Professor, Psychiatry & Behavioral Science, is a psychiatrist specializing in cognitive and behavioral treatment of clinical anxiety, insomnia, and depression. As clinical faculty, he teaches medical students and mental health professionals, and conducts research. As Director of Scholarship and Health Promotion at Stanford's WellMD Center, he focuses on equipping health care providers with evidence-based strategies to optimize their wellness and professional performance.

Date: Wednesday, 11/1 Time: 5:45-7:00pm

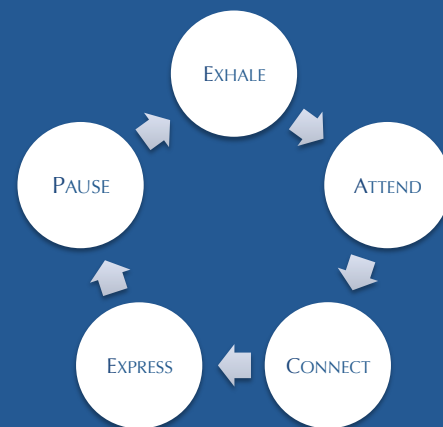
Location: Dinkelspiel Auditorium



2017 CBD COLLABORATORS INCLUDE BeWELL, BING CONCERT HALL, HAAS CENTER FOR PUBLIC SERVICE, HEALTH & HUMAN PERFORMANCE, HEALTH IMPROVEMENT PROGRAM, HEALTHYSTEPS, HELP CENTER, HISTORY DEPT., iTHRIVE, JASPER RIDGE BIOLOGICAL PRESERVE, LIFEWORKS, MUSIC DEPT., OFFICE FOR RELIGIOUS LIFE, OFFICE OF STUDENT AFFAIRS, OFFICE OF THE DEAN FOR COMMUNITY ENGAGEMENT & DIVERSITY, PSYCHIATRY & BEHAVIORAL SCIENCE, RESIDENTIAL & DINING ENTERPRISES, STANFORD ARTS, STANFORD STORYTELLING PROJECT, WellMD, AND WORKLIFE.

EACH EVENT IS DESIGNED TO BRING THE STANFORD COMMUNITY TOGETHER IN EXPERIENCING THE IMPORTANCE OF QUIETING THE THINKING MIND AND REFRESHING ONESELF THROUGH QUIET CONTEMPLATION.

BeWELL BERRY IS AWARDED TO FACULTY/STAFF FOR REGISTERED PARTICIPATION.



THURSDAY CBD EVENTS (NOV. 2ND)

A Moment of Heartfulness (CBD17Th-1)

Sponsored by: LifeWorks, HIP, BeWell, iThrive, HELP Center

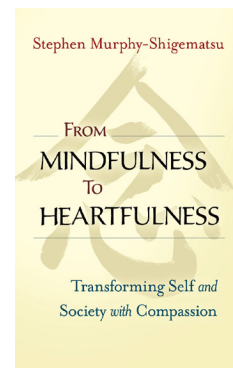
Join us for a moment of respite and revival in heartfelt community, experiencing the beauty and wonder of coming together in vulnerability, authenticity, and presence. Bring a beginner's mind, a sense of *ichi-go, ichi-e* (once in a lifetime opportunity) and a spirit of witnessing that proclaims, "Here I am!"



Instructor: **Stephen Murphy-Shigematsu**, PhD, is a clinical psychologist practicing Heartfulness – a way of living with mindfulness, compassion, and responsibility – designing healing communities in the U.S., Japan, and other parts of Asia. At Stanford, he co-founded LifeWorks and teaches in Comparative Studies in Race & Ethnicity and Health & Human Performance. He is author of *Stanford University Mindfulness Classroom* (In Japanese) and *From Mindfulness to Heartfulness: Transforming Self and Society with Compassion* (January 2018).

Date: Thursday, 11/2 **Time:** 12:00-1:15pm

Location: TBD



Mindful Cultivation and Positive Neuroplasticity (CBD17Th-2)

Sponsored by: HIP, BeWell, iThrive, HELP Center

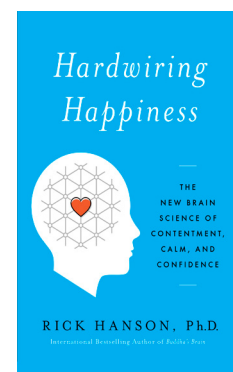
Mindfulness of passing mental states is great – but it is not enough to grow traits of resilience, happiness, and compassion. Due to its "negativity bias," the brain is like Velcro for negative experiences but Teflon for positive ones. This talk will explore practical ways to turn ordinary experiences into inner resources hardwired into the nervous system. Then daily life is full of opportunities for lasting healing, growth, and transformation.



Instructor: **Rick Hanson**, PhD, is a psychologist, Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His books are available in 26 languages and include *Hardwiring Happiness*, *Buddha's Brain*, *Just One Thing*, and *Mother Nurture*. A *summa cum laude* graduate of UCLA and founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he's been an invited speaker at Oxford, Harvard, and other major universities, and taught in meditation centers worldwide. His work has been featured on BBC, CBS, and NPR, and he offers the free Just One Thing newsletter and the online Foundations of Well-Being program in positive neuroplasticity.

Date: Thursday, 11/2 **Time:** 6:30-8:30pm

Location: Hewlett 200



Quiet Reflection Breaks in Student Residences (CBD17Th-3)

Sponsored by: Office of Student Affairs (OSA), iThrive, ORL, Office of the Dean of Community Engagement and Diversity

(For students only) Students are invited to gather in the common room of their residence to enjoy a guided contemplation break facilitated by fellow students such as Resident Assistants, iThrive peer health educators or Rathbun Fellows for Religious Encounter.

Date: Thursday, 11/2 **Time:** 9:00-10:00pm

Location: Student Residence Halls

Register: contemplation.stanford.edu/summit.php

FRIDAY CBD EVENTS (NOV. 3TH)

Carillon Concert & Community-Wide Contemplative Pause (CBD17F-1)

Sponsored by: BeWell, HIP, WorkLife, Residential & Dining Enterprises, Haas Center for Public Service, iThrive



The Hoover carillon bells ring again this year to signal the university's commitment to emotional well-being. All members of the Stanford community are encouraged to pause, reflect and take time to unwind. Gather in Dohrmann Grove, the Oval Ear and/or Meyer Green Lawn to share the concert and contemplative pause together as a community. You may also enjoy the experience by pausing wherever you are on or off campus. Concert by Stanford's carillonneur **Timothy Zerlang**.

Date: Friday, 11/3 Time: 12:00-1:00pm

Location: Hoover Lawn, Oval Ear, Dohrman Grove, and Meyer Green

PARKING: Free parking will be available in the dirt lot behind the stadium. From there, it is a short walk to Hoover Tower Carillon Concert.

12:00-12:30pm

Meyer Green: Gather for a pre-carillon-concert show by the a cappella group Talisman.

Dohrmann Grove, Hoover Lawn and the Oval Ear: Enjoy gentle stretching (led by **Emily Hite**) or guided tai chi (led by **Tony Wong**) and quiet space for simple relaxation or meditation. If you plan to join the Gentle Stretching, please bring your yoga mat.



Emily Hite, '07, RYT-500 and a certified SmartFLOW® yoga instructor, loves teaching yogis of all backgrounds and experience levels. Emily is a Digital Media Associate in the Office of University Communications and a former professional ballet dancer.



Master Wong is a 20th generation, 1st Grade, Gold Medalist Tai Chi Master and teaches classes every quarter for HIP.

12:30pm

We invite you to sit back and enjoy the 20 minute carillon concert, which will be followed by a 10 minute period of quiet contemplation. For people who are not on the main campus, the Carillon concert will be broadcast live on KZSU radio at 90.1FM and also streamed online at kzsulive.stanford.edu. Tune in from 12:15-1:00pm for the full program.

REGISTRATION IS APPRECIATED YET NOT REQUIRED FOR PARTICIPATION.

**HOOVER TOWER
CARILLON CONCERT**

**QUIET
CONTEMPLATION
AND
MUSIC**

November 3, 2017 ★ 12:00 PM - 1:00 PM

12:00
RELAX, TAI CHI,
GENTLE STRETCHING OR
TALISMAN SINGING
12:30
CARILLON CONCERT
12:50
QUIET CONTEMPLATION
1:00
CLOSURE

GATHER IN
OVAL EAR: QUIET AND MEDITATION
DOHRMANN GROVE: TAI CHI
HOOVER LAWN: GENTLE STRETCHING
MEYER GREEN: PICNIC WITH TALISMAN SINGING

Bring a Mat or Beach Towel to Sit or Recline

BeWell
stanford



Talisman, Meyer Green



Meditation, Oval Ear



Tai Chi, Dohrman Grove



Yoga, Hoover Lawn



The Hidden Life of Trees: Book discussion on nature and interconnectedness

(CBD17F-2)

Sponsored by: HIP, Health & Human Performance

The Hidden Life of Trees illustrates in vivid ways how trees in the forest are social beings. Join us as we use the book as a starting point to open up discussion about how trees interact with each other in similar ways to human beings, exploring and cultivating appreciation for the uncanny parallels between our lives and theirs. NOTE: Feel free to join us even if you have not finished the book.

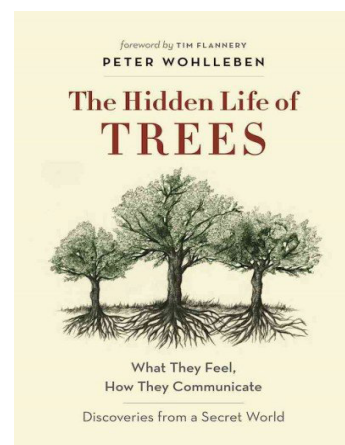


Facilitator: **Sairus Patel** is co-editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities. One of his most rewarding projects was being guest lecturer and tree walk leader for Bio29N, a Stanford course on trees entitled – you guessed it – “Party with Trees!”

Date: Friday, 11/3 Time: 5:30-6:45pm

Location: Lathrop 282

November 1-9, 2017



Contemplation By Design (CBD)

SATURDAY CBD EVENTS (NOV. 4TH)

Father Thomas Keating in Conversation on Contemplative Prayer and Practice: The journey to the heart of being human

Sponsored by: HIP

Father Keating, centering prayer teacher and author, will share his wisdom through a presentation and Q & A in this live video conversation. His publications include *Open Mind, Open Heart, Intimacy with God* and *Invitation to Love*. To participate in person, register for Group 1. To join via computer, register for Group 2.



Instructor: **Thomas Keating** is a principle founder of Contemplative Outreach, an international organization that aspires to reintroduce principles of contemplative spirituality into the Christian experience. Father Keating is a Trappist monk who was the abbot of St. Joseph's Monastery in Spencer, Massachusetts for 20 years. He resides in semi-retirement at St. Benedict's Monastery in Snowmass, Colorado.

Date: Saturday, 11/4 **Time:** 9:30-11:00am

Location: LKSC 120

Group 1 ~ meet in LKSC 120 to participate in this live Zoom-video session....(CBD17Sat-0a)

Group 2 ~ log in to Zoom via your computer to join remotely....(CBD17Sat-0b) (Login instructions will be e-mailed.)

Jasper Ridge Contemplative Hikes

Sponsored by: HIP, Jasper Ridge Biological Preserve

Enjoy the gift of time in nature as catalyst for the CBD experience of PEACE: pausing, exhaling, attending, connecting and expressing. Delight in connecting with nature and enhancing your connection with yourself and others. Observe how walking in nature can enhance emotional wellbeing, as reported by Stanford researchers Bratman and Daily at the 2015 National Academy of Science Proceedings. Under the leadership of a Jasper Ridge docent you will learn about the natural history of the Santa Cruz Mountains, the Stanford research conducted on the majestic trails and animal life in Jasper Ridge, and have opportunities to pause, contemplate, and savor your experience in the variety of ecosystems and beauty of Jasper Ridge.

NOTE: To minimize impact on Jasper Ridge, CBD participants will meet at the parking lot at the intersection of Roth Way and Lasuen St to board Marguerite Shuttles engaged to drive the CBD hiking groups from campus to Jasper Ridge and back.

Date: Saturday, 11/4

Time: 6 Options from 10:00am-3:00pm (Please register for ONE of the following.)

Group 1 ~ meet on campus at 9:20am..... (CBD17Sat-1a)

Group 2 ~ meet on campus at 10:20am..... (CBD17Sat-1b)

Group 3 ~ meet on campus at 11:20am..... (CBD17Sat-1c)

Group 4 ~ meet on campus at 12:20pm..... (CBD17Sat-1d)

Group 5 ~ meet on campus at 1:20pm..... (CBD17Sat-1e)

Group 6 ~ meet on campus at 2:20pm..... (CBD17Sat-1f)

Location: Parking lot near Roth Way and Lasuen St (meeting place for carpool to Jasper Ridge via reserved Marguerite Shuttle)

Please read: A tour is typically 2 hours. These hikes will be similar in the level of exertion called for when walking the DISH. Food is not allowed on the trails. Please bring water to carry with you. Please note children under 14 are not allowed in Jasper Ridge. No pets are allowed. Jasper Ridge is about a 20-minute car ride from the main Stanford University campus. Expect to return to your car on campus approximately 3 hours after your start meeting time. Jasper Ridge information is available at jrbp.stanford.edu/tours.php



Kindness Heals: Cultivating compassion for ourselves and others (CBD17Sat-2)

Sponsored by: HIP

Compassion is good for us. A compassionate lifestyle has been linked to well-being and health. Self-compassion is being kind to yourself as you would be with a dear friend. It has been associated with greater resilience and less anxiety and depression. For most of us, however, self-compassion doesn't come as easily as we might like. Fortunately, it's possible to cultivate compassion with practice. We'll review research and do experiential exercises to explore why compassion and self-compassion are healthy and fulfilling ways of relating.



Instructor: **Bob Horowitz, MD**, is a primary care internist and a longtime meditator. He teaches Mindful Self-Compassion at El Camino Hospital and has been developing a self-compassion training program for physician well-being at the Stanford School of Medicine.

Date: Saturday, 11/4 **Time:** 1:00-2:15pm

Location: Lathrop 282

Register: contemplation.stanford.edu/summit.php

SATURDAY CBD EVENTS CONTINUED (NOV. 4TH)

Partner Yoga

Sponsored by: HIP, Office of Student Affairs

Connect with others while having fun in a playful series of stretches and postures! Partner yoga is a great way to introduce someone to yoga or meet someone new as we foster communication, trust, and compassion in the body and mind. Starting with smooth breathing, this practice will engage both partners in complementary poses you can do at home (or work!). We will end with Thai Yoga massage for stress relief and deep relaxation. No prior yoga experience needed. Parents are welcome to enjoy this with children 12 & older. Bring a mat.



Instructors: **Anita Husen** is the Associate Dean & Director of The Markaz: Resource Center for engagement with Muslim communities and cultures. For over 15 years, she has been devoted to creating community as a faculty member, founder of interdisciplinary and collaborative initiatives, advisor to student groups, and director of living and learning spaces.



Maithili Gavankar has been practicing yoga since 9 years of age as a family tradition back in India. What initially started as a physical training activity eventually became a staple in her overall mental and physical health. After moving to the US, she became a certified yoga and pilates instructor. She presently teaches PE Courses at Stanford focusing on yoga and pilates.

Date: Saturday, 11/4

Time: 2 Options (Please register for ONE of the following.)

1. 2:30-3:30pm.....(CBD17Sat-3a)

2. 3:45-4:45pm.....(CBD17Sat-3b)

Location: Knight Lawn (between Knight and Lathrop)

NOTE: If it is raining, the class will meet in Lathrop 282.



Tibetan Medicine Self-Care Skills for Meditation Preparation: Warm oil self-massage

Sponsored by: HIP

Self-care skills have always been a fundamental component of contemplative practice traditions. This practical workshop will impart self-care skills from Tibetan Medicine that help prepare the mind and body for meditation. Techniques presented include Hor-mey, or warm oil therapy, which promotes calmness, relaxation, and rejuvenation. Skills for recognizing imbalances and restoring balance in your body and mind also will be presented. You will learn to recognize the sacred trigger points and the five wheels of mind-body energy on your own body, as well as to prepare herbal compresses and apply them to yourself along with the warm oil therapy. NOTE: Please wear loose clothing and bring a mat to lie on.

Tibetan Medicine, which has been practiced for more than 4,000 years, is called "Sowa Rigpa" in Tibetan. "Sowa" means to heal that which is imbalanced and "rigpa" means the knowledge and science of a particular subject. Sowa Rigpa is regarded as one of the five most important and essential sciences in Tibetan traditional education.



Instructor: **Yangdron Kalzang**, Menpa, LAC is a licensed acupuncturist and herbalist, as well as a Doctor of Tibetan Medicine (in Tibetan: Menpa). Menpa Yangdron has been practicing Tibetan Medicine for over 20 years and founded Kunde Institute in Daly City, California. She was born in Lhasa, Tibet and earned her Tibetan Medicine Doctor degree from the Tibetan Medical University. She has been teaching medical students from Stanford University School of Medicine for clerkships since 2008.

Date: Saturday, 11/4

Time: 2 Options (Please register for ONE of the following.)

1. 2:30-3:30pm.....(CBD17Sat-4a)

2. 3:45-4:45pm.....(CBD17Sat-4b)

Location: Lathrop 299



The Hidden Life of Trees: Book discussion on nature and interconnectedness (CBD17Sat-5)

Sponsored by: HIP, Health & Human Performance

The Hidden Life of Trees illustrates in vivid ways how trees in the forest are social beings. Join us as we use the book as a starting point to open up discussion about how trees interact with each other in similar ways to human beings, exploring and cultivating appreciation for the uncanny parallels between our lives and theirs. NOTE: Feel free to join us even if you have not finished the book.



Facilitator: **Sairus Patel** is co-editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities. One of his most rewarding projects was being guest lecturer and tree walk leader for Bio29N, a Stanford course on trees entitled – you guessed it – "Party with Trees!"

Date: Saturday, 11/4 **Time:** 5:15-6:30pm

Location: Lathrop 282

SUNDAY CBD EVENTS (NOV. 5TH)

University Public Worship (UPW), Yassir Chadly talks on “With Majesty and Grace”, Memorial Church (CBD17Sun-1)

Sponsored by: ORL, HIP

Memorial Church has historically been an important center of spiritual and ceremonial life at Stanford University since the church was dedicated in 1903. It is open to anyone, wherever you may be on your spiritual journey. Please join us in this spectacular and sacred venue.



Shaykh **Yassir Chadly** is an associate professor at the Graduate Theological Union in Berkeley where he has taught Islamic and Sufi studies since 2003. He was the Imam (spiritual Leader) of Masjid Al Iman, a multi ethnic mosque in Oakland from 1991-2016. Yassir is also a well known Moroccan musician, composer and storyteller. He spreads his message of tolerance, peace and understanding among religions and peoples in his many lectures and performances all over the Bay Area.



Date: Sunday, 11/5 Time: 10:00-11:00am

Location: Memorial Church

Conversation with Yassir Chadley (CBD17Sun-2)

Sponsored by: ORL, HIP

Join us in the Round Room of Memorial Church for a conversation centered in the themes shared by Yassir Chadly during his talk in the University Public Worship service. This is a wonderful opportunity to explore and deepen your insights and understanding of contemplative practice.

Date: Sunday, 11/5 Time: 11:15-12:15pm

Location: Round Room, Memorial Church

Surfing the Waves to the Divine: Guided meditation with Yassir Chadly

(CBD17Sun-3)

Sponsored by: ORL, HIP

Sufi meditation, also called dhikr, is an ancient wisdom path to remember our true selves. As waves wash the shores of all debris, dhikr washes the heart and leads us on the path of love to still our thoughts, think deeply, live mindfully, and realize our highest potential as human beings.

Date: Sunday, 11/5 Time: 1:00-2:00pm

Location: Windhover Contemplative Center



Tea Ceremony: An experiential contemplative practice (CBD17Sun-4)

Sponsored by: HIP, Stanford Arts

Enjoy the tranquility of the tea-brewing process and appreciate the history of Chinese tea ceremonies in this culturally rooted contemplative practice. Attendees will learn about the origins and related cultural activities of the Chinese tea ceremony, then participate in a ceremony themselves alongside a host. Learn how the simple act of making tea can become an experience of shared presence, relaxation, and honoring of tradition. The ceremony will also feature a contemplative performance from the Stanford Chinese Music Ensemble. Chairs will be provided as well as traditional cushion seating.



Facilitator: **Yuhong Song**, MBA, has a Chinese certification of State as a Senior Tea Art Specialist, and a certification of Tea Sensory Evaluator in 2015 from Hongyi, China. She is a tea enthusiast who enjoys sharing tea culture and the inner peace gained through the years of practicing Chinese Chadao.

Date: Sunday, 11/5 Time: 2:30-4:30pm

Location: TBD



scme.stanford.edu

Register: contemplation.stanford.edu/summit.php

SUNDAY CBD EVENTS CONTINUED (NOV. 5TH)

Savoring Stanford's Natural Beauty: A campus contemplative walk (CBD17Sun-5)

Sponsored by: HIP

Listen to the birds and the breeze. Enjoy experiencing the interconnectedness of nature and yourself. Delight in being conscious of every step you take; feeling the earth beneath your feet. Join us for an exquisitely guided mindful exploration of hidden gems and special spots on the Stanford campus.

Learn first-hand what the new science of awe, and the work of Dacher Keltner's lab at UC Berkeley is confirming: that opening yourself to beauty and wonder can lead to a greater sense of overall well-being and improved health. Research supports the physical (healthy immune system function, nervous system regulation), mental (calms the ruminating mind, and promotes creativity), emotional (promotes positivity) and social benefits of spending time in nature.

Instructors: **Danny Goldberg** has led guided hiking tours and taught environmental education in California since 1999. Danny combines his passions for nature, health, meditation and the arts to offer inspiring hiking experiences and new insight into the world around us.

Sairus Patel is co-editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.

Date: Sunday, 11/5 Time: 4:00-5:00pm

Location: Cantor Center for Visual Arts, Front Entrance Steps



The Hidden Life of Trees: Book discussion on nature and interconnectedness (CBD17Sun-6)

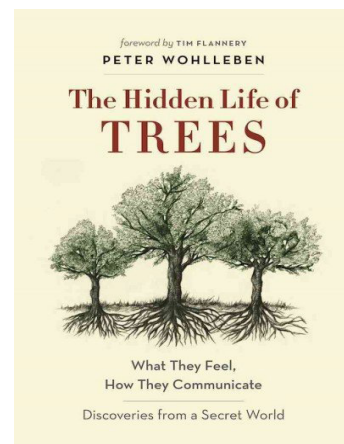
Sponsored by: HIP, Health & Human Performance

The Hidden Life of Trees illustrates in vivid ways how trees in the forest are social beings. Join us as we use the book as a starting point to open up discussion about how trees interact with each other in similar ways to human beings, exploring and cultivating appreciation for the uncanny parallels between our lives and theirs. NOTE: Feel free to join us even if you have not finished the book.

Facilitator: **Sairus Patel** is co-editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities. One of his most rewarding projects was being guest lecturer and tree walk leader for Bio29N, a Stanford course on trees entitled – you guessed it – “Party with Trees!”

Date: Sunday, 11/5 Time: 5:15-6:30pm

Location: Lathrop 282



Contemplation & Compline, Memorial Church (CBD17Sun-7)

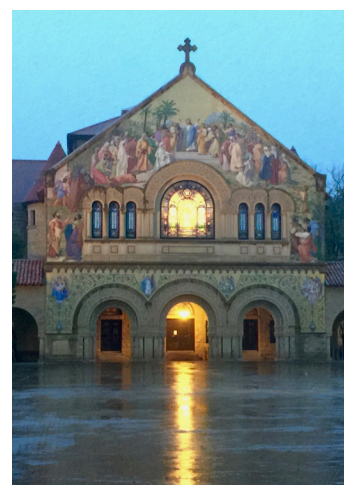
Sponsored by: ORL, HIP

Compline (pronounced “komp-lin”) - Join us for a quiet, reflective, contemplative 30-minute service of hymns, anthems and chants. Enjoy the music of the All Saint's Episcopal Church Choir in the tranquil candlelit ambiance of Memorial Church. Reverend Joanne Sanders will provide an introduction to the compline tradition to open this service.

Facilitator: The Rev. **Joanne Sanders**, D.Min, Associate Dean for Religious Life at Stanford. Rev. Sanders preaches and presides regularly at services in Memorial Church. Under her leadership, she has brought contemplative practices, such as Compline and the Labyrinth, to the Stanford and local community.

Date: Sunday, 11/5 Time: 9:00-9:30pm

Location: Memorial Church



MONDAY CBD EVENTS (NOV. 6TH)

Using Stories to Deepen Your Presence to Life (CBD17M-1)

Sponsored by: The Stanford Storytelling Project, HIP, HELP Center

Like meditation, stories and storytelling have long been a vehicle for creating greater presence to ourselves, others, and our world. In this workshop, you will explore how to turn your encounters with stories into contemplative practices, with many of the same benefits of mindfulness and compassion practices. Join us to experience how to use stories and storytelling to reflect deeply and create more intimacy in all of your relationships.



Instructor: **Jonah Willihnganz**, MFA, PhD, has taught literature and writing at Stanford since 2002 and is Director of the Stanford Storytelling Project, an arts program that sponsors courses, grants, an acclaimed event series, and the award-winning radio program State of the Human. He is also co-founder of Life-Works, a new initiative at Stanford that helps students cultivate natural human capacities such as courage, resilience, compassion, and deep attention.

Date: Monday, 11/6 Time: 12:30-1:45pm

Location: Havana Room at the Graduate Community Center



The Neurobiology of Breathing and Tranquility (CBD17M-2)

Sponsored by: HIP, School of Medicine

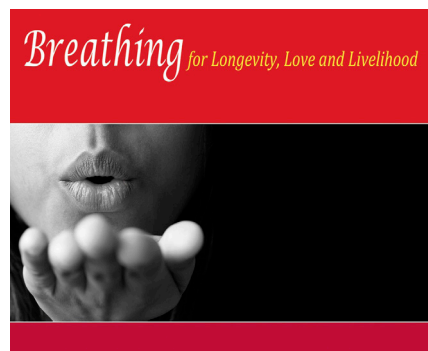
Breathing practices are acknowledged as a central component of contemplation. While seemingly simple, breathing is generated by a small cluster of several thousand neurons in the brainstem. Despite its importance, science still does not understand how the brain generates the breathing rhythm. Research by Dr. Kevin Yackle and others has classified the breathing pacemaker neurons into dozens of molecularly distinct cell types with the ambition of identifying the key types that generate the rhythm. To their surprise, in 2017, Yackle and his colleagues identified ~175 neurons that, instead of contributing to breathing rhythm generation, instead relay the breathing signal to a higher order brain center that controls arousal, anxiety, and attention. Their studies provide a plausible explanation for how slow breathing calms us while fast breathing creates anxiety.



Instructor: **Kevin Yackle**, MD, PhD, Stanford University, 2016. His PhD thesis work focused on understanding how the brain generates the breathing rhythm. He is currently continuing this work in his own lab in the Physiology Department at UCSF as a Sandler Faculty Fellow.

Date: Monday, 11/6 Time: 5:45-7:00pm

Location: Bishop Auditorium, Lathrop Library



Guided breathing instruction program at cdbaby.com
Title: Breathing for Longevity, Love and Livelihood

Labyrinth Walk at Windhover

Sponsored by: ORL, HIP

Walk your way to a healthier outlook on life. Enter the labyrinth and discover that intentionally walking in a circular pattern can enhance direction in your life – the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. Join us at the Windhover contemplative center to walk the labyrinth based on the one at the Cathedral of Notre Dame in Chartres, France.



Facilitators: The Rev. **Joanne Sanders**, D.Min, Associate Dean for Religious Life at Stanford, preaches and presides regularly at services in Memorial Church. She has brought contemplative practices such as Compline, an evening candlelit service of chanted song and the Labyrinth, to the Stanford and local community.



Tia Rich, PhD, Stanford Senior Specialist in Health Promotion, and Director of Contemplation By Design, has been integrating mindfulness, compassion and meditation into stress management and resilience programs at the University and Medical Center since 1984.

Date: Monday, 11/6

Time: 3 Options (Please register for ONE of the following.)

1. 8:00-8:20pm..... (CBD17M-3a)

2. 8:20-8:40pm..... (CBD17M-3b)

3. 8:40-9:00pm..... (CBD17M-3c)

Location: Windhover Contemplative Center



To register, go to: <http://stanford.io/contemplationregistration>

Register: contemplation.stanford.edu/summit.php

TUESDAY CBD EVENTS (NOV. 7TH)

Savoring Stanford's Natural Beauty: A campus contemplative walk (CBD17T-1)

Sponsored by: HIP

Listen to the birds and the breeze. Enjoy experiencing the interconnectedness of nature and yourself. Delight in being conscious of every step you take; feeling the earth beneath your feet. Join us for an exquisitely guided mindful exploration of hidden gems and special spots on the Stanford campus.

Learn first-hand what the new science of awe, and the work of Dacher Keltner's lab at UC Berkeley is confirming: that opening yourself to beauty and wonder can lead to a greater sense of overall well-being and improved health. Research supports the physical (healthy immune system function, nervous system regulation), mental (calms the ruminating mind, and promotes creativity), emotional (promotes positivity) and social benefits of spending time in nature.

Instructors: **Danny Goldberg** has led guided hiking tours and taught environmental education in California since 1999. Danny combines his passions for nature, health, meditation and the arts to offer inspiring hiking experiences and new insight into the world around us.

Sairus Patel is co-editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.

Date: Tuesday, 11/7 Time: 7:45am-8:45am

Location: Cantor Center for Visual Arts, Front Entrance Steps



Walking Meditation & Contemplation of Memorial Church Inscriptions (CBD17T-2)

Sponsored by: HIP, ORL

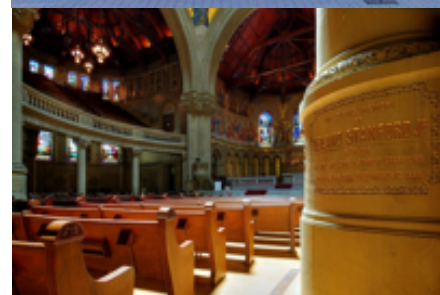
Join us in the awe-inspiring tranquility of Memorial Church for a walking meditation. The event will be centered on the inscriptions carved in the sandstone interior walls of this beautiful sacred space. Assembled by Jane Stanford, these inscriptions represent a collection of instructive and inspirational quotes to nourish the soul and spirit.

Facilitators: The Rev. **Joanne Sanders**, D.Min, Associate Dean for Religious Life at Stanford, preaches and presides regularly at services in Memorial Church. She has brought contemplative practices such as Compline, an evening candelit service of chanted song and the Labyrinth, to the Stanford and local community.

Tia Rich, PhD, Stanford Senior Specialist in Health Promotion, and Director of Contemplation By Design, has been integrating mindfulness, compassion and meditation into stress management and resilience cultivation programs at the University and Medical Center since 1984.

Date: Tuesday, 11/7 Time: 12:00-1:15pm

Location: Memorial Church



Om Under the Dome (yoga) in Memorial Church (CBD17T-3)

Sponsored by: ORL, HIP

Rejuvenate the body, mind and spirit as we perform sacred gestures in the special space of Memorial Church. The space and light this architecture offers to visitors is awe inspiring and memorable.

NOTE: Please bring your yoga mat.

This event will be led by yoga instructor **Rebecca Snowball**.

Date: Tuesday, 11/7 Time: 5:30-6:45pm

Location: Memorial Church



WEDNESDAY CBD EVENTS (NOV. 8TH)

Mindful Yoga in Windhover (CBD17W2-1)

Sponsored by: ORL, HIP

Mindfulness and breath are central to yoga. They are also central to Stanford's beautiful contemplative space, Windhover. Begin your morning in the serenity of Windhover; join us for a silent yoga practice. The practice will begin with sun salutations, and flow into standing and floor poses while helping you to listen to your body, and compassionately and wisely respect your capabilities. Suitable for all levels. NOTE: Please bring your yoga mat.



Instructor: **Tia Rich**, PhD, Stanford Senior Specialist in Health Promotion, has been teaching yoga and integrating mindfulness, compassion and meditation into stress management and resilience programs at the university and medical center since 1984. Her creation and leadership of the Contemplation by Design (CBD) program is the continuation of her dedication to the well-being of the Stanford community.

Date: Wednesday, 11/8 Time: 8:00-9:00am

Location: Windhover Contemplative Center



What Makes Living Things Tick, The Restless Clock (CBD17W2-2)

Sponsored by: HIP, Help Center, History

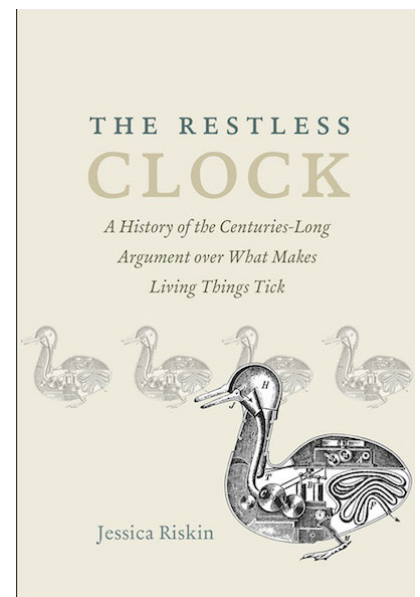
Ever since the beginnings of modern science in the 17th century, philosophers and scientists have used clockwork as a metaphor to describe the universe and the natural world. Clockwork generally makes one think of something rigid, rote, constrained, something that ticks along without changing. However, hidden within this centuries-old clockwork metaphor is a tradition of people who have understood clocks, and nature, very differently: as restless, responsive, and dynamic. These renegades include the German philosopher Leibniz who first described living things as "organisms," and who said living organisms resembled clocks in their "restlessness"; the French naturalist Lamarck who was the first to present a theory of what we now call evolution; and the Austrian pioneer in quantum physics, Erwin Schrödinger, whose landmark 1944 manifesto *What is Life* was foundational to the new field of molecular biology. All three compared living beings to clocks but all three specified that they meant restless clocks. The talk will explore the history of restless clockwork as a model for living things.



Instructor: Professor **Jessica Riskin**, PhD, teaches European history and the history of science at Stanford University. She was educated at Harvard and UC Berkeley, and has also taught at MIT and Sciences Po, Paris. She is the author most recently of *The Restless Clock: A History of the Centuries-Long Argument over What Makes Living Things Tick*. Her first book was about science and revolution in France, entitled *Science in the Age of Sensibility*. Her most notorious piece of writing is "The Defecating Duck" (which has even been mentioned in a novel by Peter Carey). Her most downloaded work by far is "Machines in the Garden" (arcade.stanford.edu/rofl/machines-garden). She lives with her husband, son, daughter, dog and cat in Berkeley, CA.

Date: Wednesday, 11/8 Time: 12:30-1:30pm

Location: TBD



Register: contemplation.stanford.edu/summit.php

The Office for Religious Life, Stanford Storytelling Project, and HIP invite you to join them for a special keynote event with



Photo courtesy of Scott Campbell

Alice Walker

Taking the Arrow Out of the Heart:

Noticing Where You Are, and Who or What Is There With You

"No one escapes a time in life when the arrow of sorrow, of anger, of despair pierces the heart. For many of us, there is the inevitable need to circle the wound. It is often such a surprise to find it there, in us, when we had assumed arrows so painful only landed in the hearts of other people. Some of us spend decades screaming at the archer. Or at least for longer periods than are good for us. How to take the arrow out of the heart? How to learn to relieve our own pain? That is the question. Like many such questions it is one delved into by Buddhism, but also by anyone who has lived long enough to see, by trial and error, for the most part, that the futility we begin to feel, as we attempt to bring down the archer, leaves our wounded heart untended and the medicine of life that abounds wherever we are, is left unapplied." - Alice Walker

Alice Walker is an internationally celebrated writer, poet and activist whose books include seven novels, four collections of short stories, four children's books, and volumes of essays and poetry. She won the Pulitzer Prize in Fiction in 1983 and the National Book Award for her novel *The Color Purple*. Her work has been translated into more than two dozen languages, and her books have sold more than fifteen million copies. Walker has been an activist all of her adult life, and believes that learning to extend the range of our compassion is activity and work available to all. She has a deep meditation practice. She is a staunch defender not only of human rights, but of the rights of all living beings. She is one of the world's most prolific writers, yet continues to travel the world to literally stand on the side of the poor, and the economically, spiritually and politically oppressed. She also stands, on the side of the revolutionaries, teachers and leaders who seek change and transformation of the world.

SPECIAL REGISTRATION REQUIRED

Tickets for this free event will be available through the Stanford Ticketing Office starting Tuesday, September 12th at 9:00am at: <http://sto.stanfordtickets.org/single/SelectSeating.aspx?p=7930>

Please note: The Stanford Bookstore's Contemplation By Design display features books by Alice Walker.

Date: Wednesday, 11/8 Time: 7:00-9:00pm

Location: Memorial Church

THURSDAY CBD EVENTS (NOV. 9TH)

Guided Meditation (multiple locations, see codes below)

Sponsored by: HIP, iThrive, HELP, Health & Human Performance, Psychiatry & Behavioral Sciences, Office of Student Affairs

As a follow-up to CBD's special evening in Memorial Church with Alice Walker, we invite you to join us for a morning of P.E.A.C.E. Please join us to Pause (unwind), Exhale (breathe), Attend (awaken to your senses), Connect (to the present moment) and Express (by joining us for this group meditation practice) at one of fourteen Stanford locations. At each location, an experienced meditation instructor will gently guide you in a breath-based sitting meditation practice that will offer the gifts of sharing silent meditation in community. Feel free to come and sit for some or all of the time. All levels of meditation experience are welcome.

Date: Thursday, 11/9 **Time:** 7:45-8:30am

Location: 13 Options (Please register for ONE of the following.)

1. Alway Building, Room M112, Mark Abramson (CBD17Th2-1a)
2. HELP Center Office, Margy Lim (CBD17Th2-1b)
3. SLAC, Trinity Room, Patty McLucas (CBD17Th2-1c)
4. Arrillaga Family Dining, Wellness Rm, Fred Luskin (CBD17Th2-1d)
5. Landau Econ. Bldg., Lucas Conf. Cntr, Rm 134A, Sanne Lim..... (CBD17Th2-1e)
6. SHC Redwood City; OPC; B-3 Conf. Rm, Vickie Martin..... (CBD17Th2-1f)
7. 4100 Bohanon, Rm 120, Jordana Harshman..... (CBD17Th2-1g)
8. 1070 Arastradero, Rm 202A & B, Sarah Meyer (CBD17Th2-1h)
9. 3172 Porter Dr, Rm 1512, Tia Rich (CBD17Th2-1i)
10. 401 Quarry Rd (Psychiatry Dept), Rm 1206, John Rettger (CBD17Th2-1j)
11. Kimball Hall Lounge, Andrew Todhunter..... (CBD17Th2-1k)
12. Harmony House, Stephen Murphy-Shigematsu (CBD17Th2-1l)
13. 750 Escondido Rd (GCC), Havana Room, Tarika Lovegarden..... (CBD17Th2-1m)
14. Vaden Health Center, Education Center Conference Room, Carole Pertofsky (CBD17Th2-1n)

Contemplative Concert at Bing (CBD15Th2-2)

Sponsored by: Stanford Arts, Bing Concert Hall, HIP, BeWell

Through music, dance and song, experience PEACE: Pause, Exhale, Attend mindfully, Connect with nature/yourself/others and Express.

The concert includes performances by the Saint Lawrence String Quartet, Stanford Symphony Orchestra, pianist Eric Tuan, baritone Steve Goodman and original choreography by Diane Frank.

Faculty and Staff will earn a BeWell berry by attending this concert.

Date: Thursday, 11/9 **Time:** 12:00-1:00pm

Location: Bing Concert Hall



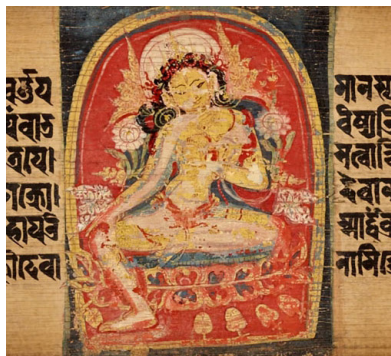
The Buddha's Word @ Stanford

Cantor Center for Visual Arts, Madeleine H. Russell Gallery

This exhibition showcases Buddhist manuscripts and prints held at the Cantor and in Stanford libraries, ranging in dates from around the 11th century to the early 20th century, and coming from various parts of the traditional Buddhist world, from Sri Lanka to Japan. The Buddha's Word highlights the written word not simply as the visual counterpart to speech but as a thing of beauty and sacredness in and of itself.

IMAGE: Artist unknown (Nepal, 12th C.), Pages from a Manuscript of the Perfection of Wisdom Sutra (Prajnaparamita), detail, 12th century. Ink and color on palm leaf. Museum Purchase Fund, 1964.115.a

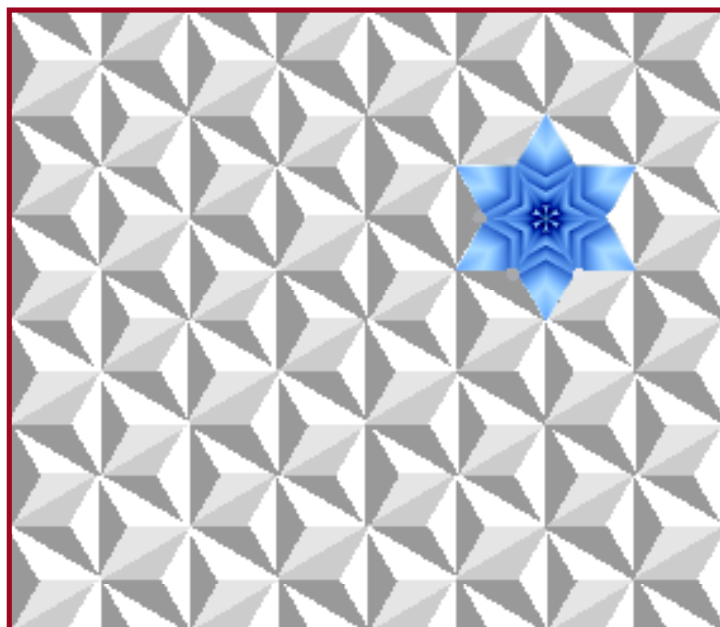
October 18, 2017–March 18, 2018, Open Wed-Mon, 11am - 5pm, Thurs until 8pm. CLOSED TUES



Register: contemplation.stanford.edu/summit.php

CONTEMPLATION BY DESIGN

STANFORD 2017



NOVEMBER 1-9

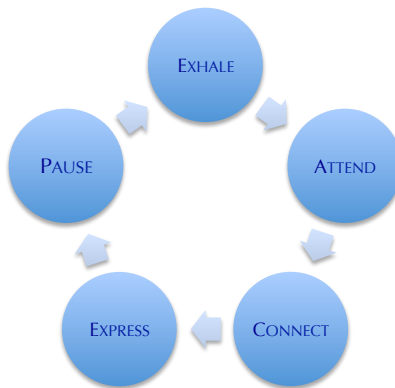
For your November calendar:
Learn about & enjoy **Contemplation — the Power of the Pause**

- | | | |
|------------------|--|---|
| <p>WED. 11/1</p> | <p>12:30PM
5:45PM</p> | <p>Contemplative Skills for P.E.A.C.E., Tia Rich, Ph.D.
 Compassion in Health Care:
 Best practices by corporations, clinicians and care recipients</p> |
| <p>THU. 11/2</p> | <p>12:00PM
6:30PM
9:00PM</p> | <p>A Moment of Heartfulness, Stephen Murphy-Shigematsu, Ph.D.
 Mindful Cultivation and Positive Neuroplasticity, Rick Hanson, Ph.D.
 Quiet Reflection Breaks in Student Residences</p> |
| <p>FRI. 11/3</p> | <p>12:00PM
5:30PM</p> | <p>Carillon Concert and Community-wide Contemplative Pause
 The Hidden Life of Trees: Book discussion on nature and interconnectedness</p> |
| <p>SAT. 11/4</p> | <p>9:30PM
10AM-3PM
1:00PM
2:30PM OR 3:45PM
2:30PM OR 3:45PM
5:15PM</p> | <p>Father Thomas Keating in Conversation on Contemplative Prayer & Practice
 Hourly Nature Hikes: Docent tours of Jasper Ridge Biological Preserve
 Kindness Heals: Cultivating compassion for ourselves and others
 Partner Yoga
 Tibetan Medicine Self-Care Skills for Meditation Preparation
 The Hidden Life of Trees: Book discussion on nature and interconnectedness</p> |
| <p>SUN. 11/5</p> | <p>10:00AM
11:00AM
1:00PM
2:30PM
4:00PM
5:15PM
9:00PM</p> | <p>University Public Worship(UPW) with Yassir Chadly, Memorial Church
 Conversation with Yassir Chadly, Round Room, Memorial Church
 Guided Meditation, Windhover, Yassir Chadly
 Tea Ceremony: An experiential contemplative practice
 Savoring Stanford's Natural Beauty: A campus contemplative walk
 The Hidden Life of Trees: Book discussion on nature and interconnectedness
 Contemplation & Compline, Memorial Church</p> |
| <p>MON. 11/6</p> | <p>12:30PM
5:45PM
8:00PM</p> | <p>Using Stories to Deepen Your Presence to Life, Jonah Willihnganz, Ph.D.
 The Neurobiology of Breathing and Tranquility, Kevin Yackle, M.D., Ph.D.
 Labyrinth Walk, Windhover, Rev. Joanne Sanders, D.Min., Tia Rich, Ph.D.</p> |
| <p>TUE. 11/7</p> | <p>7:45AM
12:00PM
5:30PM</p> | <p>Savoring Stanford's Natural Beauty: A campus contemplative walk
 Walking Meditation & Contemplation of Memorial Church Inscriptions
 Om Under the Dome, Yoga in Memorial Church</p> |
| <p>WED. 11/8</p> | <p>8:00AM
12:30PM
7:00PM</p> | <p>Mindful Yoga, Windhover
 What Makes Living Things Tick, The Restless Clock, Professor Jessica Riskin
 Keynote with Alice Walker, Taking the Arrow Out of the Heart:
 Noticing where you are, and who or what is there with you</p> |
| <p>THU. 11/9</p> | <p>7:45AM
12:00PM</p> | <p>Guided Meditations (multiple locations throughout campus)
 Contemplative Concert, Bing Concert Hall</p> |

All events are **FREE!**

Registration begins September 12th: contemplation.stanford.edu

BeWell berry is awarded to faculty/staff for registered participation.



CONTEMPLATION: THE POWER OF THE PAUSE

Pause.

Unwind. Quiet the thinking mind.
Stretch, move gently with a teacher or on your own.

Exhale.

Breathe. Exhale completely. Inhale deeply. Relax.
Delight in your body's physical sensations by sequentially focusing on each part from head to toe, palm to palm.

Attend.

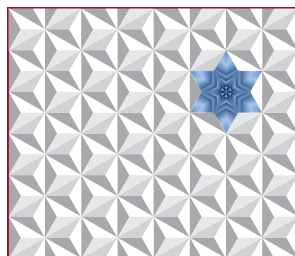
Awaken to what you see, hear, taste, smell, touch.
Listen to nature sounds, or silence.
Rest your mind. Watch a thought. Let it go.
Observe a feeling. Take care of yourself. Renew.

Connect.

Experience what is happening now. Discern what is right for you.
Notice the positive in your life. Enjoy nature.
Feel your membership in this community.

Express.

Authentically express your feelings. This may include dancing, singing, writing, or giving yourself or another person compassion, or giving a friend a hug, an acquaintance a thank you, a stranger help, or volunteering.



CONTEMPLATION BY DESIGN

November 1 - 9, 2017

Co-Sponsors: BeWell, Bing Concert Hall, Haas Center for Public Service, Health & Human Performance, Health Improvement Program, HELP Center, History Dept., iThrive, Jasper Ridge Biological Preserve, LifeWorks, Music Dept., Office for Religious Life, Office of Student Affairs, Office of the Dean for Community Engagement & Diversity, Psychiatry & Behavioral Science, Residential & Dining Enterprises, Stanford Arts, Stanford Storytelling Project, WellMD, WorkLife.

<https://contemplation.stanford.edu>

Register: contemplation.stanford.edu/summit.php