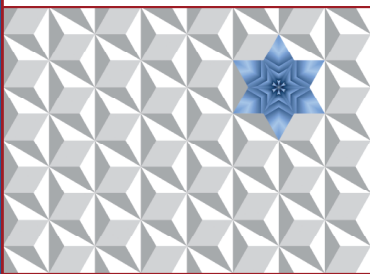


CONTEMPLATION BY DESIGN



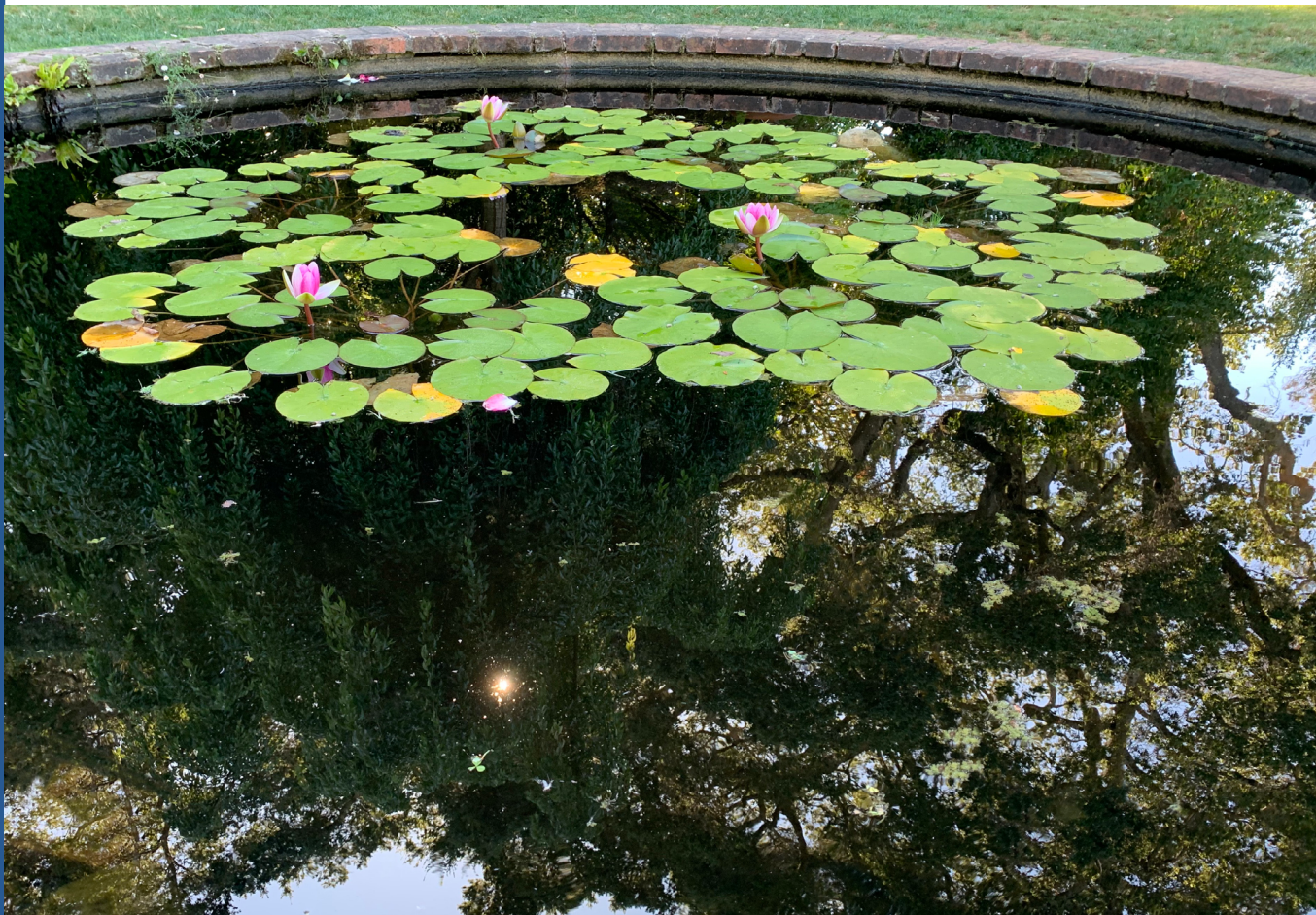
THE POWER OF THE PAUSE

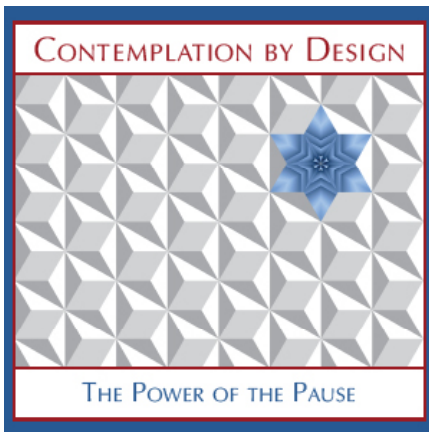
Contemplation by Design Summit

OCTOBER 25 - NOVEMBER 2, 2021

Please join us for a series of special Stanford events celebrating
Contemplation: The Power of the Pause

contemplation.stanford.edu





PLEASE JOIN US OCTOBER 25 – NOVEMBER 2, 2021

for the FREE Contemplation by Design Summit events offering research on the neuroscience of contemplation, skill-building opportunities and refreshing contemplative experiences from Stanford's natural beauty and campus arts.

Each event is designed to bring the Stanford community together in experiencing the importance of quieting the striving mind and refreshing oneself through quiet contemplation. Experience ways of being that nourish and sustain wise, purposeful engagement.

Faculty, staff, students and members of the community are invited to REGISTER at contemplation.stanford.edu/summit

ABOUT THE PROGRAM

Contemplation By Design Summit is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause. Visit the website at contemplation.stanford.edu

Faculty, staff, students and members of the greater Stanford community are given opportunities to connect with their deepest humanity as a way to their highest possibility.

Participants pause from their extraordinary level of productivity and innovation to experience multi-faceted, transformational learning that cultivates individual and community well-being, and supports sustainable, whole-hearted, ethical, purposeful engagement in all areas of Stanford's work related to research, teaching, learning, and service. Participants develop contemplative skills for extending the benefits of the pause, which include:

- Rest
- Revitalized mind-body-spirit
- Enriched meaning and purpose
- Authenticity
- Alignment between values and lifestyle habits
- Connection to both community and individual well-being
- A sense of being part of something larger than themselves
- Resilience and effective stress management
- Wise compassion
- Happiness
- Peace

Contemplative Practices Cultivate Calm, Clarity, Compassion, Competence and Creativity.

PROGRAM COMPONENTS

Quarterly Classes

contemplation.stanford.edu/classes

Online Learning

Videos: contemplation.stanford.edu/archives

Research Articles and Audio Files: contemplation.stanford.edu/resources

Annual Contemplation by Design Summit

Free events that further balance, tranquility and creative excellence are offered throughout the Stanford campuses during the annual, Contemplation by Design (CBD) Summit. Faculty, staff, students, alums and community members have the opportunity to enjoy research-based lectures, inspirational arts events, workshops for systematic skill-building, and experiential, quiet contemplation.

All CBD Summit sessions are FREE. If you wish to make a donation, please do so at: contemplation.stanford.edu/donate

Register at [Eventbrite](https://eventbrite.com)

Full information about Contemplation by Design is available at: contemplation.stanford.edu

Event Schedule is available at: contemplation.stanford.edu/summit

2021 CONTEMPLATION BY DESIGN SUMMIT COLLABORATORS INCLUDE:

BeWell, Department of Art and Art History, Department of Biology, Department of Medicine Stanford Prevention Research Center, Graduate Life Office, Graduate School of Education, Haas Center for Public Service, Health and Human Performance, HELP Center, HealthySteps, LifeWorks, Lucile Packard Children's Hospital Chaplaincy Services, Medicine and the Muse Program, Stanford Center for Biomedical Ethics, Office of the Associate Vice Provost for Inclusion, Community and Integrative Learning, Office of the Senior Vice Provost for Undergraduate Education, Office of Sustainability, Office for Religious and Spiritual Life, School of Earth, Energy, and Environmental Sciences Emmett Interdisciplinary Program in Environment and Resources (E-IPER), Stanford Health Care Spiritual Care Service, Stanford Nature Capital Project, Stanford Storytelling Project, Stanford Speakers Bureau, Well-being at Stanford, Woods Institute for the Environment.

BeWell Berries are awarded to Stanford faculty/staff for registered participation in Berry designated Summit sessions. BeWell Berry designation is noted for each session in the descriptions on the Summit website, contemplation.stanford.edu/summit.

IPAUSE GUIDED MEDITATIONS DURING CONTEMPLATION BY DESIGN SUMMIT

Guided Meditation sessions are offered in the mornings and evenings throughout the ten-day Summit at locations on the main and satellite Stanford campuses. Participants are offered the opportunity to experience and learn about contemplative practices that cultivate each state of P.E.A.C.E.—Pause, Exhale, Attend mindfully, Connect with nature, yourself and others, and Express P.E.A.C.E.—Prosociality, Equanimity, Altruism, Compassion, and Ethics.

The Guided Meditation leaders share their insights and wisdom born from their own backgrounds in modern secular, neuroscience and/or spiritual traditions, including Mindfulness-Based Stress Reduction, Centering Prayer, Christianity, Judaism, Islam, Buddhism and Hinduism. The P.E.A.C.E. symbol marks all the Guided Meditations in this brochure.

Pause.

Unwind. Quiet the striving 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.

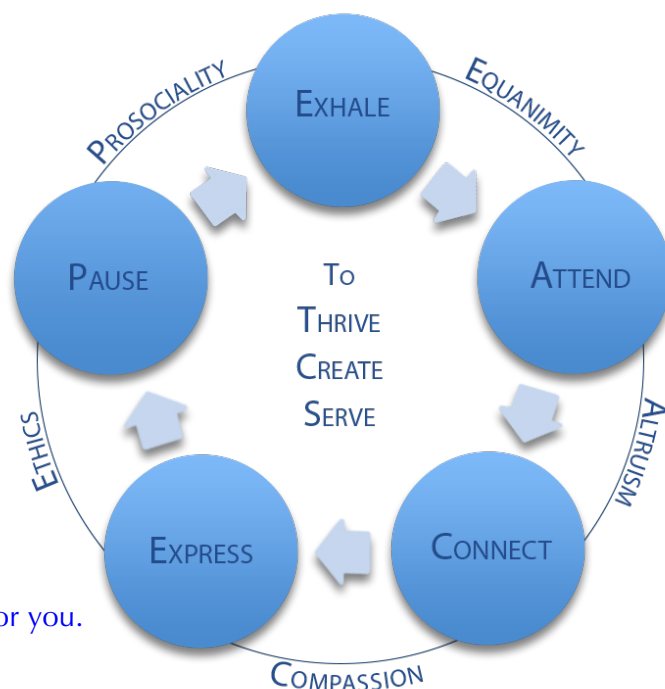
Experience what is happening now. Discern what is right for you.

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, conversing, being compassionate toward yourself or another person, giving a friend a hug, an acquaintance a thank you, a stranger help, or volunteering.



8:00-9:00am

INTRODUCTION TO CONTEMPLATIVE SKILLS FOR CULTIVATING PERSONAL AND PLANETARY HEALTH AND WELL-BEING WITH TIA RICH, PhD



Tia Rich, PhD, director of Stanford's Contemplation by Design, provides an overview of the growing field of contemplative practices and sustainability of public and planetary health and well-being. Cultivation of the capacity to take skillful individual and collective action to address climate change is the theme of Stanford's 2021 Contemplation by Design Summit, Oct. 25-Nov. 2. The Summit includes insights, inspiration, research, and wisdom offered in the 35 in-depth sessions provided by leading researchers and teachers in the field.

Effective engagement with the daunting complexity inherent in the climate crisis requires calm contemplative competence. A contemplative approach to climate change cultivates skills essential for climate solutions, such as collaboration, cooperation, wise compassionate communication, service, and gratitude. Contemplative research indicates that the extension of mindful compassion beyond oneself can improve health at the public and planetary level, in addition to the individual level. Emerging research at the intersection of contemplation and climate science calls for individual and collective transformation to strengthen/restore/heal the human-earth relationship. A contemplative approach for creating civic community supports people's capacity to competently navigate ideological differences for the sake of the public good.

Through diverse learning experiences, Summit participants will be offered the opportunity to develop the empathy, discernment, and wise action necessary for initiating and implementing solutions to the climate crisis. Guided contemplative practices will be included in this opening session and throughout the Summit.

Tia Rich, PhD, is the founder and director of Contemplation by Design at the Stanford School of Medicine. She has been integrating contemplative practices into resilience, stress management, career training programs and academic classes at Stanford University and Medical Center since 1984. Three academic classes she teaches are: Contemplative Science, Applying Contemplative Practice, and Contemplative Competence. She also offers co-curricular classes, through the Stanford Healthy Living program, including the *"The Power of the Pause"* meditation retreat, for faculty, staff, students, and community members through the Stanford Healthy Living program.

12:30-1:30pm

INDIGENOUS CONTEMPLATIVE WISDOM AND RELATIONSHIP-BASED CLIMATE ACTION WITH YURIA CELIDWEN, PhD



Indigenous contemplative wisdom weaves our human hearts with each other, our lands, lineage, times, and cosmos. Indigenous Peoples enhance a shared identity through reverence to all living beings and the Earth. The contemplative experience that recognizes life experience based on All-Our-Relations creates an ethical and reliable holistic system expressed as caring interactions and compassionate living. The fundamental insight from these relationships shows us how to find our place in a group, develop a sense of responsibility, and engage in a purpose. These relationships are expressed in stories, embodied in rituals, and take collective form through ceremonies. As the foundation of belief systems, behavioral traits, and interaction patterns, relationships give us a home. Come together to nourish in ceremony a new contemplative identity of ecological responsibility and care that I call an earth-based Ethics of Belonging!

Yuria Celidwen, PhD, is of Indigenous Nahua and Maya descent from the highlands of Chiapas, Mexico. As a scholar, Yuria weaves together Indigenous studies, cultural psychology, and contemplative science. Her interests are the interdisciplinary approaches to the experience of self-transcendence, its embodiment in contemplative practice, and how it enhances prosocial behavior (ethics and compassion) across contemplative and Indigenous traditions. Yuria developed the thesis of the *"Ethics of Belonging,"* an Earth-based experience of ecological belonging that engenders an ethos of conscious social responsibility for self, community, and environment. Within this work, Yuria examines how self-identity relates to cultural narratives and how reconstructing them can transform the social and racial injustices of our times. Yuria brings the voices of Indigenous peoples of the world as equal holders of sophisticated systems of contemplative insight, emphasizing the reclamation, revitalization, and transmission of Indigenous wisdom, the advancement of Indigenous rights and the rights of the Earth for social and environmental justice.

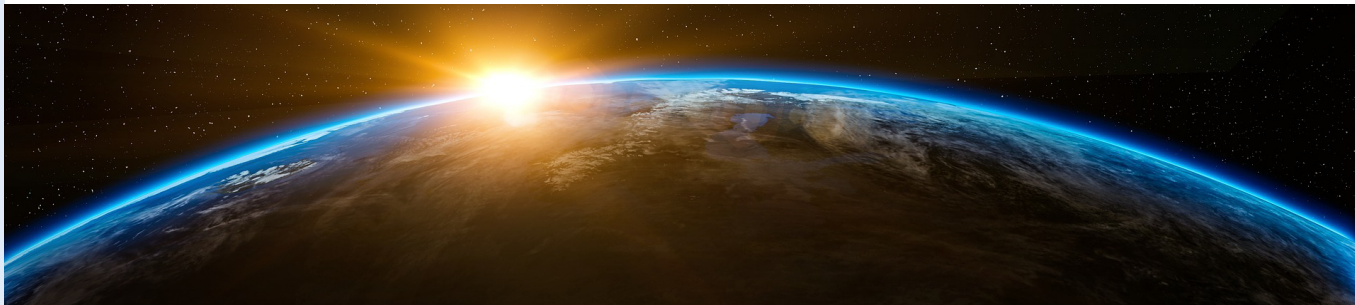
5:30-6:30PM

AN ASTRONAUT'S PERSPECTIVE: EARTH VIEWS INSPIRING US TO CARE FOR OUR PLANET WITH STEVE SMITH, MBA, NASA ASTRONAUT, DIPLOMAT, AND SILICON VALLEY ENGINEER/BUSINESSMAN



As an astronaut, Steve Smith will reveal how his life journey to being able to travel really fast – Mach 25 or 25 times the speed of sound to be exact – also paradoxically, rendered sublime mindful realizations regarding the power of living with kindness toward oneself, toward others, and toward our planet. His 3-decade effort to fulfill his childhood dream, mapped in several colorful childhood sketches of spaceship travel, included suffering a near-fatal 11-day illness as a 15 year-old that rendered perspectives, values, and habits for a peaceful, balanced life. On his “dream path,” NASA rejected him 4 times, and even permanently, or so thought NASA, by medically disqualifying him from even applying. He’ll describe what inspired him to continue and he’ll provide advice for all ages on the ways of wise compassionate action that support one’s well-being and the well-being of the Earth.

Steve Smith, MBA, in his dynamic talks, shares the wonders of spaceflight and cultivates the “explorer’s mindset” in his audience members, motivating everyone to be resilient, and to care for the planet. He dreamed of being an astronaut at age 7. He made his dream come true through sheer determination and intelligent risk taking. During the pursuit of his dream he became a Stanford electrical engineer and MBA, General Motors Fellow, pilot, collegiate athlete, and IBM Product Manager. He now uses this one-of-a-kind experience base for his work as a board director, venture capital advisor, and keynote speaker.



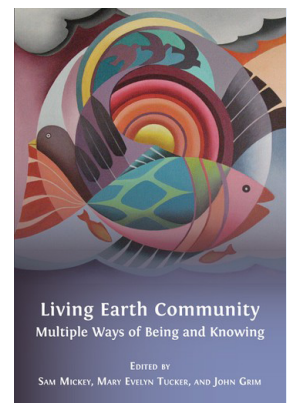
12:00-1:15pm

CONTEMPLATING EARTH: MULTIPLE WAYS OF BEING AND KNOWING WITH SAM MICKY, PhD, RESEARCHER ASSOCIATE, YALE FORUM ON RELIGION AND ECOLOGY, AND ADJUNCT PROFESSOR, THEOLOGY AND RELIGIOUS STUDIES DEPARTMENT, UNIVERSITY OF SAN FRANCISCO



There is great diversity in how humans can relate to the vast panoply of beings composing the life, land, air, and water of Earth. This talk presents an integrative vision of different ways of being in the natural world and the different kinds of knowledge that they entail, such as the traditional ecological knowledge (TEK) of Indigenous communities, the affective knowledge that comes with religious love and devotion, the scientific knowledge of a biologist or cosmologist, the aesthetic knowledge of someone listening to or composing music, and the imaginal knowledge communicated through storytelling. The inclusion of multiple ways of being and knowing opens cross-cultural horizons for contemplative practice while also facilitating coordinated and cooperative responses to global environmental challenges.

Sam Mickey, PhD, is a Research Associate for the Yale Forum on Religion and Ecology, an Adjunct Professor in the Theology and Religious Studies department at the University of San Francisco, and the Reviews Editor for the journal *Worldviews: Global Religions, Culture, and Ecology*. He is the author and editor of several books that explore philosophical, religious, and literary perspectives on environmental issues, including *Whole Earth Thinking and Planetary Coexistence: Ecological Wisdom at the Intersection of Religion, Ecology, and Philosophy*, and his most recent book, edited with Mary Evelyn Tucker and John Grim: *Living Earth Community: Multiple Ways of Being and Knowing*.



7:30-8:10AM

PAUSE MORNING GUIDED MEDITATION SESSION 1 WITH TIA RICH, PhD

Enjoy flourishing through nature-based meditations and discover how contemplative practices equip you to engage in wise skillful action to address climate change and care for the planet. In this guided practice, you will be offered skills for sustaining a wise open-hearted relationship with all of the natural world. These skills can help to heal the human-earth relationship.



For millennia, people have found refuge, resilience, and realization of wise relationship by practicing meditation in nature. This transformative combination supports a sense of belonging, joy, wisdom, service, and healing. Mindfulness-based nature meditation practices can deepen your presence to inner and outer experience and help you to respond with clarity and wise compassionate action to alleviate suffering.

The mindfulness practices provided in this session are designed to be done anywhere you can connect with nature, including your garden, your porch, or while arranging flowers or food on a plate. The insights and practices offered will bring you more alive to thrive and to serve the collective health and well-being of people and the planet. No previous meditation experience is required.

Tia Rich, PhD, is the founder and director of Contemplation by Design at the Stanford School of Medicine. She has been integrating contemplative practices into resilience, stress management, career training programs and academic classes at Stanford University and Medical Center since 1984. Three academic classes she teaches are: Contemplative Science, Applying Contemplative Practice, and Contemplative Competence. She also offers co-curricular classes, through the Stanford Healthy Living program, including the "The Power of the Pause" meditation retreat, for faculty, staff, students, and community members through the Stanford Healthy Living program.

8:15-9:00AM

INNER TRANSFORMATION AND SUSTAINABILITY WITH CHRISTINE WAMSLER, PhD PROFESSOR OF SUSTAINABILITY SCIENCE AND DIRECTOR OF THE CONTEMPLATIVE SUSTAINABLE FUTURES PROGRAM, LUND UNIVERSITY, SWEDEN*

Christine Wamsler, PhD, Professor of Sustainability Science at Lund University Centre for Sustainability Studies and director of the Contemplative Sustainable Futures Program will explore the topic of inner transformation from the perspective of sustainability. She will address questions including: What do we currently know about the interplay of inner transformation and sustainability? And what is needed for this interplay to move forward to reach the goals for sustainable development? Christine will illuminate the gap that exists between the current trends and theories in the work on sustainability and the current work on inner transformation or personal development. Wamsler highlights how moving forward to address climate change requires bridging this gap. She makes the case for a paradigm shift, allowing us to see sustainability challenges, such as climate change, not as technical, external problems, but as relationship problems. This makes it possible to broaden the scope to find new ways of tapping into our human potential to care, commit to, and effect change toward sustainability at individual, collective and systems level. The Contemplative Sustainable Futures Program aims to create space and opportunities for such learning, networking and knowledge development. Related examples of research at the intersection of the mind, mindfulness and climate will be presented.



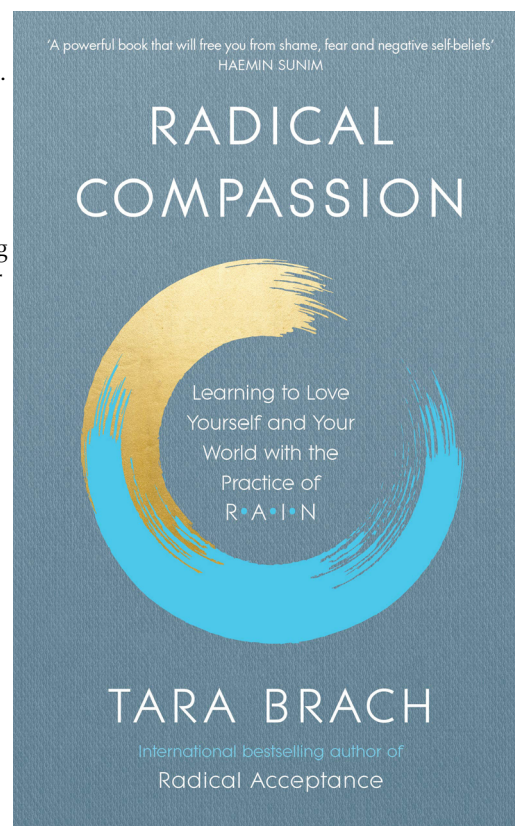
Christine Wamsler, PhD, is an internationally-renowned expert in sustainable development and associated (inner and outer) transformation processes, with more than 20 years of experience. Her work has shaped international debates and increased knowledge on personal, organizational and policy transformations in a context of climate change. She has led many international projects and published about 200 academic papers, book chapters, and books on these issues. Her publications are regularly cited and used for practice, theory and policy development, including by the Intergovernmental Panel on Climate Change (IPCC). Her recent publications on inner-outer transformation for sustainability can be found on [her faculty page](#) of the Lund University Center for Sustainability Studies website.

12:00-1:30PM

AWAKENING RADICAL COMPASSION WITH TARA BRACH, PhD

The medicine our world calls for is compassion; we need to love ourselves and each other into healing. While compassion arises naturally, the flowering of full, mature compassion—Radical Compassion—requires training. This talk focuses on the RAIN meditation, a four-step weave of mindfulness and self-compassion that brings healing to difficult emotions. RAIN is an acronym for a four-step process: recognize, allow, investigate, and nurture. Beginning with befriending our inner life, we'll explore widening the circles of compassion to include all living beings. The session will include didactic presentation, guided meditation and time for questions and sharing.

Tara Brach, PhD, is the founder and guiding teacher of the Insight Meditation Community of Washington. She is the author of several books—international bestselling *Radical Acceptance*, *True Refuge*, *Radical Compassion* and *Trusting the Gold*—and her popular weekly podcast is downloaded over 3 million times a month. Along with Jack Kornfield, Tara leads the Mindfulness Meditation Teacher Certification Program (MMTCP), serving participants from around the world. Tara's teachings blend Western psychology and Eastern spiritual practices, mindful attention to our inner life, and a full, compassionate engagement with our world.



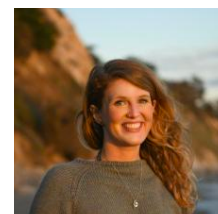
7:00-8:00PM

YOGAX GENTLE FLOW YOGA WITH HEATHER FREEMAN, PsyD CO-SPONSORED BY THE OFFICE FOR RELIGIOUS & SPIRITUAL LIFE AND YOGAX

This live-streamed class explores gentle movement, breath, and mindfulness to support sleep, healthful rest, and enhanced resilience. Minimal prop use is required to allow participants to do this practice at home, sharing it with roommates, partners, children, and pets as desired.

Heather Freeman, PsyD, RYT 500, is the Program Manager of YogaX, a special initiative out of the Department of Psychiatry at Stanford's School of Medicine. YogaX is a yoga training and education program focused on integrating yoga into healthcare and providing service to our community through making yoga adaptive and accessible.

Heather Freeman continues to align her professional interest in psychology with the ancient wisdom and teachings of yoga. Her clinical work and research has specifically targeted illuminating the diverse use of yoga philosophy as an entire system and offering yoga as a therapeutic modality within a variety of clinical contexts. She is passionate about expanding yoga's accessibility through community service, program development, research and clinical work.



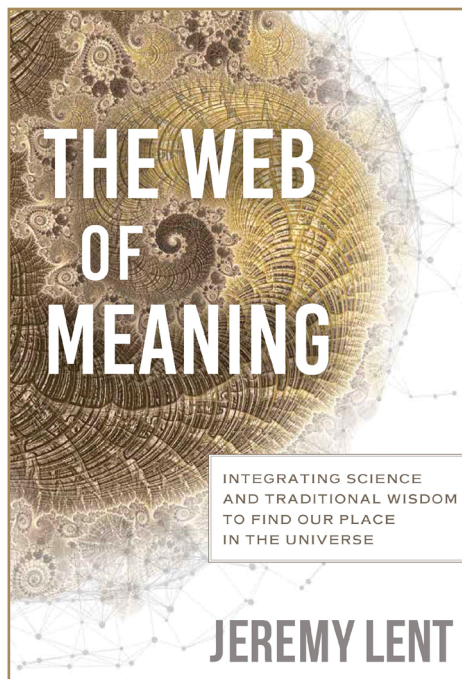
7:00-8:30PM

WEAVING THE WEB OF MEANING: HOW RECOGNIZING OUR DEEP INTERRELATEDNESS LAYS THE PATH TO SUSTAINABLE FLOURISHING WITH JEREMY LENT, AWARD-WINNING AUTHOR OF *THE PATTERNING INSTINCT*, AND FOUNDER, THE LIOLOGY INSTITUTE



Our dominant worldview tells us we're split between mind and body, separate from each other, and at odds with the natural world. This worldview has passed its expiration date: it's based on a series of flawed assumptions that have been superseded by modern scientific findings. In this talk, based on themes from his new book, *The Web of Meaning*, author Jeremy Lent will discuss how another worldview is possible—recognizing our deep interrelatedness with all of life. Showing how modern scientific knowledge echoes the ancient wisdom of earlier cultures, the talk weaves together findings from modern systems thinking, evolutionary biology, and cognitive neuroscience with insights from Buddhism, Taoism, and Indigenous wisdom.

Also, an interactive workshop based on this talk will be offered on Saturday, Oct. 30, 10:00-11:30am. Information and registration for the Saturday workshop that builds on content of this lecture is available [here](#).



Jeremy Lent is an author and speaker whose work investigates the underlying causes of our civilization's existential crisis and explores pathways toward a life-affirming future. His award-winning book, *The Patterning Instinct: A Cultural History of Humanity's Search for Meaning*, examines the way humans have made meaning from the cosmos from hunter-gatherer times to the present day. His new book, *The Web of Meaning: Integrating Science and Traditional Wisdom to Find Our Place in the Universe*, (Profile Books | UK & Commonwealth; New Society Publishers | USA/Canada) offers a solid foundation for a worldview based on connectedness that could lead humanity to a sustainable, flourishing future. He is founder of the nonprofit Liology Institute and writes topical articles exploring the deeper patterns of political and cultural developments at Patterns of Meaning.



7:30-8:15AM

PAUSE MORNING GUIDED MEDITATION SESSION 2 WITH JONAH WILLIHNGANZ, PhD

In the early 1990s Thich Nhat Hanh gave a surprising series of talks about his “first love”, a nun he met as a young monk in Viet Nam. Before relaying much of his story, he suggests that if we think about our own first love, will discover many things, most especially the true face of love. “This,” he says, “is a subject for meditation” and on this morning it will be ours. We will briefly consider his story and then, with pen, paper, and a bell, we will look into the nature of our own first loves, exploring what a careful recollection can teach us about love right now.



Jonah Willihnganz, PhD, is director of the Stanford Storytelling Project, an arts program that explores how story craft and practices can be used to create personal and social change, and cofounder of the LifeWorks Program for Integrative Learning, a program that helps students develop capacities such as courage and empathy through embodied practices and self-inquiry. His lifelong interests in writing and contemplative practice have led him to study how we can use narrative exercises to deepen natural human capacities such as presence, love, and forgiveness. He has been a longtime student of Thich Nhat Hanh’s work and the Plum Village community and shares their wisdom and practices at Stanford through courses, workshops, and events.

9:00-10:30PM

ZEN AND THE ART OF SAVING THE PLANET WITH BROTHER PHAP HUU AND SISTER TRUE DEDICATION. TAUGHT LIVE FROM THICH NHAT HANH'S PLUM VILLAGE MONASTERY IN FRANCE

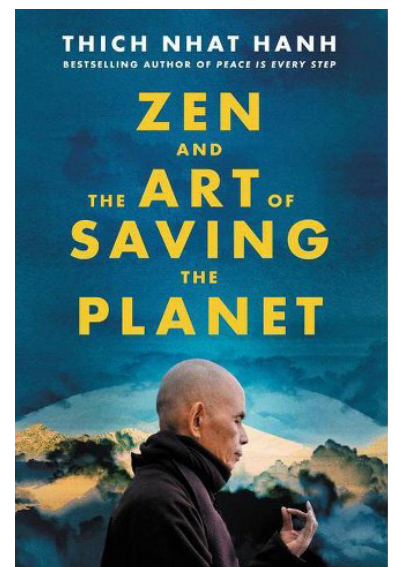
Thich Nhat Hanh’s monastics Brother Phap Huu and Sister True Dedication will offer insights regarding the following questions: How can we engage to help society and the planet, without burning out? How can we know what to do, and what not to do, to really help? How can we handle deep feelings of climate anxiety, fear, and despair?



In this 90-minute session with Thich Nhat Hanh’s monks and nuns living in his Plum Village in France, will explore these urgent questions from the solid foundation of the present moment. The session will begin with a guided meditation to connect to the Earth, and continue with a short, inspiring talk exploring Zen teachings on ecology, interbeing, and engaged action, as featured in Thich Nhat Hanh’s latest book, *Zen and the Art of Saving the Planet* (publication date: October 5, 2021). The session will include a pause for mindful body movements and conclude with a dialogue and opportunity to ask your own questions, live.

For 3 mornings following this talk the monastics will guide a contemplative practice.

Brother Phap Huu is a senior Teacher in Thich Nhat Hanh’s international community and the Abbot of the monks’ community in Plum Village, the practice center founded by Thich Nhat Hanh in southwest France. Born in Vietnam, he emigrated to Canada as a child. He began training with Thich Nhat Hanh at the age of thirteen, when he first entered the monastery to become a monk. Thich Nhat Hanh gave him the name Chân Pháp Huu meaning “True Dharma Friend.” For over ten years, he accompanied Thich Nhat Hanh on his international teaching tours as his attendant and assistant. Today, Brother Pháp Huu is deeply committed to building community and continuing Thich Nhat Hanh’s legacy, bringing his teachings in particular to businesspeople, families, and young adults. Brother Pháp Huu is passionate about basketball, music, and developing new approaches to team-work, leadership, mentoring and coaching.



Sister True Dedication is a Dharma Teacher in Thich Nhat Hanh’s community and the editor of his latest book, *Zen and the Art of Saving the Planet*. Before entering the monastery in 2008 at the age of 27, she studied at Cambridge University and worked as a journalist for BBC News in London. In the early years of her monastic training, she assisted Thich Nhat Hanh and Sister Chan Khong in their engaged Buddhist actions for human rights, religious freedom, applied ethics, and ecology. She is a co-founder of the international Wake Up Movement, a community of young meditators who are finding new ways to combine mindfulness and engaged Buddhism. She enjoys community-building, silence in nature, and (when it’s appropriate) acting in comedy skits.

12:30-1:45PM

**AT THE CENTER OF ALL THINGS IS INTERDEPENDENCE WITH
DEKILA CHUNGYALPA, PhD, DIRECTOR, LOKA INITIATIVE, UNIVERSITY OF
WISCONSIN - MADISON**



Over 85% of the world subscribes to a faith. Over half of the schools worldwide are run by faith institutions. Collectively, faiths are the 3rd largest category of financial investors. And yet, for the most part, they are not recognized as a stakeholder group by mainstream environmental and climate movements, let alone as a crucially important one that could change the trajectory we are on today. Over the last 12 years, Dekila Chungyalpa has worked with a diverse group of faith leaders around the world, building faith-led partnerships on environmental and climate efforts in the Amazon, East Africa, the Himalayas, the Mekong region, and the United States. In the process, she has learned how to build alliances between religion and science, different faith traditions, and between academia and activism. In this session, Dekila will speak on how she finds common ground between unlikely allies and how she turns to the teachings of her own lineage, Karma Kagyu Buddhism, to weave programs that connect inner, community and planetary resilience.

Dekila Chungyalpa, PhD, is the Co-Founder and Director of the Loka Initiative, a capacity building and outreach platform at the University of Wisconsin – Madison for faith leaders and culture keepers of indigenous traditions who work on environmental and climate issues. Dekila began her career working on community-based conservation in the Himalayas and went on to work on regional climate change adaptation and free flowing rivers in the Mekong region for the World Wildlife Fund. In 2008, she helped His Holiness the Karmapa, the head of the Karma Kagyu lineage of Tibetan Buddhism, establish Khoryug, an association of over 50 Tibetan Buddhist monasteries and nunneries implementing environmental projects across the Himalayas. In 2009, Dekila founded and led WWF Sacred Earth, a 5-year pilot program that built partnerships with faith leaders and religious institutions towards concrete conservation results in the Amazon, East Africa, Himalayas, Mekong, and the United States. She received the prestigious Yale McCluskey Award in 2014 for conservation innovation for her work and moved to the Yale School of Environmental Studies as an associate research scientist, where she researched, lectured and designed what is now the Loka Initiative. Dekila is originally from the Himalayan state of Sikkim in India and speaks five languages: Sikkimese, Tibetan, Nepali, Hindi and English.



5:30-7:00PM

**QUAKER VALUES AND THE QUAKER CONTEMPLATIVE PRACTICE OF SILENT WORSHIP
WITH STEVE CURWOOD, HOST AND EXECUTIVE PRODUCER OF LIVING ON EARTH, THE
PRIZE-WINNING WEEKLY ENVIRONMENTAL RADIO PROGRAM**



In this keynote address, Steve will illuminate the Quaker values that are fundamental to how he approaches his work and his life. He will describe ways in which those values were cultivated and how they are sustained in his life day to day. He will talk about the Quaker contemplative practice of silent worship and how it can support the human-earth relationship.

Steve Curwood, host and executive producer of Living on Earth, will talk about the role of his Quaker upbringing in creating and sustaining his dedication to environmental journalism for 30 years. His award-winning weekly environmental news and information program is broadcast and distributed by more than 250 public radio stations.

7:30-8:15AM

PAUSE MORNING GUIDED MEDITATION SESSION 3, TANGERINE MEDITATION WITH TEACHERS FROM THICH NHAT HANH'S PLUM VILLAGE MONASTERY IN FRANCE*



Meditation is not only for the sitting cushion, but also for while we are walking, lying down, or even eating. Allow Thich Nhat Hanh's monks and nuns to guide you in a delicious and powerful new way to enjoy your morning fruit. **PLEASE BRING your own TANGERINE or ORANGE** to this guided practice session. Ecology, interbeing, and engaged action, as featured in Thich Nhat Hanh's latest book, *Zen and the Art of Saving the Planet* are firmly rooted in daily practices of awareness, discernment, and compassionate actions that serve collective well-being and deepen full engagement in the activities of daily life.

This guided practice session builds on the Wednesday, 10/27 talk by **Brother Phap Huu** and **Sister True Dedication** about Thich Nhat Hanh's new book *Zen and the Art of Saving the Planet*. (Feel free to attend the 10/28 practice session even if you were not able to attend the talk on 10/27.)



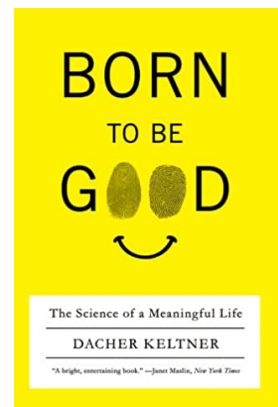
12:00-1:15PM

COMPASSION, GRATITUDE, AND AWE: SELF-TRANSCENDENT EMOTIONS FOR COLLECTIVE AND PLANETARY WELL-BEING WITH DACHER KELTNER, PhD, PROFESSOR OF PSYCHOLOGY AT UC BERKELEY AND FACULTY DIRECTOR OF THE GREATER GOOD SCIENCE CENTER



In this talk Professor Dacher Keltner, PhD, will present the latest science of self-transcendent emotions, including compassion, gratitude, and awe. He will discuss the place of self-transcendent emotions in biological and cultural evolution. Prof. Keltner will focus on how they shift the self from narrow concerns about rewards and desires, to prosocial tendencies, including toward the environment, and a sense of being part of something larger than the self. He will conclude with a consideration of secular practices to cultivate such transcendent states.

Dacher Keltner, PhD, is a professor of Psychology at UC Berkeley and faculty director of the Greater Good Science Center (greatergood.berkeley.edu). Dacher's research focuses on the biological and evolutionary origins of compassion, awe, love, beauty, and humility, as well as power, social class, and inequality. Dacher is the author of several hundred scientific articles, several books, including *Born to Be Good: The Science of a Meaningful Life*, *The Compassionate Instinct*, and *The Power Paradox: How We Gain and Lose Influence*, and has written for popular outlets like the New York Times. Dacher has won many research, teaching, and service awards, and is a member of the American Academy of Arts and Sciences. He has consulted for Apple, Pinterest, Google, the Sierra Club, and was a scientific consultant for Pixar's *Inside Out* and for the Center for Constitutional Rights in its work to outlaw solitary confinement.



7:00-8:00PM

GUIDED MEDITATION PRACTICE WITH ANDY ACKERS
Co-Sponsored by the Office for Religious & Spiritual Life

This session is designed to offer basic meditation skills, to encourage regular meditation practice, to help deepen self-reflection, and to offer instructions on how meditation can be useful during stressful and uncertain times.

Andy Ackers began practicing Buddhism in 1999 and received an Interdisciplinary B.A. in Contemplative Psychology, Religion, and Music from Naropa University in 2005. Ordained in 2017 as a Soto Zen Priest in the lineage of Kobun Chino Otagawa, he completed a monastic training period at Tassajara Zen Mountain Center in 2019 and has lectured on Buddhism and presented meditation for community organizations, contemplative centers, and university settings. Andy also has a Master's degree in Traditional Chinese Medicine and loves to bridge the worlds of well-being, fitness, philosophy, music, and writing with dharma practice and study. This effort to bridge disciplines includes exploring how newer discoveries in neuroscience, somatics, and psychology offer us opportunities to meet meditation with modern insights. A practitioner of Tibetan Vajrayana Buddhism as well as Zen, Andy finds that meditation comes alive in a fresh way when sharing how the constant invitation of the present moment, as it already is, can vibrantly illuminate how we show up in our everyday lives.



7:00-8:30PM

VALUING NATURE IN PERSONAL PRACTICE AND SOCIETAL TRANSFORMATION WITH GRETCHEN DAILY, PhD, BING PROFESSOR OF ENVIRONMENTAL SCIENCE, AND CO-FOUNDER AND FACULTY DIRECTOR OF THE NATURAL CAPITAL PROJECT, STANFORD UNIVERSITY

An awakening is underway, to the values of nature and the risks and devastating costs of its loss. Stanford Professor Gretchen Daily will describe new science to quantify nature's benefits to people and integrate them into decision-making – in planning, policy, finance, and practice. Gretchen will relate the arc of advances in science, in understanding nature's contributions to a range of benefits from crop pollination and coastal climate resilience to mental health in cities. Through stories, she'll describe the innovation in actionable tools, engagement, and demonstrations, and a strategy for scaling models of success across diverse cultures, sectors, countries, and global institutions. She will focus especially on China and Latin America, places that stand out today for innovation at scale, illuminating pathways toward green, inclusive development.

Gretchen Daily, PhD, is Bing Professor of Environmental Science and co-founder and faculty director of the Natural Capital Project at Stanford University. Her work focuses on understanding the dynamics of change in the biosphere, their implications for human well-being, and the deep societal transformations needed to secure people and nature. She engages extensively with governments, multilateral development banks, businesses, communities, and NGOs. Daily co-founded the Natural Capital Project (www.naturalcapitalproject.org), a global partnership that is integrating the values of nature into policy, finance and practice globally. Its tools and approaches are now used in 185 nations through the free and open-source Natural Capital Data & Software Platform. Daily has published several hundred scientific and popular articles, and a dozen books, including *Green Growth that Works: Natural Capital Policy and Finance Mechanisms from Around the World* (2019), *One Tree* (2018), and *The Power of Trees* (2012). Daily is a fellow of the U.S. National Academy of Sciences and has received international honors for her work.



7:30-8:15AM

PAUSE MORNING GUIDED MEDITATION SESSION 4, HOW NOT TO BE AFRAID OF STRONG EMOTIONS WITH TEACHERS FROM THICH NHAT HANH'S PLUM VILLAGE MONASTERY IN FRANCE*



Climate change and the ensuing disease, destruction, and devastation warrant strong emotions which can include anxiety, fear, and despair. Skillful response to those emotions facilitates wise compassionate competent action to address climate change. This guided meditation practice will cultivate your skillful response to strong emotions. Thich Nhat Hanh has said, "it may not be possible to avoid suffering, but if you know how to suffer, you suffer much less." In this session we will practice a guided meditation and explore an embodied Zen Buddhist approach to recognizing, embracing, and transforming our strong emotions as they arise.

This guided practice session builds on the Wednesday, 10/27 talk about Thich Nhat Hanh's new book *Zen and the Art of Saving the Planet*. (Feel free to attend the 10/29 practice session even if you were not able to attend the talk on 10/27.)

Brother Phap Huu is a senior Teacher in Thich Nhat Hanh's international community and the Abbot of the monks' community in Plum Village, the practice center founded by Thich Nhat Hanh in southwest France. Born in Vietnam, he emigrated to Canada as a child. He began training with Thich Nhat Hanh at the age of thirteen, when he first entered the monastery to become a monk. Thich Nhat Hanh gave him the name *Chân Pháp Huu* meaning "True Dharma Friend." For over ten years, he accompanied Thich Nhat Hanh on his international teaching tours as his attendant and assistant. Today, Brother Phap Huu is deeply committed to building community and continuing Thich Nhat Hanh's legacy, bringing his teachings in particular to businesspeople, families, and young adults. Brother Phap Huu is passionate about basketball, music, and developing new approaches to team-work, leadership, mentoring and coaching.

Sister True Dedication is a Dharma Teacher in Thich Nhat Hanh's community and the editor of his latest book, *Zen and the Art of Saving the Planet*. Before entering the monastery in 2008 at the age of 27, she studied at Cambridge University and worked as a journalist for BBC News in London. In the early years of her monastic training, she assisted Thich Nhat Hanh and Sister Chan Khong in their engaged Buddhist actions for human rights, religious freedom, applied ethics, and ecology. She is a co-founder of the international Wake Up Movement, a community of young meditators who are finding new ways to combine mindfulness and engaged Buddhism. She enjoys community-building, silence in nature, and (when it's appropriate) acting in comedy skits.

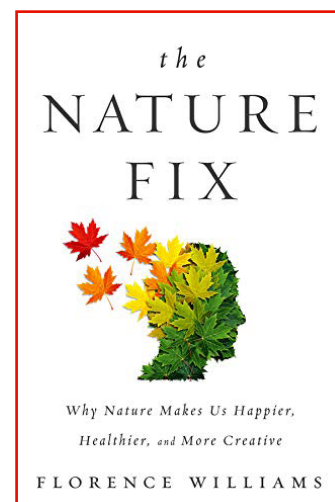
12:30-1:45PM

YOUR MIND ON AWE WITH FLORENCE WILLIAMS, PRIZE WINNING AUTHOR OF *THE NATURE FIX*, AND VISITING SCHOLAR AT GEORGE WASHINGTON UNIVERSITY



Research has shown that spending time in nature can make you not only happier but kinder, more compassionate and more purpose-driven. In this talk, science journalist Florence Williams will unpack the new science of awe, explaining how experiencing it gives us perspective, makes us feel part of something larger, and provides windows of opportunity for meaningful change.

Florence Williams is a journalist, author, and podcaster. Her most recent book, *The Nature Fix: Why Nature Makes us Happier, Healthier, and More Creative*, was an Audible bestseller and was named a top summer read by J.P. Morgan. Her forthcoming book, *Heartbreak: A Personal and Scientific Journey*, will be published in February, 2022. She is a contributing editor at *Outside Magazine* and a freelance writer for the *New York Times*, *New York Times Magazine*, *National Geographic*, *The New York Review of Books*, *Slate*, *Mother Jones* and numerous other publications. She is also the writer and host of two Gracie-Award-winning Audible Original series, *Breasts Unbound* and *The Three-Day Effect*, as well as *Outside Magazine's* Double-X Factor podcast. A fellow at the Center for Humans and Nature and a visiting scholar at George Washington University, her work focuses on the environment, health and science.



5:30-6:45PM

CONTEMPLATIVE INNOVATION - DESIGNING TECHNOLOGY IN THE ERA OF DISTRACTION WITH RUCHIKA SIKRI, FOUNDER OF MANDALA VENTURES, FORMER LEADER OF GOOGLE WELL BEING AND MINDFULNESS LEARNING PROGRAMS AND STRATEGY



Explore the potential of “good-for-humans technology” that is designed to support connection with oneself, nature, and the Cosmos. Ms. Siki will illuminate how technology that cultivates introspection, empathy, social connections, and compassion can uplift humanity and be good for the planet. Problems of technology, such as the ones featured in the 2020 documentary “The Social Dilemma” and described as “an existential threat to humanity,” have prompted recent rigorous efforts to turn the tide of technology. New endeavors seek to stop technology’s negative trends in which it was designed to: be addictive, cut connection from self and nature, exploit people’s attention, and create artificial pacifiers that obstruct real connections and friendships.

Ms. Siki’s dedication to the new era in technology includes efforts to empower people to achieve their full potential by helping them to experience that they are part of the complex interconnected web of life. She will present new technology devoted to creating mindful and compassionate cultures within organizations, supporting wellness innovations, and enabling communities around the world to bring wisdom and compassion into their lives. She will share insights on how technology can promote what is good for humans and good for our planet.

Ruchika Sikri is the founder of Mandala Ventures. After a successful corporate career of 25+ years at Google, Microsoft, and Cisco she is following her life’s purpose and mission to create a better world by supporting globally accessible mindfulness, compassion, and wellness offerings. Her goal is to bring secular, science-based mindfulness and compassion learning programs to organizations and communities globally. Ms. Sikri led Google’s Well Being and Mindfulness Learning Programs & Strategy for more than 8 years of her 15-year career at Google. She successfully architected, facilitated, and curated well-being and mindfulness programs for over 120,000 Google employees. She helped establish a self-sustaining culture where tens of thousands of Googlers regularly practice mindfulness for better well-being, healthier interpersonal relationships, and sustainable, excellent performance. She led a passionate community of 350+ employees who volunteer their time to make this culture possible at Google. For over 20 years, Ruchika has engaged in a daily meditation and yoga practice to cultivate clarity in mind, purity in heart, and sincerity in action. Ruchika is also a board member and advisor to several nonprofits with diverse goals including empowering women living in shelters, supporting the mental health of at-risk students, and providing safe homes to orphans around the world. Ruchika lives with her husband and two children in the San Francisco Bay Area.



9:00-9:45AM

PLANET HOPE: SPECIES LONELINESS, NATURE-DEFICIT DISORDER AND THE FUTURE OF LIFE ON EARTH WITH RICHARD LOUV

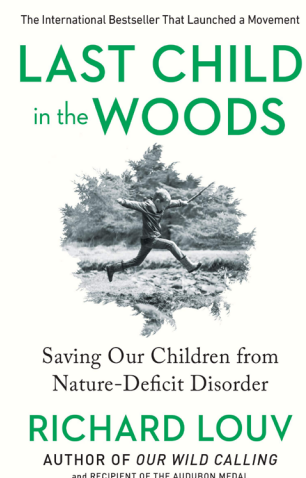
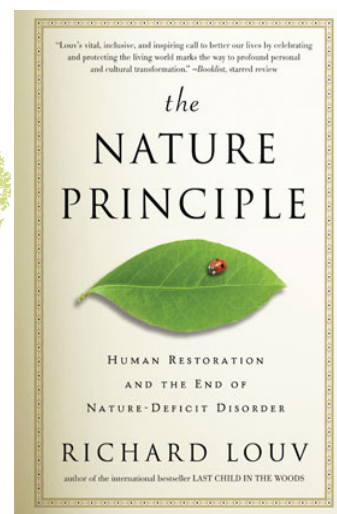
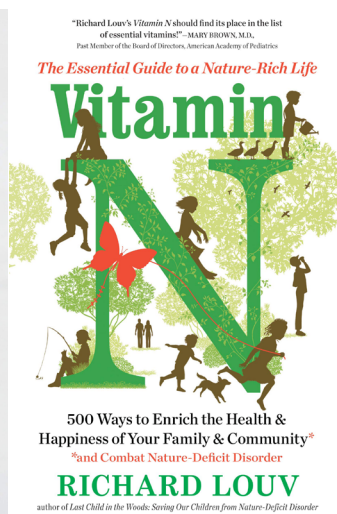
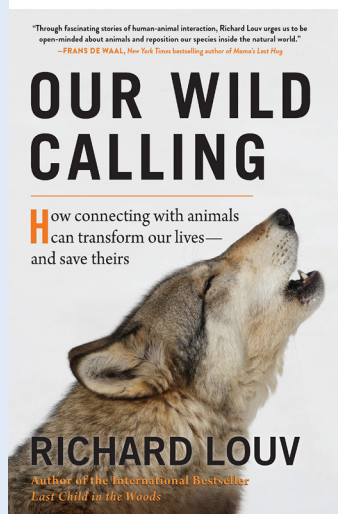


Richard Louv speaks on "Nature-deficit disorder," as he defined it in his 2005 book, *Last Child in the Woods* as not a medical diagnosis, but a useful term – a metaphor -- to describe what many of us believe are the human costs of alienation from nature, as suggested by recent research. Among them: diminished use of the senses, attention difficulties, higher rates of physical and emotional illnesses, a rising rate of myopia, child and adult obesity, Vitamin D deficiency, and other maladies. Louv says "In the early 2000s, when I was researching and writing *Last Child in the Woods*, I identified only about 60 studies rigorous enough to cite. Today, the Children & Nature Network offers abstracts for more than 1,000 studies. Recognizing this, some physicians now write prescriptions for nature time. Animal-assisted therapy is among the fastest-growing trends in health care. We see a rapid increase in the number of nature-based preschools. Increasingly, biophilic architects are weaving natural elements into workplaces, homes, neighborhoods and cities. Biophilic design links nature connection to higher human productivity and creativity. We know this now: The more high-tech our lives become, the more nature we need.

As part of the new nature movement emerging around the world, we see a growing body of evidence about animal intelligence and emotions. In the new book, *Our Wild Calling*, I make the case that strengthening the bond between humans and other animals can transform our lives — and help save theirs.

In addition, I am concerned and have written about the culture's dystopian trance, in the face of unprecedented environmental challenges, and our urgent need for imaginative hope: the ability to imagine and begin to create a future we'll want to go to, as Martin Luther King urged us to do. This is not only essential for the long run, but for people's mental, physical and spiritual health right now."

Richard Louv is a journalist and author of ten books, including *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*; *The Nature Principle*; *Vitamin N* and most recently, *Our Wild Calling*. Translated and published in 24 countries, his books have helped launch an international movement to connect families and communities to nature. In 2008, he was awarded the Audubon Medal, presented by the National Audubon Society. Prior recipients included Rachel Carson, E. O. Wilson and President Jimmy Carter. Among other awards, Louv is the recipient of the Cox Award for 2007, Clemson University's highest honor, for "sustained achievement in public service" and in 2020 Richard received the Garden Club of America's prestigious Margaret Douglas Medal for conservation education. He speaks frequently around the world, including keynote addresses at the American Academy of Pediatrics National Conference, the first White House Summit on Environmental Education, the Congress for the New Urbanism, and the Friends of Nature Conference in Beijing, China. He is co-founder and chair emeritus of the nonprofit Children & Nature Network.



9:00-9:45AM

PAUSE MORNING GUIDED MEDITATION SESSION 5, WITH TEACHERS FROM THICH NHAT HANH'S PLUM VILLAGE MONASTERY IN FRANCE*



To help society and the planet, to really help with discerning insight—knowing what to do, and what not to do day after day—take steps in walking meditation. Learn to arrive into life in the present moment by cultivating Thich Nhat Hanh's powerful technique of mindful walking. Enjoy live guidance from the monks and nuns living in Thich Nhat Hanh's Plum Village in France. Combining breath and steps with poetry and insight, experience firsthand that it can be possible to transform any short distance in your daily life into a moment of restoration and wisdom. Walking meditation is a skill that can sustain one's ability to effectively engage to heal society and the planet.

This guided practice session builds on the Wednesday, 10/27 talk about Thich Nhat Hanh's new book *Zen and the Art of Saving the Planet*. (Feel free to attend the 10/30 practice session even if you were not able to attend the talk on 10/27.)

Brother Phap Huu is a senior Teacher in Thich Nhat Hanh's international community and the Abbot of the monks' community in Plum Village, the practice center founded by Thich Nhat Hanh in southwest France. Born in Vietnam, he emigrated to Canada as a child. He began training with Thich Nhat Hanh at the age of thirteen, when he first entered the monastery to become a monk. Thich Nhat Hanh gave him the name *Chân Pháp Huu* meaning "True Dharma Friend." For over ten years, he accompanied Thich Nhat Hanh on his international teaching tours as his attendant and assistant. Today, Brother Phap Huu is deeply committed to building community and continuing Thich Nhat Hanh's legacy, bringing his teachings in particular to businesspeople, families, and young adults. Brother Phap Huu is passionate about basketball, music, and developing new approaches to team-work, leadership, mentoring and coaching.

Sister True Dedication is a Dharma Teacher in Thich Nhat Hanh's community and the editor of his latest book, *Zen and the Art of Saving the Planet*. Before entering the monastery in 2008 at the age of 27, she studied at Cambridge University and worked as a journalist for BBC News in London. In the early years of her monastic training, she assisted Thich Nhat Hanh and Sister Chan Khong in their engaged Buddhist actions for human rights, religious freedom, applied ethics, and ecology. She is a co-founder of the international Wake Up Movement, a community of young meditators who are finding new ways to combine mindfulness and engaged Buddhism. She enjoys community-building, silence in nature, and (when it's appropriate) acting in comedy skits.



10:00-11:30AM

ATTUNING TO THE WEB OF MEANING: AN INTRODUCTION TO THE PRACTICE OF LIOLGY WITH JEREMY LENT, AWARD-WINNING AUTHOR OF THE PATTERNING INSTINCT, AND FOUNDER, THE LIOLGY INSTITUTE



Following Jeremy Lent's talk on Tuesday, Oct. 26 on the themes of his new book, *The Web of Meaning*, this workshop explores an integrative framework that attunes to the meaning that arises from our intrinsic connectedness within ourselves, with each other, and with the natural world. Liology (pronounced lee-ology) comes from the Chinese word li that means "the organizing principles." This interactive workshop introduces Liology as an embodied investigation into the organizing principles of the dynamic patterns that make up our universe—what traditional Chinese sages called the Tao. It shows how core principles of love, harmony, and kindness can form the bedrock of an integrative worldview that could foster sustainable flourishing on a regenerated Earth.

This workshop offers a combination of didactic explanation, guided meditation, qigong, video clips, breakout groups, and general group discussion. The practices are intended to help integrate different domains of experience that are usually considered separate—mind and body, science and traditional wisdom, material and spiritual, inner subjectivity and social/political engagement—and show how meaning itself emerges as a function of their integration.

Jeremy Lent is an author and speaker whose work investigates the underlying causes of our civilization's existential crisis, and explores pathways toward a life-affirming future. His award-winning book, *The Patterning Instinct: A Cultural History of Humanity's Search for Meaning*, examines the way humans have made meaning from the cosmos from hunter-gatherer times to the present day. His new book, *The Web of Meaning: Integrating Science and Traditional Wisdom to Find Our Place in the Universe*, (Profile Books | UK & Commonwealth; New Society Publishers | USA/Canada) offers a solid foundation for a worldview based on connectedness that could lead humanity to a sustainable, flourishing future. He is founder of the nonprofit Liology Institute and writes topical articles exploring the deeper patterns of political and cultural developments at *Patterns of Meaning*.

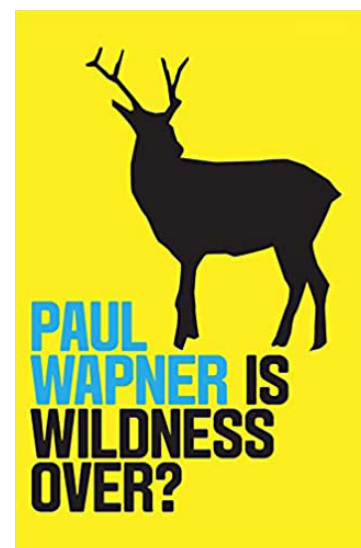
1:00-2:30PM

CONTEMPLATIVE ENVIRONMENTALISM WITH PAUL WAPNER, PhD, PROFESSOR OF GLOBAL ENVIRONMENTAL POLITICS IN THE SCHOOL OF INTERNATIONAL SERVICE AT AMERICAN UNIVERSITY



How can we live meaningfully in this moment of environmental intensification? This session will reflect on the interface between our inner lives and planetary realities, and explore how contemplative practice can assist in finding greater purpose, sensitivity, and sanity in our environmental efforts. Environmental issues challenge not simply our technological, economic, and political lives but also our very identities as human beings. Please join us for an interactive session dedicated to the profundity of environmental challenges and the rewards of greater self-awareness.

Paul Wapner, PhD, is Professor of Global Environmental Politics at American University. His research focuses on environmental ethics, climate suffering, activism, and contemplative environmentalism. He has published six books and numerous articles. His latest book, *Is Wildness Over?* (Polity 2020), was chosen by *Progressive Magazine* as one of its top favorite books of 2020. Paul co-teaches summer workshops on the relationship between spirituality and environmental engagement at the Lama Foundation (www.earthlovego.org). He also serves on the board of RE-volv, an organization that finances and installs solar energy panels on the roofs of nonprofits.



3:00-4:30PM

CONTEMPLATIVE PRACTICES FOR INTEGRATING MULTIPLE PERSPECTIVES WITH SAM MICKEY, PhD, RESEARCH ASSOCIATE, YALE FORUM ON RELIGION AND ECOLOGY, AND ADJUNCT PROFESSOR, THEOLOGY AND RELIGIOUS STUDIES DEPARTMENT, UNIVERSITY OF SAN FRANCISCO

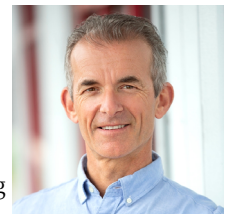


As a follow-up to Sam Mickey's talk on Monday, Oct. 25 on the themes of his new book, *Living Earth Community: Multiple Ways of Being and Knowing*, this workshop introduces practices and tactics for bringing together multiple ways of being and knowing. This workshop includes strategies for cross-cultural and interreligious dialogue, as well as specific exercises for integrating different perspectives. In this integrative approach to perspective taking, contemplative exercises allow you to attune to the psychological dynamics of other individuals, the social dynamics of different communities, and the environmental conditions of the life, land, air, and water of Earth. These exercises both deepen one's own way of being while also facilitating cooperation and collaboration across the effulgent diversity of the living Earth community. Some practices include breath-based practices for connecting with the elements, a dyad practice for managing eco-anxiety, and a mixture of focused attention and open monitoring meditations oriented toward one's place on the planet. These practices can be done while sitting on a cushion or chair. Participants are advised to have a pen and paper for notetaking.

Sam Mickey, PhD, is a Research Associate for the Yale Forum on Religion and Ecology, an Adjunct Professor in the Theology and Religious Studies department at the University of San Francisco, and the Reviews Editor for the journal *Worldviews: Global Religions, Culture, and Ecology*. He is the author and editor of several books that explore philosophical, religious, and literary perspectives on environmental issues, including *Whole Earth Thinking and Planetary Coexistence: Ecological Wisdom at the Intersection of Religion, Ecology, and Philosophy*, and his most recent book, edited with Mary Evelyn Tucker and John Grim, *Living Earth Community: Multiple Ways of Being and Knowing*.

5:00-6:30PM

CULTIVATING AWARENESS PRACTICES IN THE WISDOM AND WONDER OF NATURE: CONTEMPLATIVE PRACTICE IN THE GREAT OUTDOORS WITH MARK COLEMAN

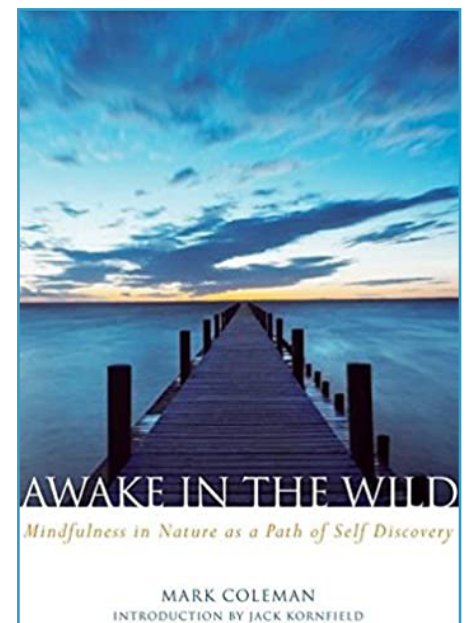


Mark Coleman, author and insight meditation teacher, will share inspiring ways to develop your contemplative practice in the great outdoors! Drawing from his decades of teaching meditation in the wild, Mark will discuss the benefits of these practices in nature as an avenue for cultivating awareness and waking up to our interconnectedness.

The natural world is an incredible source of support and inspiration. Amidst an increasing ecological crisis, Mark aims to inspire spiritual awakening and love for our planet.

Also, an interactive workshop based on this talk will be offered on Sunday, Oct. 31, 3:00-4:30pm. Information and registration for the Sunday workshop that builds on content of this lecture is available [here](#).

Mark Coleman is an inner and outer explorer who has been teaching insight meditation for 20 years. He is author of *Awake in the Wild, From Suffering to Peace*, and *Make Peace with Your Mind*, and leads nature-based meditation retreats and mindfulness teacher trainings in the U.S. and Europe.



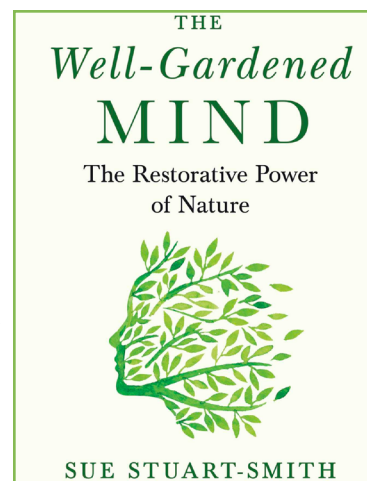
10:00-11:00AM

***THE WELL-GARDENED MIND: THE RESTORATIVE POWER OF NATURE* WITH SUE STUART-SMITH, MD, BRITISH AWARD-WINNING AUTHOR, PSYCHIATRIST, AND PSYCHOTHERAPIST**



The garden is often seen as a refuge, a place to forget worldly cares, removed from the “real” life that lies outside, but, when we get our hands in the earth we connect with the cycle of life in nature through which destruction and decay are followed by regrowth and renewal. Psychiatrist Sue Stuart-Smith, author of *The Well-gardened Mind*, will discuss how gardening can answer deep existential needs. She will present recent research showing that connecting to nature alleviates symptoms of anxiety, stress, and depression. Her talk also will include insights and perspective gained from: experiencing her grandfather’s gardening after he returned from World War I; reflecting on Sigmund Freud’s obsession with flowers; and interviewing people engaged in gardening projects in prisons, hospitals, and in the community.

Sue Stuart-Smith, MD, a prominent psychiatrist and psychotherapist, graduated in English literature at Cambridge University before going on to train as a doctor. She worked in the National Health Service for many years, becoming the lead clinician for psychotherapy in Hertfordshire. She currently teaches at The Tavistock Clinic in London and works for DocHealth, a not-for-profit service that helps doctors suffering from stress and burnout. She is married to Tom Stuart-Smith, the celebrated garden designer, and, over thirty years together, they have created the wonderful Barn Garden in Hertfordshire. Her book, *The Well-Gardened Mind*, was published in 2020 and became a Sunday Times bestseller and a Times and Sunday Times book of the year. It has since been translated into fifteen languages.



11:00AM-12:00PM

UNIVERSITY PUBLIC WORSHIP (UPW) WITH ROOPA BALA SINGH, PhD, JD*

(In person in Memorial Church)

"No One Can Purify Another: When Yoga is Property, But God is Change"

Did you imagine you could purify another? In this sermon on abiding by change, Roopa draws a radical thru-line from the Dhammapada, a central Buddhist text, to Octavia Butler’s, *Parable of the Sower*. She expands upon the line (Dhammapada, The Self, Chapter 12: 166), “No one can purify another.” Roopa asks: Can we reconcile the long arc of recognition that “God is Change,” with the industrialization of yoga and contemplation? Do we need yoga to be our possession; our unchanging private property? In the liturgy, Roopa draws upon her groundbreaking research in yoga as property, in which she documents the rapid conversion of yoga into private property through Copyrights and Intellectual Property Law. Based on this data, she concludes by asking: When we present ourselves as being able to purify others, are we fighting change or abiding by change? Healing from binaries or creating binaries?



Roopa Bala Singh, PhD, JD is a founding legal scholar of Critical Yoga Studies. Roopa is an Assistant Professor of Law and Civic Engagement at CSU Monterey Bay; teaching law, race, and gender. Commitments to anti-racist liberation, prison law, and motherhood have been a central part of Roopa’s career in social justice. Roopa has a J.D. from UC Berkeley School of Law, a Masters in Cinema Studies from NYU, and a Ph.D. in Justice and Social Inquiry from ASU.

[Sunday Sessions continue on the following page](#)

[Register: Eventbrite](#)

12:15-1:15PM

GUIDED MEDITATION AND Q&A WITH ROOPA BALA SINGH, PhD, JD*
(In person in Memorial Church)

"Breathe Like Water: Sending a Deep Breath to Empathy"

Water is a site of profound beauty and suffering; a site in need of empathy. In this guided meditation, Roopa draws upon the metta, or loving-kindness tradition. Participants will be invited to pour an inhale into the body, like a vessel filling with pure, clean water. In the exhale, the body empties its vessel, and so on. We will notice empathy, send empathy within, and send empathy out, to water. The title, "Breathe Like Water," draws on Bruce Lee's classic instruction, "Be like water." In making this connection, Roopa intentionally grounds the meditation - and yoga and contemplation practices in general - in the martial arts.

Roopa Bala Singh, PhD, JD is a founding legal scholar of Critical Yoga Studies. She is a fourth-generation attorney from the region of Kushinagar, India where the Buddha taught and died. Roopa is an Assistant Professor of Law and Civic Engagement at CSU Monterey Bay; teaching law, race, and gender. As a legal journalist intern in the U.S. Supreme Court, Roopa was asked to remove her hijab in the U.S. Supreme Court by Chief Justice Rehnquist (2002). This xenophobic act continues to shape Roopa's commitment to race and the law. Roopa's nationwide panel project (SAAPYA: South Asian American Perspectives on Yoga, 2013-2016) was the first public discourse site on race and cultural appropriation in yoga. Commitments to anti-racist liberation, prison law, and motherhood have been a central part of Roopa's career in social justice. Roopa has a J.D. from UC Berkeley School of Law, a Masters in Cinema Studies from NYU, and a Ph.D. in Justice and Social Inquiry from ASU. Roopa is writing her first book, "How Yoga Became Race."

3:00-4:30PM

AWAKE IN THE WILD NATURE MEDITATION PRACTICE WITH MARK COLEMAN

Meditation in nature can help us to connect more deeply to our environment, to each other, and to ourselves. Through a variety of guided nature-based practice, Mark will lead participants in fostering this connection to the natural world. Being outdoors with a contemplative awareness, we can sense how we are held and nourished by the intricate web of life in every moment, with every breath. Intimacy with nature can teach us how to be at peace with ourselves, and in harmony with the world.

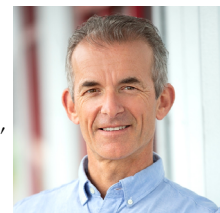
Mark Coleman is an inner and outer explorer who has been teaching insight meditation for 20 years. He is author of *Awake in the Wild*, *From Suffering to Peace*, and *Make Peace with Your Mind*, and leads nature-based meditation retreats and mindfulness teacher trainings in the U.S. and Europe.

This interactive workshop builds on content of Mark's talk that is offered on Saturday, Oct. 30, 5:00-6:30pm. Information and registration for the Saturday lecture is available [here](#).



7:30-8:15AM

IPAUSE MORNING GUIDED MEDITATION SESSION 6, MEDITATION IN NATURE WHEREVER YOU ARE WITH MARK COLEMAN*



Enjoy experiencing connection with the natural world from many places! During this meditation, Mark Coleman will guide participants to enter the natural world from wherever they are -- be it at a desk or in a cubicle, or in a garden or park. Offering a means to tap into the innate wisdom of nature even when it feels less tangibly available, this practice is appropriate for all levels of experience in any setting. Start your workweek with a taste of interconnection and inspiration.

This guided meditation extends the knowledge and skills offered in Mark's Saturday lecture and Sunday workshop.

Mark Coleman is an inner and outer explorer who has been teaching insight meditation for 20 years. He is author of *Awake in the Wild*, *From Suffering to Peace*, and *Make Peace with Your Mind*, and leads nature-based meditation retreats and mindfulness teacher trainings in the U.S. and Europe.



12:30-1:45PM

ACTIONABLE HOPE IN A TIME OF PLANETARY CHANGE WITH NICOLE ARDOIN, PhD, ASSOCIATE PROFESSOR IN THE GRADUATE SCHOOL OF EDUCATION AND A SENIOR FELLOW IN THE WOODS INSTITUTE FOR THE ENVIRONMENT AND EMMETT FACULTY SCHOLAR, SYKES FAMILY DIRECTOR OF THE EMMETT INTERDISCIPLINARY PROGRAM IN ENVIRONMENT AND RESOURCES (E-IPER) IN THE SCHOOL OF EARTH, ENERGY, AND ENVIRONMENTAL SCIENCES



As evidenced by the increasing severity of intense weather events, wildfires, and climate-related ecosystem shifts, among other wide-ranging challenges, our world is hurtling toward changes that are altering life as we know it. Yet, despite the bleak news on many fronts—including from the most-recent IPCC report—the hopeful side of this equation is that humans, individually and societally, are indeed capable of tremendous change. With this grounding and motivation, Professor Nicole Ardoin and her Social Ecology Lab at Stanford pursue theoretical and empirical work that considers questions such as: How and under what conditions do people come to see themselves as part of the (collective) solution to pressing environmental challenges? What is the interplay between hope and fear, optimism and pessimism in motivating individual and collective environmental behavior? Working in places as wide-ranging as redwood forests, the Galapagos Islands, and the Stanford campus itself, Nicole and her researchers pursue studies, collaborate with nonprofit and agency partners, and apply findings in ways that guide educational, outreach, and policy initiatives to work toward a more sustainable, joyful future for the planet. She will share insights gained from several ongoing studies and describe how elements of her lab's current endeavors connect with contemplative practice behaviors.

Nicole Ardoin, PhD, Emmett Faculty Scholar, is the Sykes Family Director of the Emmett Interdisciplinary Program in Environment and Resources (E-IPER) in the School of Earth, Energy, and Environmental Sciences. She is an Associate Professor in the Graduate School of Education and a Senior Fellow in the Woods Institute for the Environment. Professor Ardoin and her Social Ecology Lab group research motivations for and barriers to environmental behavior at the individual and collective scales. They use mixed-methods approaches—including participant observation, a variety of interview types, surveys, mapping, network analysis, and ethnography, among others—to consider the influence of place-based connections, environmental learning, and social-ecological interactions on participation in a range of environmental and sustainability-related decisionmaking processes. Professor Ardoin and her interdisciplinary group pursue their scholarship with a theoretical grounding and orientation focused on applications for practice; much of her lab's work is co-designed and implemented with community collaborators through a field-based, participatory frame. Professor Ardoin is an associate editor of the journal *Environmental Education Research*, a trustee of the George B. Storer Foundation, chair of NatureBridge's Education Advisory Council, an advisor to the Student Conservation Association and Teton Science Schools, among other areas of service to the field.

3:00-4:30PM

FAITH, PAIN, AND THE FARAWAY: A MEDITATION ON LANDSCAPE PAINTING WITH ALEXANDER NEMEROV, PhD, CHAIR OF THE DEPARTMENT OF ART AND ART HISTORY, STANFORD UNIVERSITY

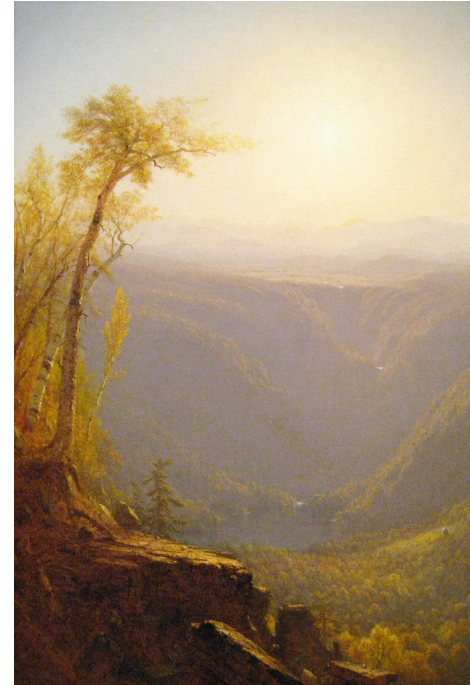


Sanford Gifford (1823-1880) made perhaps the most beautiful of all Hudson River School landscapes. Most notably, he was famed for his portrayal of the distance. Far horizons—hazy, luminous, otherworldly—were his special fascination.

In this talk Alexander Nemerov will explore Gifford's faith in the faraway in light of his close relationship with his troubled older brother Charles.

Alexander Nemerov, PhD, is the Carl and Marilyn Thoma Provostial Professor in the Arts and Humanities at Stanford. He is the author of many books, most recently *Fierce Poise: Helen Frankenthaler and 1950s New York* (Penguin 2021), praised as “thrillingly alive” (*Vogue*), “masterful” (*Los Angeles Review of Books*), “gorgeous” (*Newsday*), and “lyrical, powerful” (Susan Stamberg, *NPR*).

His next book, *The Forest: A Fable of America in the 1830s*, will be published by Princeton University Press in Fall 2022.



7:30-8:15AM

IPAUSE MORNING GUIDED MEDITATION SESSION 7: THE PRACTICE OF LOVING KINDNESS MEDITATION WITH THE REVEREND DR. JOANNE SANDERS

Whenever we recognize goodness, our heart opens with lovingkindness and awakens us to connectedness with all of life. By regarding ourselves and others with kindness, we begin to dissolve the identity of isolated, deficient beings and create the grounds for including others in an unconditionally loving heart and generous presence. This guided meditation will help us develop a capacity to receive and give love and trust belonging.

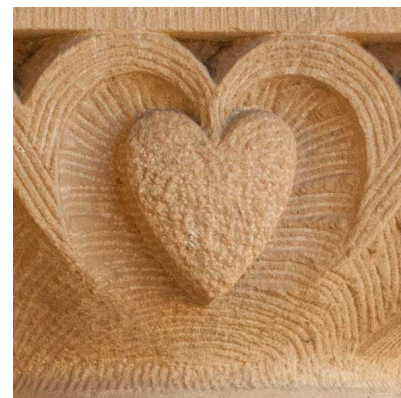


"I am larger than I thought! I did not know I held so much goodness!" - Walt Whitman

The Rev. Dr. Joanne Sanders, retired in July 2020 as Senior Associate Dean for Religious Life after 20 years at Stanford University. She is a priest in the Episcopal Church and earned a Master of Divinity from the Church Divinity School of the Pacific (CDSP) at the Graduate Theological Union in Berkeley, California and a Doctor of Ministry (D. Min) from Seattle University in Seattle, WA, with a concentration on interdisciplinary leadership.

While at Stanford, Rev. Dr. Sanders was instrumental in developing a significant partnership with the Office for Religious Life and Contemplation by Design (CBD) on campus, teaching and facilitating a number of CBD programs at Windhover Contemplative Center and Memorial Church.

Currently she is completing a 2 year Mindfulness Meditation Teaching Certification Course, a collaboration between Sounds True (principal teachers Jack Kornfield and Tara Brach) and the Greater Good Science Center at UC Berkeley. Rev. Dr. Sanders also serves as a non-stipend Priest Associate at Trinity Church in Menlo Park, CA.



12:00-1:00PM

MERGING SCIENCE & CONTEMPLATIVE PRACTICE FOR CLIMATE ACTION, with Project Drawdown's CRYSTAL CHISSEL

Project Drawdown has led years of research and analysis by scholars around the world to identify - based on review of scientific study and data collection by the world's scientists - the proven technologies and practices that are most effective in reversing the buildup of greenhouse gases in Earth's atmosphere that have led to climate change. Results of this study were initially published in the New York Times best-selling book Drawdown, and since then in multiple publications freely available online. Project Drawdown's analysis has influenced university curricula, city climate plans, commitments by businesses, community action, philanthropic strategy, and more.



In this session, Crystal Chissell, Project Drawdown's Senior Director of new initiative Drawdown Communities, will discuss the Drawdown framework of climate solutions and a template for making a personal climate action plan that can be supported by contemplative practice.

As Senior Director of new initiative Drawdown Communities, **Crystal Chissell** leads efforts to produce informational programming and guides to support local, collective climate action. These efforts focus on scaling adoption of Project Drawdown solutions in a way that values the well-being of all people and nature.

Crystal has a multidisciplinary background in law, environmental science, business, and nonprofit stewardship. She has close to two decades of experience advising elected and appointed state and municipal officials in a range of subject areas, including solutions to environmental problems. She holds a J.D. from the University of Maryland School of Law, an M.S. in Environmental Science from Johns Hopkins University, an M.B.A. from the University of San Francisco, and a B.A. in Journalism from Howard University.

MON. 10/25

- 8:00AM **Introduction to Contemplative Skills for Cultivating Personal and Planetary Health and Well-being**, Tia Rich, PhD
- 12:30PM **Indigenous Contemplative Wisdom and Relationship-based Climate Action**, Yuria Celidwen, PhD
- 5:30PM **An Astronaut's Perspective: Earth views inspiring us to care for our planet**, Steve Smith, MBA, NASA astronaut, diplomat, and Silicon Valley engineer/businessman
- 7:00PM **Contemplating Earth: Multiple ways of being and knowing**, Sam Mickey, PhD, Researcher Associate, Yale Forum on Religion and Ecology, and Adjunct Professor, Theology and Religious Studies Department, University of San Francisco

TUE. 10/26

- 7:30AM **iPause Morning Guided Meditation session 1**, Tia Rich, PhD*
- 8:15AM **Inner Transformation and Sustainability**, Christine Wamsler, PhD, Professor of Sustainability Science and Director of the Contemplative Sustainable Futures Program, Lund University, Sweden*
- 12:00PM **Radical Compassion**, Tara Brach, PhD
- 6:00PM **YogaX Gentle Flow Yoga**, Heather Freeman, PsyD*
- 7:00PM **Weaving the Web of Meaning: How recognizing our deep interrelatedness lays the path to sustainable flourishing**, Jeremy Lent, award-winning author of *The Patterning Instinct*, and founder, The Liology Institute

WED. 10/27

- 7:30AM **iPause Morning Guided Meditation session 2**, Jonah Willihnganz, PhD*
- 9:00AM **Zen and the Art of Saving the Planet** with Brother Phap Huu and Sister True Dedication, teaching live from Thich Nhat Hanh's Plum Village Monastery in France
- 12:30PM **At the Center of All Things is Interdependence**, Dekila Chungyalpa, PhD, Director, Loka Initiative, University of Wisconsin - Madison
- 5:30PM **Quaker Values and the Quaker Contemplative Practice of Silent Worship**, Steve Curwood, host and executive producer of "Living on Earth," the prize-winning weekly environmental radio program heard for more than 30 years on public radio stations

THU. 10/28

- 7:30AM **iPause Morning Guided Meditation session 3**, teachers from Thich Nhat Hanh's Plum Village Monastery in France*
- 12:00PM **Compassion, Gratitude, and Awe: Self-transcendent emotions for collective and planetary well-being**, Dacher Keltner, PhD, Professor of Psychology at UC Berkeley and faculty director of the Greater Good Science Center
- 6:00PM **Guided Meditation practice**, Andy Ackers*
- 7:00PM **Valuing Nature in Personal Practice and Societal Transformation**, Gretchen Daily, PhD, Bing Professor of Environmental Science, and co-founder and faculty director of the Natural Capital Project, Stanford University

FRI. 10/29

- 7:30AM **iPause Morning Guided Meditation session 4**, teachers from Thich Nhat Hanh's Plum Village Monastery in France*
- 12:30PM **Your Mind on Awe**, Florence Williams, prize winning author of *The Nature Fix*, and visiting scholar at George Washington University
- 5:30PM **Contemplative Innovation - Designing technology in the era of distraction**, Ruchika Sikri, founder of Mandala Ventures, former leader of Google Well Being and Mindfulness Learning Programs and Strategy
- 7:00PM **Planet Hope: Species Loneliness, Nature-Deficit Disorder and the Future of Life on Earth**, Richard Louv

SAT. 10/30

- 7:30AM **iPause Morning Guided Meditation session 5**, teachers from Thich Nhat Hanh's Plum Village Monastery in France*
- 10:00AM **Attuning to the Web of Meaning: An introduction to the practice of Liology**, Jeremy Lent, award-winning author of *The Patterning Instinct*, and founder, The Liology Institute (interactive workshop)
- 1:00PM **Contemplative Environmentalism**, Paul Wapner, PhD, Professor of Global Environmental Politics in the School of International Service at American University (interactive workshop)
- 3:00PM **Contemplative Practices for Integrating Multiple Perspectives**, Sam Mickey, PhD, Research Associate, Yale Forum on Religion and Ecology, and Adjunct Professor, Theology and Religious Studies Department, University of San Francisco (interactive workshop)
- 5:00PM **Cultivating Awareness Practices in The Wisdom and Wonder of Nature: Contemplative practice in the great outdoors**, Mark Coleman

SUN. 10/31

- 10:00AM **The Well-Gardened Mind: the restorative power of nature**, Sue Stuart-Smith, MD, British award-winning author, psychiatrist, and psychotherapist
- 11:00PM **University Public Worship (UPW)** with Roopa Bala Singh, PhD, JD*
- 12:15PM **Guided Meditation and Q&A** with Roopa Bala Singh, PhD, JD*
- 3:00PM **Awake in the Wild Nature Meditation Practice**, Mark Coleman (Interactive Workshop)

MON. 11/1

- 7:30AM **iPause Morning Guided Meditation session 6**, Meditation in Nature wherever you are with Mark Coleman*
- 12:30PM **Actionable Hope in a Time of Planetary Change**, Nicole Ardoin, PhD, Assoc. Prof. in the Graduate School of Education, Senior Fellow in the Woods Institute for the Environment, Emmett Faculty Scholar, and Sykes Family Director of the Emmett Interdisciplinary Program in Environment and Resources (E-IPER) in the School of Earth, Energy, and Environmental Sciences
- 7:00PM **Faith, Pain, and the Faraway: A Meditation on Landscape Painting**, Alexander Nemerov, PhD, Chair of the Department of Art and Art History, Stanford University

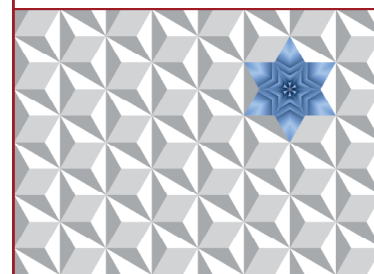
TUE. 11/2

- 7:30AM **iPause Morning Guided Meditation session 7**, The Reverend Dr. Joanne Sanders*
- 12:00PM **Merging Science & Contemplative Practice for Climate Action**, Crystal Chissel

Color Key: **Blue titles**=practicum-focused sessions **Black titles**=lecture format with some practicum

*All sessions are BeWell Berry eligible unless they are marked with an asterisk. After each Berry eligible session, registered attendees will be sent a "Health Enrichment Berry Validation Form" to complete and upload to the BeWell website in order to be awarded the Berry.

CONTEMPLATION BY DESIGN



THE POWER OF THE PAUSE

OCTOBER 25TH - NOVEMBER 2ND, 2021

contemplation.stanford.edu

Cover Photo & Images on
p. 9, 11, 13, 15, 20, 22 courtesy
of T. Rich
Other imagery sourced from
pixabay.com