

*PLEASE JOIN US FOR A SERIES  
OF SPECIAL STANFORD EVENTS CELEBRATING*

# CONTEMPLATION: THE POWER OF THE PAUSE



*"Om Under the Dome: Yoga in Stanford Memorial Church"*

**NOVEMBER 3 - 11, 2016**



**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 3 - 11** FOR **FREE** EVENTS OFFERING THOUGHTFUL DISCUSSIONS ON THE ROLE OF CONTEMPLATION IN INDIVIDUAL AND COMMUNITY WELLBEING, SKILL-BUILDING OPPORTUNITIES, AND REFRESHING EXPERIENCES FROM STANFORD'S NATURAL BEAUTY AND CAMPUS ARTS. EACH EVENT IS DESIGNED TO BRING US TOGETHER IN EXPERIENCING THE IMPORTANCE OF QUIETING THE THINKING MIND AND REVITALIZING ONESELF THROUGH QUIET CONTEMPLATION.

## CBD EVENTS – Thursday, November 3



### **Introduction to Contemplative Practices: P.E.A.C.E. for oneself and others (CBD16Th-1)**

*Sponsored by Health Improvement Program (HIP), BeWell, The HELP Center (HELP)*

Welcome to the 2016 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 the contemplative pause in creating a life of sustained excellence, joy, compassion, wisdom and health — a life lived fully. Learn practical skills as well as the scientific evidence that supports the value of enjoying a daily contemplative pause. Five practical steps for cultivating a contemplative lifestyle will be taught—P.E.A.C.E.: Pause, Exhale, Attend, Connect and Express.



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

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

**Location: TBD**



### **Contemplative Skills for Wise Civic Engagement (CBD16Th-2)**

*Sponsored by HIP, Office of the Dean for Community Engagement and Diversity (CED)*

Participants in this workshop will be taken through guided exercises that will provide an opportunity to pause and reflect on the core values that drive wiser, more thoughtful involvement in civic life.

Instructors:



Dereca Blackmon, Associate Dean & Director of the Diversity & First-Gen Office, is an educator, facilitator and spiritual activist with over 25 years experience supporting communities in radical healing and strategic development. She has worked with a wide variety of corporate, government, nonprofit and community-based groups to facilitate “uncommon conversations” on issues of race, gender, class and social justice. Dereca is co-founder of Aya Unlimited, LLC, a social-justice consulting firm.



Joseph L. Brown, PhD, Associate Director of the Diversity & First-Gen Office, is a first-gen college graduate and Army brat from San Antonio, Texas. He's worked for over ten years as Graduate Diversity Recruitment Officer for Stanford's School of Humanities and Sciences. He is a PhD alum of Stanford's psychology program and his research focused on the impact of stereotypes and prejudice on the intellectual identities and performance of minorities and women.

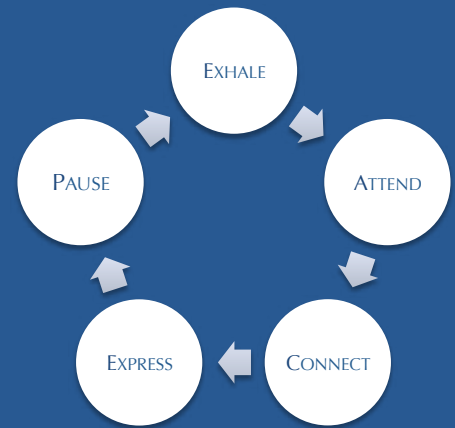
**Date: Thursday, 11/3 Time: 5:30-6:45pm**

**Location: TBD**

2016 CBD COLLABORATORS INCLUDE BeWELL, BING CONCERT HALL, HAAS CENTER FOR PUBLIC SERVICE, HEALTH & HUMAN PERFORMANCE, HEALTH IMPROVEMENT PROGRAM (HIP), HELP CENTER, HILLEL, iTHRIVE, MUSIC DEPARTMENT, OFFICE FOR RELIGIOUS LIFE (ORL), OFFICE OF STUDENT AFFAIRS, OFFICE OF THE DEAN FOR COMMUNITY ENGAGEMENT & DIVERSITY, PSYCHIATRY & BEHAVIORAL SCIENCE, RESIDENTIAL & DINING ENTERPRISES (R&DE), RELIGIOUS STUDIES, STANFORD ARTS, STANFORD STORYTELLING PROJECT, AND THE WORKLIFE OFFICE.

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

REGISTER AT [HTTP://BEWELL.STANFORD.EDU/2016-CONTEMPLATION-WEEK](http://bewell.stanford.edu/2016-contemplation-week)



## CBD EVENTS – Thursday, November 3

### Quiet Reflection Breaks in Student Residences (CBD16Th-3)

Sponsored by Office of Student Affairs, iThrive, Office for Religious Life (ORL), CED

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

**Date:** Thursday, 11/3 **Time:** 9:00-10:00pm

**Location:** Residence Halls



*Sanne Lim, enjoying a contemplative pause during the CBD Carillon Concert 2015.*

# HOOVER TOWER CARILLON CONCERT



QUIET  
CONTEMPLATION  
AND  
MUSIC

November 4, 2016 ★ 12:00 PM - 1:10 PM

12:00  
RELAX, TAI CHI, GENTLE  
STRETCHING OR FAMILY  
SING-ALONG  
12:30  
CARILLON CONCERT  
12:50  
QUIET CONTEMPLATION  
1:10  
CLOSURE

GATHERING IN

MEYER GREEN, DOHRMANN GROVE & THE OVAL EAR

*Bring a Mat or Beach Towel to Sit or Recline.*

*Optional Gentle Stretching, TaiChi, or Family Sing-along  
in Meyer Green.*

*Unwind and Thrive*

 **BeWell.Stanford.edu**



## Carillon Concert & Quiet Contemplation (CBD16F-1)

Sponsored by BeWell, HIP, WorkLife Office



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 Dorhmann 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.

**Please Note:** A shuttle will be provided from 3160 Porter Drive to Hoover Tower. The shuttle will pickup at 3160 Porter at 11:30 am and leave Hoover Tower at 1:30pm. REGISTRATION IS REQUIRED (CBD16F-1) to reserve your space on the shuttle.

**12:00-12:30pm:**

**Dorhmann Grove and the Oval Ear:** Enjoy guided tai chi or gentle stretching, and/or quiet space for simple relaxation.

**Meyer Green:** Families are welcome to gather with their children for a pre-concert sing-a-long and movement.

**NEW THIS YEAR, FAMILY ACTIVITY** Contemplation By Design, WorkLife, and BeWell will give a Carillon Concert picnic blanket to the first 75 Stanford Childcare Program families who REGISTER (CBD16F-1) to attend the concert! Enjoy the family sing-along and then relax together while listening to the music played by the Hoover Tower Carillon Bells. Meyer Green is easy walking distance from several campus child care centers.

**12:30pm:**

We invite you to sit back and enjoy the 20 minute carillon concert, which will then be followed by a 20 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](http://kzsulive.stanford.edu). Tune in from 12:30-1:10pm for the full program.

REGISTRATION IS NOT REQUIRED FOR PARTICIPATION. Registration is required for family picnic blanket opportunity and shuttle service.



## The Power of Humanization to Bring Out the Best in Ourselves & Others:

### A conversation with Albert Bandura, Alia Crum & Tom Schnaubelt (CBD16F-2)

Sponsored by Haas Center, Psychiatry & Behavioral Science, HIP

Join three inspiring and insightful Stanford experts in conversation about how the process of humanization can be supported both for an individual and a community. This process includes opportunities to clarify values, to develop spiritually, morally, and emotionally, and to form habits related to living in healthy, just, democratic communities. Research as well as its application-into-action will be discussed. The conversation will describe ways in which Stanford University supports the process of humanization. The session will present both evidence-based theoretical underpinnings of the process of humanization (and conversely, dehumanization) and also practical ways communities can attend to and nurture the development of our complete humane selves.

**Please note:** The Stanford Bookstore has a display of CBD-related books, including Albert Bandura's "Moral Engagement".

Panelists:



Albert Bandura, Ph.D., Professor Bandura is an extraordinarily innovative scholar whose pioneering work in social cognitive theory has served as a rich resource for academics, practitioners, and policy makers alike across disciplinary lines. His seminal research on social modeling expanded our view of human learning and the growing primacy of this mode of learning in this electronic era. His later research on self-regulatory mechanisms laid the theoretical foundation for his theory of human agency.



Alia Crum, Ph.D., Dr. Crum received her Ph.D. from Yale University and BA degree from Harvard University. Her research focuses broadly on how changes in subjective mindsets—the lenses through which information is perceived, organized, and interpreted—can alter objective reality through behavioral, psychological, and physiological mechanisms. In addition to her academic research and teaching, Dr. Crum has worked as a clinical psychologist for the VA healthcare system and as an organizational trainer and consultant.



Tom Schnaubelt, Ph.D., serves as the Executive Director of the Haas Center for Public Service as well as the Resident Fellow in Branner Hall, Stanford's public service theme dorm. His career has focused on fulfilling the public purposes of higher education by connecting academic and community work, and he has worked in a wide range of academic settings in Michigan, Mississippi, Wisconsin, and California.

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

**Location:** TBD

### **Savoring Stanford's Trees: A campus contemplative walk** *Sponsored by HIP*

Join us as we explore and learn about some of the most diverse plant species on the Stanford campus that surround the main quad. We will discuss their use on campus, cultivation and general horticultural points of interest. During the walk, enjoy the tree featured in this photo.

**Please Note:** The walk will begin from in front of Memorial Church.

Facilitator: Herb Fong is a Certified Arborist, and Grounds Manager Emeritus after 36 years as manager of Grounds and Horticulture for the University.

**Date:** Saturday, 11/5

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

**Group 1** –10:00-11:00am (CBD16Sat-1)

**Group 2** –1:00-2:00pm (CBD16Sat-3)

**Location:** Memorial Church



### **Tangible Tools to Promote Meditation (CBD16Sat-2)** *Sponsored by HIP, Core Wellness, Inc.*

Physical objects can serve as tools that aid people in building, enhancing, or refreshing their meditation practice. Whether you're new to meditation or looking to deepen your practice, enjoy exploring ways that physical objects can augment your contemplative experience. Participants will be guided through a series of meditations with a variety of tangible meditation aids, including objects that have been used for centuries, as well as brand new meditation technology.

Facilitator: Sarah McDevitt, M.Ed Stanford '15. Sarah researched stress and mindfulness meditation in public school settings, and founded Core Wellness, a company committed to help every person be their best, every day, beginning with meditation.

**Date:** Saturday, 11/5 **Time:** 11:30am-12:30pm

**Location:** Lathrop, Room 299



### **P.E.A.C.E. Walk: A campus contemplative walk (CBD16Sat-4)** *Sponsored by HIP*



By *Pausing* to quiet the thinking mind, *Engage* the senses, *Attend* mindfully and *Connect* to oneself, others and nature, we will *Experience* how the contemplative pause creates renewal, peace of mind, well-being and sustains compassion for oneself and others.

The walk starts at the Andy Goldsworthy Stone River sculpture in front of the Cantor Center for Visual Arts at Stanford University. This hour-long program guides participants through revitalizing, gentle breath-based movements and meditations to transition from cognition into mind-body-spirit integration. Included are guidance for deep breathing, walking meditation, compassionate connection, reflection and creative wise action. If it is raining, this event still will be held, and will begin at the top of the front steps of Cantor Art. Please bring an umbrella and rain shoes.

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

**Date:** Saturday, 11/5 **Time:** 3:00-4:00pm

**Location:** Cantor Center for the Visual Arts



### University Public Worship (UPW), Memorial Church (CBD16Sun-1)

Sponsored by ORL, Hillel@Stanford, HIP

Sermon on 11/6: *Universal Gems from the Jewish Contemplative Tradition*

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 at University Public Worship, Sunday morning at 10:00 am in this spectacular and sacred venue. A talkback session and light lunch with Rabbi Silverstein will take place in the Round Room at Memorial Church from 11:15am - 12:00pm.



Guest Rabbi Daniel Raphael Silverstein, Director of Jewish Life and Learning at Stanford Hillel, is a rabbi, spoken word artist and creative educator. He received his ordination from Yeshivat Chovevei Torah Rabbinical School, he has a B.A. in social and political sciences, and an M.A. in international relations. He is a co-founder of Lines of Faith, a Muslim-Jewish hip hop and poetry collective that has performed and educated across the world, and he is also an accredited meditation teacher.

**Date:** Sunday, 11/6 **Time:** 10:00am-12:00pm

**Location:** Memorial Church



### Savoring Stanford's Trees: A campus contemplative walk

Sponsored by HIP

Join us as we explore and learn about some of the most diverse plant species on the Stanford campus that surround the main quad. We will discuss their use on campus, cultivation and general horticultural points of interest.

**Please Note:** The walk will begin from in front of Memorial Church.



Facilitator: Herb Fong is a Certified Arborist, and Grounds Manager Emeritus after 36 years as manager of Grounds and Horticulture for the University.

**Date:** Sunday, 11/6 **Time:** 1:00-2:00pm (CBD16Sun-2)

**Location:** Memorial Church



### Taiko Drumming as a Contemplative Practice: An experiential workshop (CBD16Sun-3)

Sponsored by HIP, Stanford Music Department



In Japanese, taiko literally means “drum,” though the term has come to refer to the art of Japanese drumming, also known as kumi-daiko. Centuries ago, taiko was used for Japanese Shinto, Buddhist, and other ceremonies. The transplantation to North America and evolution of taiko has resulted in it becoming a rich and varied art form. Those in Stanford Taiko not only use the practice of taiko for physical exercise and musical expression, but also find it a source of catharsis.

With this introduction to taiko playing, you will learn about the technique we use to hit the drum as well as some of Stanford Taiko’s philosophies behind taiko playing. By the end of the workshop, you will put the skills you’ve learned to use and improvise a song with fellow workshop attendees.

Facilitated by Stanford Taiko.

**Date:** Sunday, 11/6 **Time:** 3:00-5:00pm

**Location:** Dinkelspiel Auditorium



### Contemplation & Compline, Memorial Church

(CBD16Sun-4)

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 Stanford Early Music Singers 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, 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, 11/6 **Time:** 9:00-9:30pm

**Location:** Memorial Church





### Storytelling Workshop: Storytelling as a Contemplative Practice (CBD16M-1)

Sponsored by Stanford Storytelling Project, HIP, HELP

Stories and storytelling have long been a vehicle for creating greater presence to ourselves, others, and our world. In this workshop you'll explore how to turn your encounters with stories into contemplative practices, with many of the same benefits of mindfulness and compassion meditation practices. Through his engaging storytelling, Professor Willihnganz will illuminate the narrative voice and the essentials of conscious communication skills; and their relationship with contemplative practices. Join us to discover how to use stories and storytelling to reflect deeply and create more intimacy in all of your relationships.



Instructor: Professor Jonah Willihnganz is the Bruce Braden Lecturer of Narrative Studies at Stanford and 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 Stanford LifeWorks, an initiative that supports students' natural capacities for courage, resilience, compassion, and deep attention.

**Date: Monday, 11/7 Time: 12:30-1:45pm**

**Location: TBD**



### Guided Meditation in Windhover (CBD16M-2)

Sponsored by ORL, HIP

Meditation may be simply defined as deliberately focusing on one thing. In this session we will explore and practice some highly effective traditional Jewish meditation techniques, which use objects of focus including our own bodies, thoughts and feelings, as well as spiritually charged words from the Tanakh (Hebrew Bible).



Instructor: Daniel Raphael Silverstein, Director of Jewish Life and Learning at Stanford Hillel, is a rabbi, spoken word artist and creative educator. He received his ordination from Yeshivat Chovevei Torah Rabbinical School, he has a B.A. in social and political sciences, and an M.A. in international relations. He is a co-founder of Lines of Faith, a Muslim-Jewish hip hop and poetry collective that has performed and educated across the world, and he is also an accredited meditation teacher.

**Date: Monday, 11/7 Time: 4:00-5:00pm**

**Location: Windhover Contemplative Center**



### Labyrinth Walk at Windhover

Sponsored by ORL, HIP

Walk your way to a healthier outlook on life. If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that intentionally walking in a circular pattern can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration.

Trained labyrinth facilitators (from ORL and HIP) will be available to assist and enhance your labyrinth experience.



**Date: Monday, 11/7**

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

**1. 8:00-8:20pm...(CBD16M-3a)**

**2. 8:20-8:40pm...(CBD16M-3b)**

**3. 8:40-9:00pm...(CBD16M-3c)**

**Location: Windhover Contemplative Center**





### Walking Meditation & Contemplation of Memorial Church Inscriptions (CBD16T-1)

Sponsored by ORL, HIP

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, Associate Dean for Religious Life at Stanford. Rev. Sanders 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, Ph.D., Contemplation By Design, Director, and HIP, Manager, has been integrating mindfulness, compassion and meditation into stress management programs at the University and Medical Center since 1984. Her creation and leadership of the Contemplation by Design (CBD) program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

**Date: Tuesday, 11/8 Time: 12:00-1:00pm**

**Location: Memorial Church**



### Om Under the Dome (yoga) in Memorial Church (CBD16T-2)

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. **Please BRING YOUR YOGA MAT.**

This event will be led by yoga instructor Rebecca Snowball.

**Date: Tuesday, 11/8 Time: 5:30-6:45pm**

**Location: Memorial Church**



### **Silent Yoga in Windhover** (CBD16W-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. Transitions will be signaled by a meditation bell.

Please **BRING YOUR YOGA MAT**.



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

**Date: Wednesday, 11/9 Time: 8:15-9:15am**

**Location: Windhover Contemplative Center**



### **Optimizing Positive and Minimizing Negative Stress to Promote Healing, Health, and Well-being** (CBD16W-2)

*Sponsored by HIP, Psychiatry and Behavioral Science, HELP*

What is stress? What are the characteristics and effects of positive, "good" versus negative, "bad" stress responses? How can we stay on the "good" side of the Stress Spectrum? How do contemplative practices help optimize the Stress Spectrum?



Instructor: Dr. Dhabhar is a faculty member in the Department of Psychiatry & Behavioral Sciences, and the Institutes for Immunology, Neuroscience, and Cancer at Stanford University. He is a Senior Fellow at Stanford's Center for Innovation In Global Health. Dr. Dhabhar's laboratory investigates the effects of stress on health and aims to develop interventions to minimize "bad" stress and maximize "good" stress, in order to promote health and healing.

**Date: Wednesdaysday, 11/9 Time: 12:30-1:30pm**

**Location: TBD**

### **Contemplative Skills for Post Election Reflection** (CBD16W-3)

*Sponsored by HIP, CED, HELP*

Perhaps one of the casualties of the busy schedules and always-available social media is the opportunity to stop, breathe, and reflect. This workshop will give participants the opportunity to do just that and consider what the election and its aftermath mean for them.



Instructor: Dereca Blackmon, Associate Dean & Director of the Diversity & First-Gen Office, is an educator, facilitator and spiritual activist with over 25 years experience supporting communities in radical healing and strategic development. She has worked with a wide variety of corporate, government, nonprofit and community-based groups to facilitate "uncommon conversations" on issues of race, gender, class and social justice. Dereca is co-founder of Aya Unlimited, LLC, a social-justice consulting firm.

**Date: Wednesday, 11/9 Time: 5:30-6:45pm**

**Location: TBD**



The Office For Religious Life, HIP, BeWell, the Stanford Storytelling Project & the Help Center invite you to

*a day of keynote events with poet & author,*

# David Whyte



## **What to Remember When Waking: The Disciplines of Everyday Life**

(CBD16TH2-1)

Most of us have talents and qualities that live in isolation from the world, never finding a proper outlet or focus. This can lead to a sense of aimless, endless adaptation, rather than a growing feeling of belonging and generosity. There are ways and means to building this sense of belonging, and with his unique blend of poetry, humor and insight, David Whyte will explore the cyclical, conversational nature of reality and the disciplines that can create an identity robust enough to meet its gifts and demands.

**Date: Thursday, 11/10 Time: 12:00-1:15pm**

**Location: TBD**

## **Solace: The Art of Asking the Beautiful Question** (CBD16TH2-2)

Each one of us grows into a steadily unfolding story where the horizon gets broader and more mysterious. In the midst of this deepening, we have to make a life that makes sense. In this session, David will explore the discipline of finding and asking the questions that help us re-imagine ourselves, our world and our part in it, questions that work to reshape our identities and help us to become larger, more generous and more courageous.

**Date: Thursday, 11/10 Time: 4:00-5:15pm**

**Location: TBD**

## **The Pilgrim Way: The Contemplative Foundations of a Future Life** (CBD16TH2-3)

Join poet David Whyte for an evening looking at the great questions of human life through the eyes of the pilgrim: someone passing through relatively quickly, someone looking for the biggest context they can find or imagine, and someone subject to the vagaries of wind and weather along the way. David will explore the theme of internal resilience, the necessity for following a certain star not seen or perceived by anyone else, an internal migration, a path running parallel to the outer road keeping any outward journey in the world relevant and true. He will look at the necessity for hardiness, for shelter, for risk, for companionship, for vulnerability; for creating a more beautiful mind and the absolute need to ask for help at transition points combined with an ability to recognize when it is being offered and the humor, humility and open hands necessary to receive it.

### **SPECIAL REGISTRATION REQUIRED**

Tickets for this event will be available through the Stanford Ticketing Office, [by clicking here](#), starting Tuesday, September 13th at 9:00am.

**Date: Thursday, 11/10 Time: 7:00-8:30pm**

**Location: Memorial Church**

**David Whyte** is the author of eight books of poetry and four books of prose. He is an Associate Fellow at Saïd Business School at the University of Oxford and the recipient of an honorary doctorate from Neumann College, Pennsylvania. David brings his poetry to large audiences around the world, and is one of the few poets to bring his work into the field of organizational development.

**Please note:** The Stanford Bookstore has a display of CBD-related books, including David Whyte's books and CDs.







**CBD: Guided Meditation** (multiple locations, see codes below)

Sponsored by: HIP, BeWell

As a follow-up to CBD's special evening in Memorial Church with David Whyte 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 eleven Stanford locations. At each location, an experienced mindful meditation instructor will 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:** Friday, 11/11 **Time:** 7:45-8:30am

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

1. Medical School, Alway, Rm M112, Mark Abramson.....(CBD16F2-1a)
2. The Help Center, Conference Room, Margaret Lim.....(CBD16F2-1b)
3. SLAC, Arrillaga Gym, Patty McLucas.....(CBD16F2-1c)
4. Location TBD, Fred Luskin.....(CBD16F2-1d)
5. Landau Econ. Bldg., Lucas Conf. Cntr, Rm 134A, Sarah Meyer.....(CBD16F2-1e)
6. Hillel, Rabbi Daniel Silverstein.....(CBD16F2-1f)
7. SHC Redwood City; OPC; B-2 Conf. Cntr, Vicki Martin.....(CBD16F2-1g)
8. 4100 Bohanon, Rm 120, Maia Tamanakis.....(CBD16F2-1h)
9. Escondido Village, Havana Room, Aneel Chima.....(CBD16F2-1i)
10. 1520 Page Mill Rd, Instructor: TBD.....(CBD16F2-1k)
11. 3172 Porter Dr, Rm 1512, Tia Rich.....(CBD16F2-1l)



**CBD: Contemplative Concert at Bing** (CBD16F2-2)

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*. This concert, the culmination of our 2016 Contemplation by Design Summit, is created and performed by Stanford students, faculty, staff and community members for the well-being of the Stanford community. The concert includes performances by Mua Lac Hong, Stanford's Vietnamese Dance Group, Stanford's Chinese Dance Group and the Chinese Music Ensemble, and Stanford's Middle Eastern Music Ensemble. Each group will share their experience of P.E.A.C.E. through musical expression and heritage. Join us.

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

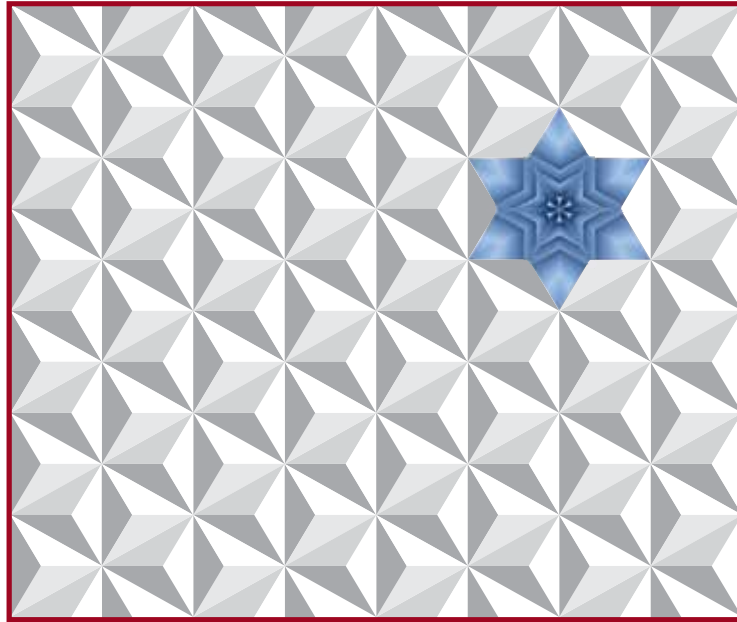
**Location:** Bing Concert Hall





# CONTEMPLATION BY DESIGN

STANFORD 2016



NOVEMBER 3 - 11

For your November calendar:

Learn about & enjoy **Contemplation – the Power of the Pause**

- THU. 11/3** 12:00PM **Introduction to Contemplative Practices: P.E.A.C.E. for oneself and others**  
 5:30PM **Contemplative Skills for Wise Civic Engagement, Dereca Blackmon**  
 9:00PM **Quiet Reflection Breaks in Student Residences**
- FRI. 11/4** 12:30PM **Carillon Concert & Community-wide Contemplative Pause**  
 5:30PM **The Power of Humanization to Bring Out the Best in Ourselves & Others:  
 A conversation with Albert Bandura, Alia Crum & Tom Schnaubelt**
- SAT. 11/5** 10:00AM **Savoring Stanford's Trees: A campus contemplative walk**  
 11:30AM **Tangible Tools to Promote Meditation**  
 1:00PM **Savoring Stanford's Trees: A campus contemplative walk**  
 3:00PM **P.E.A.C.E. walk: A campus contemplative walk**
- SUN. 11/6** 10:00AM **University Public Worship, Memorial Church, Rabbi Daniel Silverstein**  
 1:00PM **Savoring Stanford's Trees: A campus contemplative walk**  
 3:00PM **Taiko Drumming as a Contemplative Practice: An experiential workshop**  
 9:00PM **Contemplation & Compline, Memorial Church**
- MON. 11/7** 12:30PM **Storytelling as a Contemplative Practice, Jonah Willihnganz**  
 4:00PM **Guided Meditation, Windhover, Rabbi Daniel Silverstein**  
 8:00PM **Labyrinth Walk, Windhover, Rev. Joanne Sanders, Tia Rich**
- TUE. 11/8** 12:00PM **Walking Meditation & Contemplation of Memorial Church Inscriptions**  
 5:30PM **Om Under the Dome, Yoga in Memorial Church**
- WED. 11/9** 8:15AM **Silent Yoga, Windhover**  
 12:30PM **Optimizing Positive and Minimizing Negative Stress to Promote Healing,  
 Health, and Well-Being, Dr. Firdaus Dhabhar**  
 5:30PM **Contemplative Skills for Post-Election Reflection, Dereca Blackmon**
- THU. 11/10** **David Whyte: A Day of Keynote Events**  
 12:00PM **What to Remember When Waking: The Disciplines of Everyday Life**  
 4:00PM **Solace: The Art of Asking the Beautiful Question**  
 7:00PM **The Pilgrim Way: The Contemplative Foundations of a Future Life,  
 Memorial Church**
- FRI. 11/11** 7:45AM **Guided Meditations (multiple locations throughout campus)**  
 12:00PM **Contemplative Concert, Bing Concert Hall**

*Co-Sponsors:* BeWell, Bing Concert Hall, Haas Center for Public Service, Health & Human Performance, Health Improvement Program, HELP Center, Hillel@Stanford, iThrive, 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, and the WorkLife Office.

*All events are FREE!*

Registration begins September 13th: [bewell.stanford.edu/2016-contemplation-week](http://bewell.stanford.edu/2016-contemplation-week)

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

**LEGEND:  
 BeWell Berries  
 2016**

