

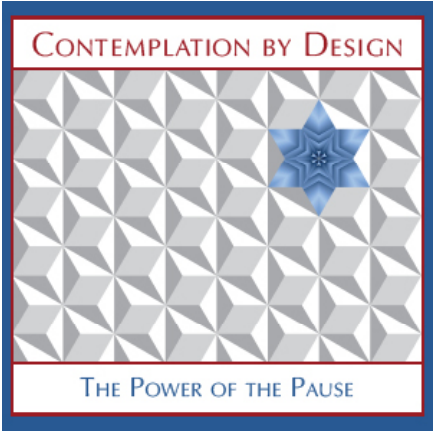
Contemplation by Design® Summit

OCTOBER 20 - NOVEMBER 3, 2023

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

contemplation.stanford.edu





PLEASE JOIN US OCTOBER 20 – NOVEMBER 3, 2023
for the 10th Annual FREE Contemplation by Design® Summit events offering research on the neuroscience of contemplation, skill-building opportunities and refreshing contemplative experiences.

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® is a 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® Summit](https://contemplation.stanford.edu/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.

Support Contemplation by Design
All CBD Summit sessions are free. If you wish to make a donation, please do so at: contemplation.stanford.edu/support

Register on Eventbrite

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

CONTEMPLATION BY DESIGN® ACADEMIC PROGRAM
The Contemplation by Design: Applied Contemplative Science concentration in the School of Medicine’s MS program in Community Health and Prevention Research (CHPR) offers students the opportunity to develop deep knowledge of contemplative science as well as skills for applying it in community health and prevention programs and research projects.

- The CHPR-Contemplation by Design: Applied Contemplative Science concentration provides:
1. A solid foundation in contemplative science, theory, and practice.
 2. Direct experience with cultivating contemplative practices and their benefits, including but not limited to mindfulness, resilience, and wise compassionate action.
 3. Research skills essential to advancing the science of how contemplative practices contribute to individual, community, and planetary health and well-being.
 4. Skills for creating and evaluating effective contemplative practices programs and policies to serve diverse populations and the planet.
 5. Opportunities to design an applied contemplative practices program for a community or population of specific interest to you.

Academic classes for Undergraduate and Graduate students include:
CHPR 233: [Contemplative Science](#)
CHPR 234: [Applying Contemplative Practices](#)
CHPR 239: [Contemplative Competence for Sustainability of Public and Planetary Health and Well-being](#)
CHPR 241: [Contemplative Movement](#)
CHPR 244: [Translating Contemplative Science into Timely Community Programming](#)

iPAUSE GUIDED MEDITATIONS DURING THE CONTEMPLATION BY DESIGN® SUMMIT
Guided Meditation sessions are offered in the mornings and evenings throughout the Summit. 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.

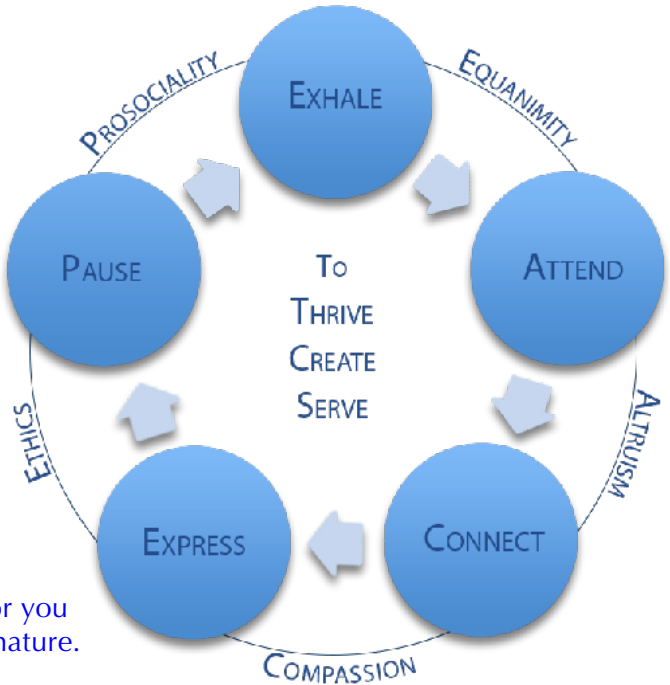
Pause.
Unwind. Quiet the striving mind.
Stretch, move gently with a teacher or on your own.

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 and the community. 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, volunteering, or leading social change.



12:00-1:00PM

INTRODUCTION TO THE 2023 CONTEMPLATION BY DESIGN SUMMIT—ENHANCING RELATIONSHIP SKILLS FOR BEING A COMPASSIONATE CITIZEN, COMMUNITY MEMBER, COLLEAGUE, AND COMPANION, TIA RICH, PhD



Join us to deepen your reservoir of skills that revitalize you and the people with whom you interact. Learn from leading contemplative science researchers and teachers, while also delighting in developing practices that develop resilience and wise compassion to support individual and societal healing and transformation.

In this talk, Tia Rich, PhD, will provide an overview of the Stanford 2023 Contemplation by Design® Summit’s 55 free sessions, offered in person or online from Oct. 20 - Nov. 3, 2023. Learn about evidence-based contemplative practices that cultivate your capacity to thrive, create, and serve. Develop a personal Action Plan that will enrich your capacity to contribute to the health and well-being of your community and country, as well as yourself.

In response to the polycrisis, the 2023 Summit offers revitalizing wisdom and practical resources to build a better future for all. Summit topics include research on contemplative practices for PEACE: Pausing, Exhaling, Attending mindfully, Connecting compassionately, and Expressing wise compassion.

Summit speakers include: Valarie Kaur, Anne Snyder, Chris Germer, David Spiegel, Tania Singer, Michelle Maldonado, Thom Bond, Furyu Schroeder, Will Kabat-Zinn, David Vago, Mathew Fox, Dzogchen Ponlop Rinpoche, Richard Schwartz, Pamela Ayo Yetunde, Helen Weng, and others.

Guided Contemplative Practices will include: Loving-kindness Meditation with Kodo Conlin, Partner Yoga with Elysabeth Williamson, Breathwork with David Spiegel, Labyrinth Walking (self-guided), Embodying Loving Community with Gabriel Wilson, Practicing Ubuntu with Michael Battle, Healing with Ancestors for Intergenerational Flourishing with Brenda Salgado, Developing Trusting Relationship with the Human and More-than-human world, with Kritee Kanko, Nourishing Self-compassion through Applying Internal Family Systems Skills with Richard Schwartz, and more skill-building opportunities.

Tia Rich, PhD, MA, MSW, is the founder and director of the Stanford School of Medicine’s Contemplation by Design® program. Dr. Rich teaches and mentors Stanford undergraduate and graduate students. As the principal lecturer for the School of Medicine’s Applied Contemplative Science concentration in Community Health and Prevention Research, Dr. Rich teaches and mentors Stanford undergraduate and graduate students. Academic classes she teaches include: Contemplative Science, Applying Contemplative Practices, Contemplative Competence for Sustainability of Public and Planetary Health and Well-being, and Translating Contemplative Science into Timely Community Programming. She also teaches co-curricular classes through the Stanford Healthy Living program, including the "The Power of the Pause" contemplative retreat for faculty, staff, students, and community members. She has been integrating contemplative science and practices into Stanford academic classes and professional development programs since her completion of graduate studies in Social Welfare at UC Berkeley, and in Education at Stanford, after earning her undergraduate degree in Human Biology at Stanford.



8:30-9:30AM

INTERACTIVE WORKSHOP: “THE POWER OF THE PAUSE” ILLUMINATES THE LIGHT WITHIN TO TRANSFORM SOCIETY, TIA RICH, PhD
IN-PERSON STANFORD CAMPUS, LOCATION TO BE ANNOUNCED



Experience how contemplative practices strengthen our capacity to effectively engage in the complex work of creating health and well-being for all individuals, communities, countries, and the planet.

“iPause to Thrive, Create, and Serve” describes lives that integrate Contemplation by Design®.

This interactive workshop provides opportunities to:

- Cultivate your understanding of evidence-based contemplative lifestyle skills that develop wise compassionate competence and sustain moral courage to meet the needs of the moment.
- Develop a contemplative lifestyle including practices such as loving-kindness cultivation, moral engagement, breath-based movement, mindfulness meditation, compassionate communication, and transformative service.
- Create a Personal Action Plan for greater equanimity, insight, empathy, kindness, and wise compassionate action.
- Become more fully equipped to address the societal challenges and meaningful causes to which you are dedicated.

Scholars have pointed to the role of American colleges and universities as embodied places of societal values and aspirations, reflecting both academic traditions and heritages alongside social and scientific change and innovation. Campus communities can engender positive outcomes including skills for inter- and intra-personal relationships, moral courage, and civic engagement. Collectively, these outcomes can contribute to individual and community health and well-being, and to thriving functional democracies.

Tia Rich, PhD, MA, MSW, is the founder and director of the Stanford School of Medicine’s Contemplation by Design® program. Dr. Rich teaches and mentors Stanford undergraduate and graduate students. As the principal lecturer for the School of Medicine’s Applied Contemplative Science concentration in Community Health and Prevention Research, Dr. Rich teaches and mentors Stanford undergraduate and graduate students. Academic classes she teaches include: Contemplative Science, Applying Contemplative Practices, Contemplative Competence for Sustainability of Public and Planetary Health and Well-being, and Translating Contemplative Science into Timely Community Programming. She also teaches co-curricular classes through the Stanford Healthy Living program, including the "The Power of the Pause" contemplative retreat for faculty, staff, students, and community members. She has been integrating contemplative science and practices into Stanford academic classes and professional development programs since her completion of graduate studies in Social Welfare at UC Berkeley, and in Education at Stanford, after earning her undergraduate degree in Human Biology at Stanford.

10:00-11:00AM

INTERACTIVE WORKSHOP: “THE POWER OF THE PAUSE”—EXPERIENCE HOW CONTEMPLATIVE PRACTICE HELPS US TO THRIVE, CREATE, AND SERVE, TIA RICH, PhD
IN-PERSON STANFORD CAMPUS, LOCATION TO BE ANNOUNCED



Please see the 8:30AM session's description above. The 10:00AM session will repeat what is provided at 8:30AM.

9:00-10:30AM

SEE NO STRANGER: A JOURNEY INTO REVOLUTIONARY LOVE, VALARIE KAUR, JD, MTS
IN-PERSON AT CEMEX AUDITORIUM, STANFORD GRADUATE SCHOOL OF BUSINESS

"The future is dark. Is this the darkness of the tomb—or the darkness of the womb?" Valarie Kaur reframes the present moment in history as one of transition and calls on us to show up in the labor of birthing a beloved community. Through her renowned storytelling, teaching, and embodied inquiry, Valarie will help us explore how Revolutionary Love can transform our lives from the inside out.

Valarie Kaur, JD, MTS is a renowned civil rights leader, lawyer, award-winning filmmaker, educator, innovator, author of the #1 LA Times Bestseller *SEE NO STRANGER*, and founder of the Revolutionary Love Project. Valarie burst into global consciousness when her 2016 Watch Night Service address went viral with 40 million views worldwide. Her question "Is this the darkness of the tomb – or the darkness of the womb?" reframes the historical moment and is now a mantra for people fighting for change.

Valarie became an activist when a Sikh father and family friend Balbir Singh Sodhi was the first person murdered in hate violence in the aftermath of 9/11. For two decades, in his memory, Valarie led visionary campaigns to tell untold stories and change policy on issues ranging from hate crimes to digital freedom. Her work ignited a national movement to reclaim love as a force for justice. In 2021, she led the People's Inauguration, inspiring millions of Americans to renew their role in building a healthy, multiracial democracy. Today, the Revolutionary Love Project is seeding networked communities of practice across the country, equipping people with the practical tools to build beloved community and transform the nation from inside out.

In the last two decades, Valarie has won policy change on multiple fronts – hate crimes, racial profiling, immigration detention, solitary confinement, Internet freedom, and more. She founded Groundswell Movement, Faithful Internet, and the Yale Visual Law Project to equip advocates at the intersection of spirituality, storytelling, and justice.

Valarie has been a regular TV commentator on MSNBC and contributor to CNN, NPR, PBS, the Hill, Huffington Post, and the Washington Post. She is a celebrated prophetic voice and has spoken widely, including at President Biden's Inaugural Prayer Service.

Valarie earned degrees at Stanford University, Harvard Divinity School, and Yale Law School, and holds several honorary doctorates. In Fall 2022, President Biden honored Valarie at the White House in the first-ever Uniters Ceremony, naming her as one of 16 leaders whose work is healing America.

A daughter of Punjabi farmers, Valarie grew up on the farmlands of California, where her family has lived for more than a century. Her grandfather gave her Sikh wisdom through stories and songs that showed the way of the sant-sipahi, sage-warrior. The sage loves; the warrior fights — it is a path of revolutionary love.



7:00-8:15PM

MORAL ECOLOGIES AND SOCIAL CHANGE, ANNE SNYDER, MPS
IN-PERSON STANFORD CAMPUS, LOCATION TO BE ANNOUNCED

What creates a new era? We're familiar with change induced by outside forces: a technological advance, a natural disaster. But when we as mere mortals wish to shift the norms of a society towards a regenerated common life (less a devolved one), what's at play when it works?

Anne Snyder, editor-in-chief of *Comment Magazine* and host of *The Whole Person Revolution* podcast, has undertaken a prismatic exploration of social change over the last year — what it is, how it happens, and what we tend to miss in our impatience for quantifiable results. Please join her in a conversation about the more hidden terrain of character formation and community building, contemplative practice and visionary action, and the need for greater patience, listening and hospitable forms of leadership in the body politic.

Anne Snyder, MPS is the editor-in-chief of *Comment* and the founder of *Breaking Ground*, a growing institutional ecosystem seeking to leaven today's public square with a Christian humanist lens. She is the host of *The Whole Person Revolution* podcast, co-editor of *Breaking Ground: Charting Our Future in a Pandemic Year*, and author of *The Fabric of Character: A Wise Giver's Guide to Renewing our Social and Moral Landscape*.

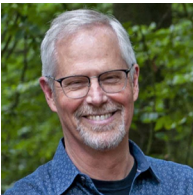


4:30-6:00PM

THE POWER OF SELF-COMPASSION, CHRISTOPHER GERMER, PhD

Most people are more compassionate toward others than themselves when things go wrong. However, a large body of research shows that self-compassion is broadly associated with well-being, including emotional resilience, healthy life habits, motivation to succeed, and more satisfying personal relationships. What is self-compassion? How does it work? Can it be learned? This talk will provide an overview of the theory, research and practice of self-compassion.

Christopher Germer, PhD is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He co-developed the Mindful Self-Compassion (MSC) program with Kristin Neff in 2010 and they wrote two books, *The Mindful Self-Compassion Workbook* and *Teaching the Mindful Self-Compassion Program*. MSC has been taught to over 250,000 people worldwide. Dr. Germer is also the author of *The Mindful Path to Self-Compassion*; he co-edited two influential volumes on therapy, *Mindfulness and Psychotherapy*, and *Wisdom and Compassion in Psychotherapy*; and he maintains a small psychotherapy practice in Massachusetts, USA.

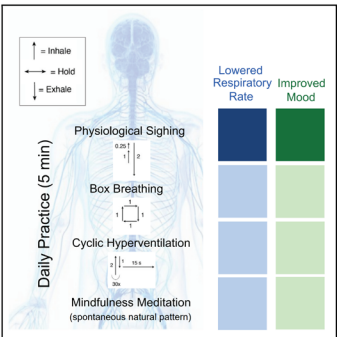


7:00-8:15PM

THE MENTAL HEALTH BENEFITS OF BREATHWORK, DAVID SPIEGEL, MD

Traditional stress-management exercises have emphasized a top-down approach – deal better with the stressors and the body will feel better. Breathwork and Self-Hypnosis approach the problem from the body up – change the negative interoception that amplifies stress by focusing on calming the body first. Research has shown that straightforward brief daily breathwork exercises such as cyclic sighing improves mood and reduces physiological arousal. Also, self-hypnosis exercises involving visualizing being in a comforting place reduces stress levels. The neuropsychophysiology and results of such practices will be reviewed.

David Spiegel, MD is Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences, and Director of the Center on Stress and Health and the Center for Integrative Medicine at Stanford University School of Medicine. He has published thirteen books, 425 scientific journal articles, and 175 book chapters on hypnosis, psychosocial oncology, stress physiology, trauma, and psychotherapy for stress, anxiety, and depression. His research has been supported by the National Institute of Mental Health, the National Cancer Institute, the National Institute on Aging, the National Center for Complementary and Integrative Health, and a number of foundations. He is Past President of the American College of Psychiatrists and the Society for Clinical and Experimental Hypnosis, and is a Member of the National Academy of Medicine. He spoke on hypnosis at the World Economic Forum in Davos in January, 2018.

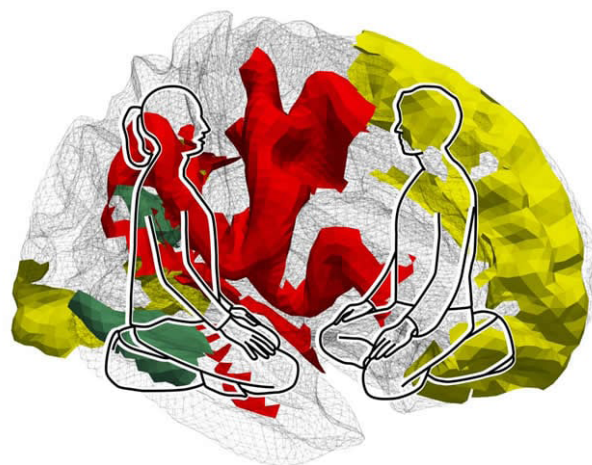


7:45-9:00AM

LESSONS FROM THE ReSource AND CovSocial Projects: WAYS OF ADDRESSING A MENTAL HEALTH CRISIS, TANIA SINGER, PhD

In my talk I will present how to train brain, mind, heart and social connections taking a social neuroscience perspective and show which benefits the mental training of compassion, mindfulness and other human qualities can have on mental health, resilience and cooperation. I will present the ReSource Project, a large-scale one year-long longitudinal study of the effects of different contemplative practices on brain, health and behavior. I will further present first results from the CovSocial project that in a first phase aimed to unravel the impact of the Covid19-pandemic on various aspects of mental health, psychological resilience and social cohesion among the Berlin population in 2020 and 2021 (with 7 measurement time points during two lock-downs). In a second phase, we explored whether we could reduce observed psychological vulnerability during the pandemic and boost resilience and mental health with low-dose 10-weeks app-based socio-emotional partner-based dyadic and mindfulness-based daily practices. I will discuss implications of these findings for translational approaches into society.

Prof. Dr. Tania Singer is a social neuroscientist and psychologist heading the Social Neuroscience Lab of the Max Planck Society in Berlin. She is a world expert on empathy and compassion and has a passion for creating bridges between fields that typically never interact, such as linking neuroscience with economics, science with arts or science with spirituality. She has initiated and headed one of the largest meditation-based secular mental training studies on compassion, the ReSource project, to study the effects of meditation on brain, behavior and mental health. Linking such findings to the field of (neuro)economics, she developed a Caring Economics approach, developing new models of economy based on care and social cohesion. Lately, in the CovSocial project she tested the effect of short mental online training on mental health and resilience during the Covid19 pandemic. One of her main aims is to help to translate this scientific knowledge into different arms of society to provide the basis for deep inner change for larger societal change.



9:00AM-4:00PM

IN-PERSON OPPORTUNITY TO WALK THE LABYRINTH AT STANFORD'S MEMORIAL CHURCH

The labyrinth is an ancient pattern found in many cultures around the world. Labyrinth designs were found on poetry, tables, and tiles that date back as far as 5000 years.

The looping, spiraling walking path rolled out onto the Stanford Memorial Church chancel every week is based on the 12th-century stone labyrinth installed in the floor of the Cathedral of Notre Dame in Chartres, France. The rhythm and simplicity of following a single path can quiet the mind, restore balance, facilitate meditation, encourage prayer, insight and celebration.

Note: Labyrinth walkers are asked to remove their shoes while on the labyrinth provided in Stanford Memorial Church.

12:00-1:15PM

COMPASSIONATE WISE ACTION FROM CUSHION TO CORPORATION TO CHAMBER FLOOR, MICHELLE MALDONADO, JD

As we navigate our environments, form our world views, and create impact, we have choice and agency about how we show up. Our presence, mindset, and heartset matter. In this session, we will explore how to notice, pay attention to, and cultivate our ways of being with intention so that we connect compassion with wisdom and positive impact through the ripples of our presence. We will do this with the telling of Michelle's journey of learning meditation, and how it has influenced her as a leader, lawyer, and legislator. Attendees will see how we can weave in practice, practical application, and everyday micro-moments that are accessible to us all.

Michelle Maldonado, JD, a former tech lawyer and business leader, is Founder and CEO of Lucenscia, a business strategy and leadership development firm. Her work focuses on presence, performance, and impact at the pivotal intersection of mindfulness, emotional intelligence, authenticity, accountability, and compassion, all nestled on a solid foundation of neuroscience and research and taught through an equity lens. In essence, Michelle helps leaders worldwide do their inner work to create positive and sustainable impact to make workplaces and world places more human.

Michelle began meditating at the age of seven and as she has deepened her practice over the years, she has become an internationally certified mindfulness and emotional intelligence teacher and practitioner with the Search Inside Yourself Leadership Institute, the International Mindfulness Teachers Association, Genos International and GolemanEI, respectively.

As a result of her work, Michelle has been recognized among the "12 Powerful Women in the Mindfulness Movement" (U.S. 2020), as "Woman of The Year," "Top Corporate Leader," and inducted into the Golden Key International Honour Society. Her work has been featured in conference venues and publications including the DQ Institute in association with the World Economic Forum, the United Nations Global Engagement Summit, the Mindful Leader Summit, Huff Post, and Thrive Global.

In her non-corporate work, Michelle also serves as a part-time legislator in the Virginia House of Delegates where she was named "2022 Rookie Legislator of the Year" and "Education Champion" during her first year in office. Michelle is a graduate of Barnard College at Columbia University and The George Washington University School of Law. She currently resides in Virginia with her husband, son, and Siberian Husky, Makoda.

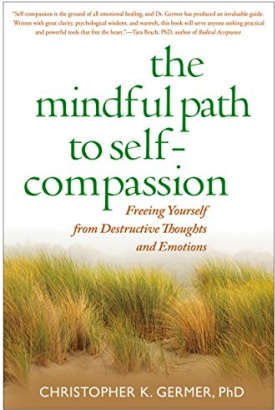
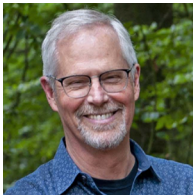


4:30-6:00PM

INTERACTIVE WORKSHOP: PRACTICING SELF-COMPASSION IN DAILY LIFE, CHRISTOPHER GERMER, PhD

Anyone can become more self-compassionate. We can cultivate self-compassion with contemplative practices like meditation and also by simple acts of kindness in response to stress. What are common obstacles to practice? What are two hidden factors that determine whether self-compassion practice will succeed or not? Participants will learn key principles and practices to bring self-compassion seamlessly into their lives.

Christopher Germer, PhD is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He co-developed the Mindful Self-Compassion (MSC) program with Kristin Neff in 2010 and they wrote two books, *The Mindful Self-Compassion Workbook* and *Teaching the Mindful Self-Compassion Program*. MSC has been taught to over 250,000 people worldwide. Dr. Germer is also the author of *The Mindful Path to Self-Compassion*; he co-edited two influential volumes on therapy, *Mindfulness and Psychotherapy*, and *Wisdom and Compassion in Psychotherapy*; and he maintains a small psychotherapy practice in Massachusetts, USA.



6:30-7:45PM

COMPASSIONATE COMMUNICATION: THE ART AND SCIENCE OF GETTING ALONG, THOM BOND

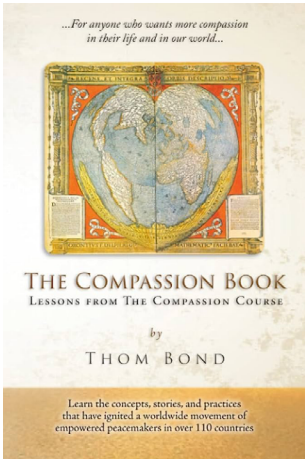
Between each observation we make and each thought that we think, there is a moment. With training, we can stop, become aware, and transform a moment of conflict into a moment of understanding.

Grounded in the work of Marshall Rosenberg, Werner Erhardt, and Albert Ellis, Thom will share how we can differentiate between disconnecting habitual thought patterns and those that engender understanding and compassion. This process, known as Nonviolent Communication, Compassionate Communication, or Needs Based Relating, draws on our human inclination to care deeply about each other when we have an acute awareness of one another’s universal human needs.

Thom Bond is a thought leader, author, peace educator and mediation consultant. He is best known as the creator and leader of The Compassion Course, a comprehensive online training, that has served over 32,000 participants in over 115 countries, in 19 languages. He brings 38 years of human potential study and training experience to his work as a world-renowned writer, speaker and peace educator. His passion and knowledge of Transformation, Nonviolent Communication and compassionate living, combine to create a practical, understandable, at times humorous, and potentially profound approach for learning and integrating skills that help us experience more compassion and understanding. He is described as concise, inspiring, sincere and optimistic, applying transformational and spiritual perspectives to real-life situations.

Thom's work is based on his years studying and teaching with Marshall Rosenberg and is greatly influenced by Werner Erhard, and his relationship with Albert Ellis. In his book and in his course, Thom has been able to articulate and share the underlying consciousness of Rosenberg's work, known as Nonviolent Communication (NVC) along with the wisdom of both Transformational Technology and REBT (Rational Emotive Behavior Therapy). From this “recipe for making life more wonderful”, Thom has created a curriculum, and comprehensive, step by step method for learning compassionate thinking and living that continues to grow in popularity, and is changing lives, throughout the globe.

Thom is also a founder and the Director of Education for The New York Center for Nonviolent Communication, (a United Nations Civil Society Organization) and the founder and Director of Education for Bushfield Farms (a demonstration farm, educational center, and artist colony, focused on sustainability and social reform). He is a former member and Advisory Board Member for the Communications Coordination Committee for the United Nations. He has been featured in the *New York Times*, *New York Magazine*, *Vogue*, *Yoga Magazine*, and is a regular guest on podcasts throughout the internet.

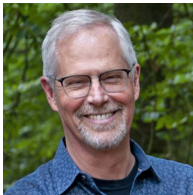


7:30-8:15AM

IPAUSE GUIDED PRACTICE #1 GIVING AND RECEIVING COMPASSION, CHRISTOPHER GERMER, PhD

This meditation uses the in-breath as a reminder to include ourselves in the circle of our compassion. It can be practiced as a formal meditation or in daily life, especially in the midst of challenging relationships. Another name for this meditation is, “In for me, out for you,” and it is one of three core meditations in the Mindful Self-Compassion program.

Christopher Germer, PhD is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He co-developed the Mindful Self-Compassion (MSC) program with Kristin Neff in 2010 and they wrote two books, *The Mindful Self-Compassion Workbook* and *Teaching the Mindful Self-Compassion Program*. MSC has been taught to over 250,000 people worldwide. Dr. Germer is also the author of *The Mindful Path to Self-Compassion*; he co-edited two influential volumes on therapy, *Mindfulness and Psychotherapy*, and *Wisdom and Compassion in Psychotherapy*; and he maintains a small psychotherapy practice in Massachusetts, USA.



12:00-1:30PM

FROM CHAUVET CAVE TO STAR WARS: ART, MYTH, AND A SPIRITUAL FUTURE WITH NETANEL MILES-YÉPEZ, D.D.

Today, as we are often compellingly called to acknowledge the horrors of humanity’s past and the probability of our extinction, we are frequently frightened or shamed into inactivity and despair. However, the exquisitely important call is the one that supports us to recognize what we are, and acknowledges the spiritual import of our evolution, looking into our deepest past and reaching out to our possible future. In this talk, artist, philosopher, and religion scholar, Netanel Miles-Yépez, will invite us to feel into the world of our primal spirituality—as recorded in the imagery of the Chauvet-Pont d’Arc Cave, Lascaux, and the Cave of the Trois-Frères—and to reach out to a future spirituality, using the imagery of Star Wars and other fictional universes as metaphors for human becoming.

Netanel Miles-Yépez, D.D., is an artist, philosopher, religion scholar, and spiritual teacher. He is co-founder of Charis Foundation for New Monasticism & Interspirituality, which is dedicated to the emergence of a newly conceived contemplative life in dialogue with all of the world's great wisdom traditions. Netanel studied History of Religions at Michigan State University and Contemplative Religion at the Naropa Institute, before pursuing traditional studies with such spiritual luminaries as Rabbi Zalman Schachter-Shalomi, founder of the Jewish Renewal movement, and Father Thomas Keating, founder of Contemplative Outreach. He is the author of *The End of Religion and Other Writings* (2023) and the translator of *My Love Stands Behind a Wall: A Translation of the Song of Songs and Other Poems* (2015). Currently, Netanel lives in Boulder, Colorado, where he is Visiting Professor in the Department of Wisdom Traditions at Naropa University.



4:30-7:00PM

INTERACTIVE WORKSHOP: THE ART AND SCIENCE OF GETTING ALONG WITH THOM BOND

This informative, inspiring workshop introduces a revolutionary way of thinking and speaking that is spreading around the world, bringing peace and connection to relationships everywhere. In this workshop Thom will guide us through a process of learning, understanding, and slowing down to ultimately experience the beauty and practical application of needs awareness.

Thom Bond is a thought leader, author, peace educator and mediation consultant. He is best known as the creator and leader of The Compassion Course, a comprehensive online training, that has served over 32,000 participants in over 115 countries, in 19 languages. He brings 38 years of human potential study and training experience to his work as a world-renowned writer, speaker and peace educator. His passion and knowledge of Transformation, Nonviolent Communication and compassionate living, combine to create a practical, understandable, at times humorous, and potentially profound approach for learning and integrating skills that help us experience more compassion and understanding. He is described as concise, inspiring, sincere and optimistic, applying transformational and spiritual perspectives to real-life situations.

Thom's work is based on his years studying and teaching with Marshall Rosenberg and is greatly influenced by Werner Erhard, and his relationship with Albert Ellis. In his book and in his course, Thom has been able to articulate and share the underlying consciousness of Rosenberg's work, known as Nonviolent Communication (NVC) along with the wisdom of both Transformational Technology and REBT (Rational Emotive Behavior Therapy). From this “recipe for making life more wonderful”, Thom has created a curriculum, and comprehensive, step by step method for learning compassionate thinking and living that continues to grow in popularity, and is changing lives, throughout the globe.

Thom is also a founder and the Director of Education for The New York Center for Nonviolent Communication, (a United Nations Civil Society Organization) and the founder and Director of Education for Bushfield Farms (a demonstration farm, educational center, and artist colony, focused on sustainability and social reform). He is a former member and Advisory Board Member for the Communications Coordination Committee for the United Nations. He has been featured in the *New York Times*, *New York Magazine*, *Vogue*, *Yoga Magazine*, and is a regular guest on podcasts throughout the internet.



7:30-8:15PM

IPAUSE GUIDED PRACTICE #2, BREATHING PRACTICES FOR MENTAL HEALTH AND WELL-BEING, DAVID SPIEGEL, MD

Brief breathwork exercises such as cyclic sighing and self-hypnosis stress management exercises will be demonstrated. The capacity to rapidly regulate somatic response to stressors by inducing self-soothing physical responses – ‘rest and digest’ rather than ‘fight or flee’ will be explored. A cognitive mindset of focusing on what you are for rather than fighting what you are against will be presented as an additional stress management technique.

David Spiegel, MD is Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences, and Director of the Center on Stress and Health and the Center for Integrative Medicine at Stanford University School of Medicine. He has published thirteen books, 425 scientific journal articles, and 175 book chapters on hypnosis, psychosocial oncology, stress physiology, trauma, and psychotherapy for stress, anxiety, and depression. His research has been supported by the National Institute of Mental Health, the National Cancer Institute, the National Institute on Aging, the National Center for Complementary and Integrative Health, and a number of foundations. He is Past President of the American College of Psychiatrists and the Society for Clinical and Experimental Hypnosis, and is a Member of the National Academy of Medicine. He spoke on hypnosis at the World Economic Forum in Davos in January, 2018.



7:30-8:15AM

IPAUSE GUIDED PRACTICE #3 CHARIS MEDITATION: AN INTERSPIRITUAL PRACTICE FOR LIFE IN THE WORLD WITH NETANEL MILES-YÉPEZ, D.D.

Charis Meditation is a two part meditation process that is meant to serve as the foundation of one's spiritual life, especially for those without a specific religious or spiritual affiliation.

Charis (care-iss) is the Greek for 'grace,' and refers here to the receptive openness of the technique in which grace is emphasized over effort.

Netanel Miles-Yépez, D.D., is an artist, philosopher, religion scholar, and spiritual teacher. He is co-founder of Charis Foundation for New Monasticism & Interspirituality, which is dedicated to the emergence of a newly conceived contemplative life in dialogue with all of the world's great wisdom traditions. Netanel studied History of Religions at Michigan State University and Contemplative Religion at the Naropa Institute, before pursuing traditional studies with such spiritual luminaries as Rabbi Zalman Schachter-Shalomi, founder of the Jewish Renewal movement, and Father Thomas Keating, founder of Contemplative Outreach. He is the author of *The End of Religion and Other Writings* (2023) and the translator of *My Love Stands Behind a Wall: A Translation of the Song of Songs and Other Poems* (2015). Currently, Netanel lives in Boulder, Colorado, where he is Visiting Professor in the Department of Wisdom Traditions at Naropa University.



12:15-1:30PM

THE COURAGE OF CONTEMPLATIVE CONNECTIONS, FURYU NANCY SCHROEDER

By drawing on the insights that have come from living my adult life in a Zen Buddhist community, I will be addressing the value of intimate relationships in discovering how we can live in harmony together on this precious Earth. I will draw on teachings from the Buddhist tradition for the cultivation of intimate relationships with self and others...warm hand to warm hand.

Furyu Nancy Schroeder, a resident of Zen Centers for over 45 years, became Abiding Abbess at Green Gulch Farm in March 2014. Prior to becoming Abbess, Fu had held most of the monastic positions at Zen Centers where she has been an active supporter of programs for families, people of color, the gay and lesbian community, and the interfaith community.

In 2008 she was elected to the Marin Women's Hall of Fame, and in 2010 she was appointed to the Board of the Marin Community Foundation, where she served as Trustee for 8 years. She received Dharma Transmission from Tenshin Reb Anderson in 1999.

Fu stepped down as Abiding Abbess in March 2023 and is currently a Senior Dharma Teacher living at Green Gulch Farm. Next year she will retire to Enso Village, a Zen Inspired senior living facility in Healdsburg, California.



4:45-6:00PM

THE BODHISATTVA WITH BOUNDARIES: THE PARADOX OF SELFLESSNESS AND SELF-CARE, MEI ELLIOTT

This lecture will be part one in a two-part series that uses Buddhist teachings to explore the interface between a healthy sense of self and the experience of "not-self" that is grounded in emptiness. This lecture will use Nagarjuna's two truths to provide foundational teachings on the Bodhisattva's selfless activity and how the Buddha himself presented with what we might now consider a mature psychological self. This lecture will lay the groundwork for part two in this lecture series, when on Oct. 28, Kodo Conlin's teaching, Becoming Radiance, will offer meditation and mindfulness practices for realizing this paradox for oneself.

Mei Elliott is a Dharma teacher in the Theravada Buddhist tradition, who practices at the intersection between Zen and Vipassana. Mei began training as a Zen monk at Tassajara Zen Mountain Center in 2014, and has been living at Zen temples ever since. She most recently served as the director of San Francisco Zen Center and was previously the guiding instructor for Young Urban Zen. Mei currently teaches at a variety of Insight Meditation centers on the West Coast.



6:15-7:00PM

PAUSE GUIDED PRACTICE #4: PRACTICING WITH THE EMPTINESS OF SELF, MEI ELLIOTT

During this meditation, participants will be guided through a simple practice that points to the selfless nature of present moment experience.

Mei Elliott is a Dharma teacher in the Theravada Buddhist tradition, who practices at the intersection between Zen and Vipassana. Mei began training as a Zen monk at Tassajara Zen Mountain Center in 2014, and has been living at Zen temples ever since. She most recently served as the director of San Francisco Zen Center and was previously the guiding instructor for Young Urban Zen. Mei currently teaches at a variety of Insight Meditation centers on the West Coast.



7:30-8:30PM

THE HEALING POWER OF EMBODIED CONNECTION WITH ONESELF AND OTHER PEOPLE WITH ELSABETH WILLIAMSON

Principle-Based Partner Yoga extends and builds upon the forms and principles of traditional yoga by incorporating the presence of another person as one’s partner while one engages in practice. This unique shared, mutually beneficial practice deepens the contemplative experience.

This style of Partner Yoga awakens our human potential through the integration of universal principles such as compassion, trust, balance, and creativity.

Because of the compassionate touch inherent in the practice, Principle-Based Partner Yoga provides a pathway into Yoga that makes it accessible and engaging to people who may have previously felt uncertain about how to begin doing yoga on their own.

Join Elysabeth Williamson as she shares insights from many years of teaching. She will illuminate how the principles are directly experienced and integrated within the practice. She will talk about how a relational form of Yoga acts on the mind, body, emotions, and nervous system. A Q&A portion will be included in this talk.

Elysabeth Williamson has been a teacher of Yoga and transformation for over thirty-five years. She is the author of *The Pleasures and Principles of Partner Yoga* (2004) and is internationally recognized as the foremost presenter of Partner Yoga practices.

As founder of Principle-Based Partner Yoga™, a visionary art that expands the traditional practice of Yoga into the realm of relationship, Elysabeth has trained teachers around the world. She presents international workshops and retreats, and is known for facilitating a quality of space that leads to life-changing experience.

In this time of accelerated change, Elysabeth sees the ancient science of Yoga, combined with practical education in relational and emotional resiliency as important skills for resolving the challenges we face.

Elysabeth is currently working on her second book entitled *Becoming Fully Human: How Learning to Feel Saved My Life*.



10:00-11:30AM

INTERACTIVE WORKSHOP: THE PARAMITA PYRAMID: PRACTICES FOR CULTIVATING WISDOM AND COMPASSION, MEI ELLIOTT AND KODO CONLIN

This workshop provides participants with an opportunity to explore the dynamic union between the mature self and selflessness. Engaging the Buddhist practices of the six perfections (paramitas) through structured journaling and group reflection, participants will deepen their understanding of how to integrate these powerful practices into daily life. This workshop is an extension of the two-part lecture series, The Bodhisattva with Boundaries (Oct. 27) and Becoming Radiance (Oct. 28).

Mei Elliott is a Dharma teacher in the Theravada Buddhist tradition, who practices at the intersection between Zen and Vipassana. Mei began training as a Zen monk at Tassajara Zen Mountain Center in 2014, and has been living at Zen temples ever since. She most recently served as the director of San Francisco Zen Center and was previously the guiding instructor for Young Urban Zen. Mei currently teaches at a variety of Insight Meditation centers in the West.

Kodo Conlin has practiced Buddhist meditation for nearly 20 years. He trains in both the Zen and Theravada traditions, ordaining as a Soto Zen priest in 2015. A participant in the 2021-2025 Insight Meditation Center Teacher Training, Kodo's extended residential practice has included over a year, cumulatively, in silent retreat. He serves as a practice leader at San Francisco Zen Center and as guiding teacher for Young Urban Zen. Kodo's teaching emphasizes a joyful, comprehensive freedom of the heart—liberation—available through the Buddhist path.



12:30-2:00PM

INTERACTIVE WORKSHOP: FINDING YOUR SEAT AS SELF AND COMMUNITY, FURYU NANCY SCHROEDER

In this workshop, I will be offering foundational teachings from the Buddhist tradition that underlie communal living. In particular the teaching of the Two Truths...a relative truth and an ultimate truth. The relative truth gives us a structure for working together in the human world and the ultimate truth a pathway to release from the parameters of relative truths.

Furyu Nancy Schroeder, a resident of Zen Center for over 45 years, became Abiding Abbess at Green Gulch Farm in March 2014. Prior to becoming Abbess, she had held most of the monastic positions at Zen Center where she has been an active supporter of programs for families, people of color, the gay and lesbian community, and the interfaith community.

In 2008 she was elected to the Marin Women's Hall of Fame, and in 2010 she was appointed to the Board of the Marin Community Foundation, where she served as Trustee for 8 years. She received Dharma Transmission from Tenshin Reb Anderson in 1999.

Fu stepped down as Abiding Abbess in March 2023 and is currently a Senior Dharma Teacher living at Green Gulch Farm. Next year she will retire to Enso Village, a Zen Inspired senior living facility in Healdsburg, California.



2:15-3:45PM

INTERACTIVE WORKSHOP: EXPLORING EMBODIED CONNECTION THROUGH PARTNER YOGA, ELYSABETH WILLIAMSON

We all want to truly see and be seen in our authentic nature. Invite a friend, family member or partner to join you in this nurturing practice that expands our definition of what true intimacy (in-to-me-see) is.

As we are guided in new ways to experience embodied connection with others, our self-awareness expands. We experience ourselves more fully through embodied connection with others. Our minds naturally quiet, our bodies relax, and our nervous systems receive a new message — that it can be safe and nourishing to be in intimate connection with others.

Join Elysabeth as she demonstrates some primary Principle-Based Partner Yoga practices that open new dimensions for relating to yourself and others.

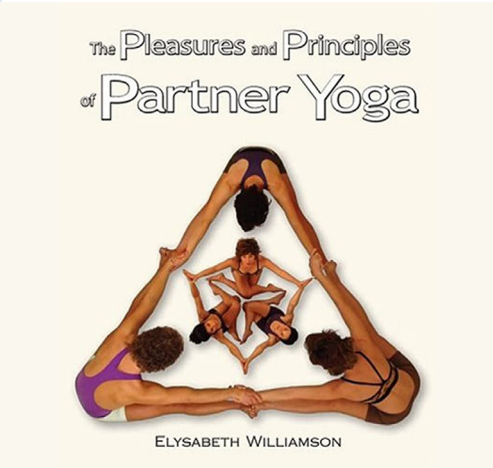
All levels of experience and flexibility are welcome. Please bring a mat, blocks, pillows or blankets.

Elysabeth Williamson has been a teacher of Yoga and transformation for over thirty-five years. She is the author of *The Pleasures and Principles of Partner Yoga* (2004) and is internationally recognized as the foremost presenter of Partner Yoga practices.

As founder of Principle-Based Partner Yoga™, a visionary art that expands the traditional practice of Yoga into the realm of relationship, Elysabeth has trained teachers around the world. She presents international workshops and retreats, and is known for facilitating a quality of space that leads to life-changing experience.

In this time of accelerated change, Elysabeth sees the ancient science of Yoga, combined with practical education in relational and emotional resiliency as important skills for resolving the challenges we face.

Elysabeth is currently working on her second book entitled *Becoming Fully Human: How Learning to Feel Saved My Life*.



4:00-5:15PM

BECOMING RADIANCE: SIX PRACTICES FOR SELFLESSNESS AND COMPASSIONATE ACTION, KODO CONLIN

Following Mei Elliott's teaching on Oct. 27, *The Bodhisattva with Boundaries*, this is the second lecture in a two-part series that uses Buddhist teachings to explore the interface between a healthy sense of self and the experience of "not-self" that is grounded in emptiness. What practices are available for the development of a dynamic union between emptiness and a mature self? With roots in early Indian Buddhism, extending through contemporary Zen, we will explore the six paramitas. These six practices provide a comprehensive approach for a progressive realization of emptiness and the simultaneous development of a compassionate, engaged, and empowered character.

Kodo Conlin has practiced Buddhist meditation for nearly 20 years. He trains in both the Zen and Theravada traditions, ordaining as a Soto Zen priest in 2015. A participant in the 2021-2025 Insight Meditation Center Teacher Training, Kodo's extended residential practice has included over a year, cumulatively, in silent retreat. He serves as a practice leader at San Francisco Zen Center and as guiding teacher for Young Urban Zen. Kodo's teaching emphasizes a joyful, comprehensive freedom of the heart—liberation—available through the Buddhist path.



5:30-6:15PM

iPAUSE GUIDED PRACTICE #5 NOURISHED BY TENDERNESS: PRACTICING WITH LOVING-KINDNESS FOR SELF, KODO CONLIN

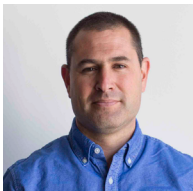
In this guided meditation with Kodo Conlin, participants will practice a gentle approach to metta (Loving-Kindness) meditation, emphasizing an attitude of care, sympathy, and well-being.

Kodo Conlin has practiced Buddhist meditation for nearly 20 years. He trains in both the Zen and Theravada traditions, ordaining as a Soto Zen priest in 2015. A participant in the 2021-2025 Insight Meditation Center Teacher Training, Kodo's extended residential practice has included over a year, cumulatively, in silent retreat. He serves as a practice leader at San Francisco Zen Center and as guiding teacher for Young Urban Zen. Kodo's teaching emphasizes a joyful, comprehensive freedom of the heart—liberation—available through the Buddhist path.



7:00-8:30PM

ANCIENT WISDOM, PRESENT FREEDOM: HOW MINDFULNESS BECOMES NATURAL IN MEDITATION AND IN LIFE, WILL KABAT-ZINN, MA



You have learned many skills in your life that have become so natural to you that you may not even think about them as skills, few of these activities were natural or intuitive to you when you first started to learn them. In this lecture we will explore how mindful awareness, the liberating quality that has been called the heart of Buddhist meditation can become natural to us, allowing us to taste freedom and ease of heart and mind right here in the midst of our daily lives.

Will Kabat-Zinn is an Insight Meditation teacher based in the Bay Area. He spent his early practice years at the Insight Meditation Society, and later at Panditarama Forrest Meditation Center under the guidance of Sayadaw U Pandita. Will was deeply influenced by his friendship with Dr. Rina Sircar and her teacher, the forest monk Taungpulu Sayadaw, and by the fierce compassion of Chan Master Shen Yen. Will has a master's degree in counseling psychology and is a member of the Spirit Rock teacher council. He lives in the East Bay with his wife and two children. Will is the guiding teacher of the weekly sitting group in the Insight Meditation Tradition known as the “Sunday Sangha.”



11:00AM-12:00PM

LOVE AS MEDITATION: DEVOTIONAL POETRY AND THE CONTEMPLATIVE PRACTICE OF LOVE, KENNETH LEE
IN-PERSON IN MEMORIAL CHURCH UPW



Exploring meditation through the perspective of Bhakti (Hindu Devotional traditions), we delve into the aesthetics of devotional poetry and song as a contemplative practice. Utilizing poetic language to describe the object of contemplation and music to draw the senses, we explore the poetic writings of theologians from the Bhakti traditions focusing the mind and senses from the world to the transcendent concepts of ātman, brahman and īśvara – the true self, universal spirit, and God.

Kenneth Nacario Lee (Kula Pradipa Das) is one of Stanford’s Office of Religious and Spiritual Life’s Flourishing and Faith Chaplain Associates. Prior to being at Stanford, he served as a purohit/pūjari at the Bhakti Center NYC (Sri Sri Radha Murlidhara Mandir), a spiritual and cultural center in Manhattan’s Lower East Side. With a background in Hindu ritual and temple worship (pāñcharātra), he regularly performs traditional ceremonies (samskara) marking the junctures of life for his religious community. He received his chaplaincy training at University Hospital in Newark, New Jersey, with the Institute for Clinical Pastoral Training (ICPT) in conjunction with the Spiritual Care Association (SCA). More recently he has worked as a Hospice Care chaplain for the Visiting Nursing association (VNA).

12:15-1:15PM

KIRTAN, BHAJAN AND ABHANGA: AN INTRODUCTION TO THE CONTEMPLATIVE PRACTICE OF INDIAN DEVOTIONAL MUSIC, KENNETH LEE
IN-PERSON IN MEMORIAL CHURCH UPW (GUIDED PRACTICE)



Kirtan, or keertan, is a Sanskrit word that means "narrating, reciting, telling, describing" of an idea or story, specifically in Indian religions. It also refers to a genre of religious performance arts, connoting a musical form of narration or shared recitation, particularly of spiritual or religious ideas, native to the Indian subcontinent. With roots in the Vedic anukirtana tradition, a kirtan is a call-and-response style song or chant, set to music, wherein multiple singers recite or describe a legend, or express loving devotion to a deity, or discuss spiritual ideas. It may include dancing or direct expression of bhavas (emotive states) by the singer. This kirtan will be structured to invite everyone to either repeat the chant, or reply to the call of the singer.

2:15-3:45PM

IPAUSE GUIDED PRACTICE #6, BACK-TO-BACK SACRUM CONNECTION (PARTNER YOGA), ELYSABETH WILLIAMSON



The sacrum, which comes from the Latin word ‘sacer’ meaning sacred, has been revered through millennia by cultures around the world. The Greeks called it the ‘hieron osteon’ which not only means sacred but also ‘temple’. The Romans called the bone ‘os sacrum’, which literally meant the ‘holy bone’.

From the anatomical perspective, the sacrum is considered the keystone bone in the body and acts as the central bone that holds our structure together.

The sacrum plays a very important role in the practice of Principle-Based Partner Yoga. It acts as the foundational connection between partners for experiencing grounded presence. This practice is a safe and simple method for experiencing ourselves beyond the physical.

Join us for this unique guided meditation that brings you into a deeply still and connected place. For those with hip or knee limitations, the practice can be done using a bench to receive the same benefits. Those without an available partner can substitute a tree or a wall.

Elysabeth Williamson has been a teacher of Yoga and transformation for over thirty-five years. She is the author of *The Pleasures and Principles of Partner Yoga* (2004) and is internationally recognized as the foremost presenter of Partner Yoga practices.

As founder of Principle-Based Partner Yoga™, a visionary art that expands the traditional practice of Yoga into the realm of relationship, Elysabeth has trained teachers around the world. She presents international workshops and retreats, and is known for facilitating a quality of space that leads to life-changing experience.

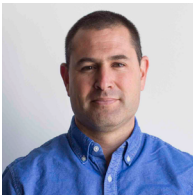
In this time of accelerated change, Elysabeth sees the ancient science of Yoga, combined with practical education in relational and emotional resiliency as important skills for resolving the challenges we face. Elysabeth is currently working on her second book entitled *Becoming Fully Human: How Learning to Feel Saved My Life*.

4:00-5:30PM

INTERACTIVE WORKSHOP: EVERYDAY MINDFULNESS, WILL KABAT-ZINN, MA

Is it possible for mindful awareness to become an organic and natural ingredient in all that we do? Is it possible to live with awareness in such a way that it becomes as natural to us as reading or driving or tying our shoes? What about in moments of great stress, crisis, or habituation? In this workshop we will take a deeper experiential dive into the practice methods that support this transformation, exploring where the Buddha’s instructions on mindfulness meet the realities of our modern lives. We will include methods for working with the body and its energies, emotions, thoughts and perceptions, the senses, and relational practices.

Will Kabat-Zinn is an Insight Meditation teacher based in the Bay Area. He spent his early practice years at the Insight Meditation Society, and later at Panditarama Forrest Meditation Center under the guidance of Sayadaw U Pandita. Will was deeply influenced by his friendship with Dr. Rina Sircar and her teacher, the forest monk Taungpulu Sayadaw, and by the fierce compassion of Chan Master Shen Yen. Will has a master's degree in counseling psychology and is a member of the Spirit Rock teacher council. He lives in the East Bay with his wife and two children. Will is the guiding teacher of the weekly sitting group in the Insight Meditation Tradition known as the “Sunday Sangha.”



7:00-8:30PM

MINDFULNESS, INDIGENOUS PROPHECY, AND THE TIME OF THE SIXTH SUN, BRENDA SALGADO, MS

Indigenous traditions of mindfulness, sacred relationship, and working with breath and energy are precious gifts from our Ancestors. Brenda will share about the Time of the Sixth Sun, and Toltec teachings and calendar to help us better understand and navigate the turbulence and change we are experiencing as a human family. She will introduce participants to Toltec breath and energy practices for healing, power, presence, flourishing on our path, and for cultivating the appropriate energy and relationship to support ourselves in these times of great change.

Brenda Salgado, MS, is the founder of Nepantla Consulting and Program Director of the Racial Healing Initiative. She is a mindfulness author, speaker, wisdom keeper, Toltec energy healer, trainer, and organizational consultant. She holds degrees in Biology, Developmental Psychology, and Animal Behavior. In the past, she has served as the Director of the East Bay Meditation Center, as Associate Director at Wisdom & Money, and as a Senior Fellow at the Movement Strategy Center, and is the author/editor of *Real World Mindfulness for Beginners: Navigate Daily Life One Practice at a Time*.

In addition to her seasoned nonprofit and consulting experience, Brenda has received training from elders in traditional medicine and healing ceremony in Purepecha, Xochimilco, Toltec and other indigenous lineages, Brenda draws on the healing powers of the natural world to guide her work. Her current projects are focused on mindfulness practices that draw from multiple traditions, ceremony for ancestral healing and collective transformation, and the weaving of mindfulness and indigenous teachings/prophecy for understanding the times we are in as a human family. She is committed to co-creating a society filled with wholeness and beauty.



7:30-8:15AM

IPAUSE GUIDED PRACTICE #7, PRACTICING FINDING YOUR SEAT AS SELF AND COMMUNITY, FURYU NANCY SCHROEDER

Seated meditation is the cornerstone of Soto Zen Buddhism as taught by San Francisco Zen Center’s Japanese founder, Shunryu Suzuki-roshi. The instruction is simple and yet...

Furyu Nancy Schroeder, a resident of Zen Center for over 45 years, became Abiding Abbess at Green Gulch Farm in March 2014. Prior to becoming Abbess, fu had held most of the monastic positions at Zen Center where she has been an active supporter of programs for families, people of color, the gay and lesbian community, and the interfaith community.

In 2008 she was elected to the Marin Women's Hall of Fame, and in 2010 she was appointed to the Board of the Marin Community Foundation, where she served as Trustee for 8 years. She received Dharma Transmission from Tenshin Reb Anderson in 1999.

Fu stepped down as Abiding Abbess in March 2023 and is currently a Senior Dharma Teacher living at Green Gulch Farm. Next year she will retire to Enso Village, a Zen Inspired senior living facility in Healdsburg, California.



10:30-11:45AM

EMBODYING BELOVED COMMUNITY, GABRIEL WILSON, MEd

This talk will explore the spiritual and personal development dimensions of Beloved Community, as particularly espoused and lived through the example of late US congressman John Lewis. We’ll inquire into (1) our polarized culture (2) beloved community as an antidote to us-them dynamics and (3) practices that can grow us into instruments of beloved community.

Gabriel Wilson, MEd, founder of Freedom & Fairness, is helping us unlock the power of radical collaboration in service of enacting greater freedom, fairness and compassion. He is a facilitator, advisor, and co-author of *Compassionate Conversations: How to Speak and Listen from the Heart*. His work takes us to the intersection of social justice and purpose driven enterprises, design thinking, human psychology and group dynamics.

Gabe studied adult developmental psychology and leadership through Stanford’s Masters program in Policy, Organization, and Leadership Studies (POLS). He was a lecturer at Stanford University for the innovative program, Designing Your Life, where he taught undergraduate and graduate students the principles of design thinking as applied to personal and professional development.

He is a certified Integral Facilitator and an associate at Delta Developmental, a leadership and organizational development consultancy. He is a practitioner of meditation in the Zen lineage at the Two Arrows Zen Center.



12:00-1:30PM

UBUNTU: I IN YOU AND YOU IN ME, THE VERY REV. MICHAEL BATTLE, PhD

Westerners may find Ubuntu—an African concept of personhood— a strange word with perhaps an even stranger meaning. Emphasizing the communal and contemplative dimension of human identity, the concept of Ubuntu (pronounced oo-BOON-too) of necessity poses a challenge to persons accustomed to thinking of themselves as individuals. Contemplate a fish trying to understand what it means to be wet, when all it has ever known is life in the water. Or imagine the desperation of an earthling landing on Mars without oxygen. As contemplative mystics teach us, becoming conscious of what we take for granted can be a strange, and even painful experience. Yet the winds of change that greet us as we wade into the twenty-first century guarantee that Westerners will encounter non-Western assumptions about what it means to be human. Westerners must learn from those who are different from us that the interconnection of identity is not only personal. To be spiritual, communal, and global are now inescapable realities.

The Very Rev. Michael Battle, PhD, founder of the Peace Battle Institute, was given one of the highest Anglican Church distinctions as “Six Preacher,” by the Archbishop of Canterbury, Rowan Williams. A distinction given to only a few who demonstrate great dedication to the church that goes back to 16th century England and Thomas Cranmer. Battle has published eleven books, including his latest: *Desmond Tutu: A Spiritual Biography of South Africa’s Confessor*. Battle is a highly sought after speaker, teacher, theologian, Anglican/Episcopal priest and peacemaker. In his Peace Battle Institute he works on subjects of diversity, spirituality, prayer, race and reconciliation. In addition, Battle has served as vice president to the grandson of Mahatma Gandhi, Arun Gandhi’s Institute for Nonviolence. Battle and his wife, Raquel, were married by Archbishop Tutu and are parents to two daughters, Sage and Bliss, and a son, Zion. All of whom were baptized by Archbishop Tutu as well.



5:00-5:45PM

IPAUSE GUIDED PRACTICE #8, INCLUSIVE AWARENESS AND THE OPEN WAY, WILL KABAT-ZINN, MA

There are two ways to find inner stability in meditation, one is by letting one’s attention be absorbed in a single object, the breath, or an inner image. The other way is to allow all experiences to be welcomed in awareness so that there is no tension that comes with trying to stay with an object, no pushing and pulling in the mind, and no grasping at one experience over another. Although this second way is in a certain sense describing a fruition and not a practice, this open way can be practiced as a method if we take each arising experience as the path of practice as the Buddha advised us to do in the Satipatthana Sutta (Discourse on the Foundations of Mindfulness). In this meditation, we will practice the foundations of mindfulness in this open way and notice what qualities this brings to our minds and experience.

Will Kabat-Zinn, MA, is an Insight Meditation teacher based in the Bay Area. He spent his early practice years at the Insight Meditation Society, and later at Panditarama Forrest Meditation Center under the guidance of Sayadaw U Pandita. Will was deeply influenced by his friendship with Dr. Rina Sircar and her teacher, the forest monk Taungpulu Sayadaw, and by the fierce compassion of Chan Master Shen Yen. Will has a master’s degree in counseling psychology and is a member of the Spirit Rock teacher council. He lives in the East Bay with his wife and two children. Will is the guiding teacher of the weekly sitting group in the Insight Meditation Tradition known as the “Sunday Sangha.”



7:00-8:30PM

INTERACTIVE WORKSHOP: EVOLVING WORLD VIEWS, GABRIEL WILSON, MEd

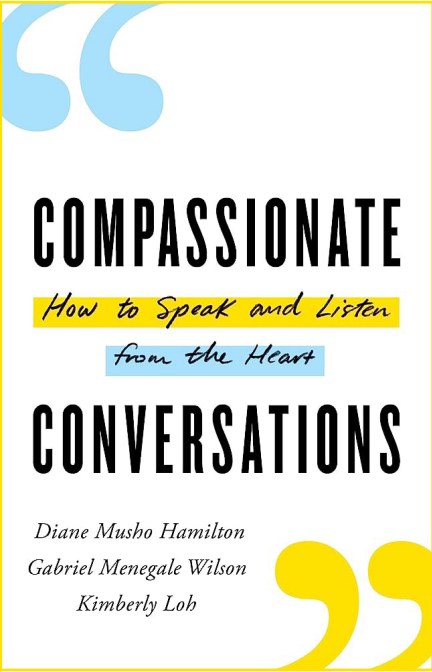
Gabriel will guide you through the Evolving Worldview’s process, a tour of four key worldviews: the ego centric, the ethnocentric, the world centric and the cosmic centric worldview. You’ll learn about the genius and limitations of each worldview, and how it can help you navigate the perspectives operating in yourself as well as in the people with whom you work, with a specific focus on diversity and inclusion dynamics.



Gabriel Wilson, MEd, founder of Freedom & Fairness, is helping us unlock the power of radical collaboration in service of enacting greater freedom, fairness and compassion. He is a facilitator, advisor, and co-author of *Compassionate Conversations: How to Speak and Listen from the Heart*. His work takes us to the intersection of social justice and purpose driven enterprises, design thinking, human psychology and group dynamics.

Gabe studied adult developmental psychology and leadership through Stanford’s Masters program in Policy, Organization, and Leadership Studies (POLS). He was a lecturer at Stanford University for the innovative program, Designing Your Life, where he taught undergraduate and graduate students the principles of design thinking as applied to personal and professional development.

He is a certified Integral Facilitator and an associate at Delta Developmental, a leadership and organizational development consultancy. He is a practitioner of meditation in the Zen lineage at the Two Arrows Zen Center.



8:45-9:30PM

IPAUSE GUIDED PRACTICE #9, CULTIVATING YOUR INNER WISDOM AND INTUITION, HELEN WENG, PhD

Learn meditation practices to access your inner wisdom by compassionately listening to your inner voice and body. Come to this practice with a certain question or issue in mind, and see if creating the space for deep listening to your body provides clarity and guidance.



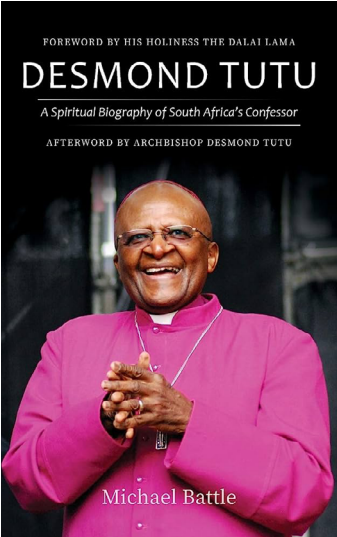
Helen Weng, PhD, is a researcher at the Osher Center for Integrative Health at the University of California, San Francisco. She is a clinical psychologist and neuroscientist who studies how compassion and mindfulness meditation may cultivate social and emotional health. She has advanced the neuroscience of meditation by developing inclusive approaches to studying diverse mental states and meditators using individualized machine learning applied to functional MRI and community engagement. Dr. Weng has received grants from the National Institutes of Health, UCSF, and the Mind and Life Institute, and her work has been covered by NPR, the *Huffington Post*, and the *New York Times*. She had the honor of presenting work to His Holiness the Dalai Lama in 2012 and 2016, and in 2019, Dr. Weng was named one of the Powerful Women of the Mindfulness Movement by *Mindful Magazine*.

7:30-8:15AM

PAUSE GUIDED PRACTICE #10, PRACTICING UBUNTU, THE VERY REV. MICHAEL BATTLE, PhD

In this guided meditation using the spiritual practice of Ignatian Examen, we contemplate the most basic elements of Ubuntu. We begin by recalling our personal identity (i.e. personal characteristics, racial and cultural identities and socio-economic abilities) in the presence of God. We then move toward recalling our interpersonal identity in the presence of God, how our personal characteristics and abilities depend negatively and positively upon particular communities and others. Lastly, we meditate on the difficult exercise of 1 John 4:20: “Those who say, “I love God,” and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen.”

The Very Rev. Michael Battle, PhD, founder of the Peace Battle Institute, was given one of the highest Anglican Church distinctions as “Six Preacher,” by the Archbishop of Canterbury, Rowan Williams. A distinction given to only a few who demonstrate great dedication to the church that goes back to 16th century England and Thomas Cranmer. Battle has published eleven books, including his latest: *Desmond Tutu: A Spiritual Biography of South Africa’s Confessor*. Battle is a highly sought after speaker, teacher, theologian, Anglican/Episcopal priest and peacemaker. In his Peace Battle Institute he works on subjects of diversity, spirituality, prayer, race and reconciliation. In addition, Battle has served as vice president to the grandson of Mahatma Gandhi, Arun Gandhi’s Institute for Nonviolence. Battle and his wife, Raquel, were married by Archbishop Tutu and are parents to two daughters, Sage and Bliss, and a son, Zion. All of whom were baptized by Archbishop Tutu as well.



12:00-1:30PM

SELF-TRANSFORMATION THROUGH CONTEMPLATIVE EXPERIENCE: A NEUROBIOLOGICAL PERSPECTIVE, DAVID VAGO, PhD

Evolutionary, contemplative, neurobiological, and clinical perspectives inform the phenomenology and function supporting the act of being a self in the world. Together, we will explore the multifaceted nature of the 'self' and its role in our interactions with the world around us.

The 'self' is not a singular, unchanging entity, rather it is a dynamic, multi-dimensional phenomenon that is shaped by a myriad of cognitive processes and neurobiological mechanisms.

A comprehensive conceptual framework will be presented to illuminate the cognitive processes and neurobiological mechanisms that support self-related processing. This includes the mechanisms of self-awareness, the ability to regulate one's thoughts and emotions (self-regulation), the capacity to transcend one's individual identity and connect with a larger non-dualistic reality (self-transcendence), and the integration of one’s de-reified insights into a unified experience of the whole individual (self-integration). How these processes and mechanisms can be harnessed for adaptive self-transformation will be highlighted. We will delve into the role of contemplative practices, such as meditation and other mind-body approaches, in facilitating this transformation. These practices offer systematic mental training that can contribute to the cultivation of a resilient, discerning, wise, compassionate ‘self’ as well as help individuals reshape their vulnerable, traumatized, or limiting aspects of ‘self’. Recent research highlighting the role of contemplative practices in the reshaping of ‘self’ that leads to profound changes in their perceptions, emotions, and behaviors towards wellbeing and flourishing, will be presented.

David Vago, PhD, is Associate Professor and visiting faculty at the Contemplative Sciences Center, University of Virginia, Director of Neurosciences and Communications for the International Society for Contemplative Research and Research Lead for the mental health and well-being platform, RoundGlass. Dr. Vago also maintains a research associate position in Psychiatry, Brigham and Women’s Hospital, Harvard Medical School. Dr. Vago is formerly the Research Director for the Osher Center for Integrative Medicine at Vanderbilt and core training faculty for the Vanderbilt Brain Institute and Vanderbilt Institute for Infection, Immunology, and Inflammation. Dr. Vago is also the former Senior Scientist for the Mind and Life Institute, for which he is currently a Research Fellow.



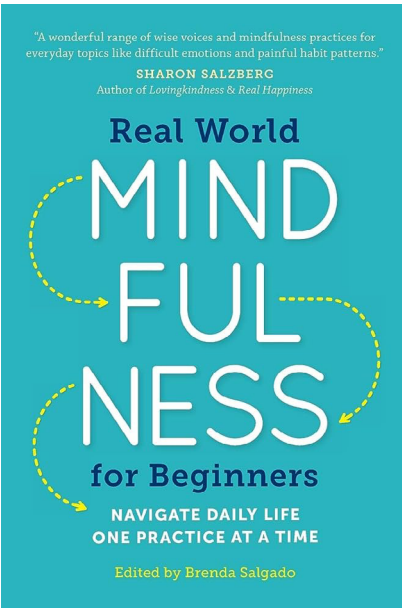
4:00-5:30PM

INTERACTIVE WORKSHOP: HEALING WITH THE ANCESTORS - TOLTEC PRACTICES FOR INTERGENERATIONAL FLOURISHING, BRENDA SALGADO

Toltec and indigenous traditions have a deep understanding of the importance of cultivating relationships with our Ancestors in order for us and future generations to heal, flourish and thrive. For many in modern society, we don't always know how to work with ancestors, may not know their names or stories, yet we still carry strong imprints in us of their traumas, challenges, gifts, and talents that have been passed down the line. In this workshop, Brenda will introduce participants to healthy ways of working with Ancestors, and will lead Toltec breath and energy practice to support the healing of ancestral trauma and patterns that no longer serve us. This helps us to clear the patterns in our line that we don't want to carry forward, and to access the gifts that they share with us.

Brenda Salgado is the founder of Nepantla Consulting and Program Director of the Racial Healing Initiative. She is a mindfulness author, speaker, wisdom keeper, Toltec energy healer, trainer, and organizational consultant. She holds degrees in Biology, Developmental Psychology, and Animal Behavior. In the past, she has served as the Director of the East Bay Meditation Center, as Associate Director at Wisdom & Money, and as a Senior Fellow at the Movement Strategy Center, and is the author/editor of *Real World Mindfulness for Beginners: Navigate Daily Life One Practice at a Time*.

In addition to her seasoned nonprofit and consulting experience, Brenda has received training from elders in traditional medicine and healing ceremony in Purepecha, Xochimilco, Toltec and other indigenous lineages, Brenda draws on the healing powers of the natural world to guide her work. Her current projects are focused on mindfulness practices that draw from multiple traditions, ceremony for ancestral healing and collective transformation, and the weaving of mindfulness and indigenous teachings/prophecy for understanding the times we are in as a human family. She is committed to co-creating a society filled with wholeness and beauty.



7:30-8:15AM

PAUSED GUIDED PRACTICE #11, CULTIVATING SELF-AWARENESS AND TRANSFORMATION: A NOTING AND LABELING PRACTICE, DAVID VAGO, PhD

Vago will guide participants through a noting and labeling style of meditation that can deepen self-awareness, self-regulation, self-transformation and self-transcendence. This experiential session offers an opportunity to cultivate the beneficial processes of shaping, reshaping, and transcending the 'self' that Dr. Vago will illuminate in his Oct. 31 Contemplation by Design® keynote.

David Vago, PhD, is Associate Professor and visiting faculty at the Contemplative Sciences Center, University of Virginia, Director of Neurosciences and Communications for the International Society for Contemplative Research and Research Lead for the mental health and well-being platform, RoundGlass. Dr. Vago also maintains a research associate position in Psychiatry, Brigham and Women's Hospital, Harvard Medical School. Dr. Vago is formerly the Research Director for the Osher Center for Integrative Medicine at Vanderbilt and core training faculty for the Vanderbilt Brain Institute and Vanderbilt Institute for Infection, Immunology, and Inflammation. Dr. Vago is also the former Senior Scientist for the Mind and Life Institute, for which he is currently a Research Fellow.



12:00-1:30PM

ISLANDS OF BELONGING AND RESILIENCE IN A SEA OF CLIMATE CHAOS, KRITEE KANKO, PhD

We are now facing an escalating polycrisis: a cluster of interdependent and compounding events due to climate crisis, loss of forests, soils and clean air along with rise of intense conflicts and inequalities. This polycrisis has deep roots in colonialism, racism, human supremacy and from a spiritual point of view “a mind of separation”.

In this talk, we will explore how we can begin to belong. How we can work on relationships with our own grief and stresses, our human community members and the more-than-human world so that we can create Islands of Belonging and Resilience amidst rising seas levels and rising waves of conflict. We will draw upon the work of leaders and thinkers (Gandhi, Wangari Maathai, Thich Nhat Hanh, etc.) who in their own ways saw deep connections between spiritual growth, psychological healing, socio-political justice and the intimacy with the more-than-human world of forests, waters, rocks and other non-human beings.

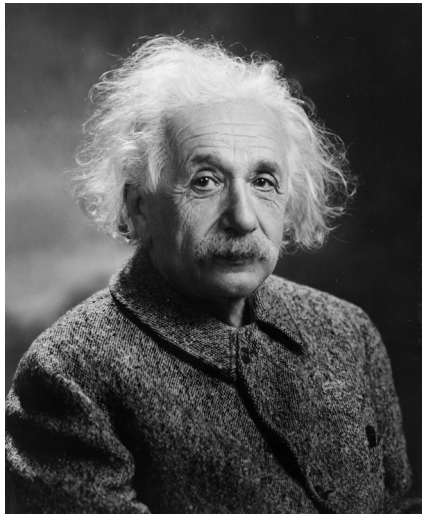
Kritee (dharma name Kanko), PhD, is a Climate Scientist, Zen Buddhist priest, Educator & Founding Spiritual teacher of Boundless in Motion, a non-profit and a trauma-informed meditation community based in Boulder (Colorado). She is an ordained teacher in the Rinzai Zen Buddhist lineage of Cold Mountain and a co-founder of Rocky Mountain Ecodharma Retreat Center. Professionally, she served as a Senior Scientist at the Environmental Defense Fund (EDF), one of the leading environmental nonprofits in the world that is focused on confronting the climate crisis, for about 12 years. She has served as a faculty for many organizations for courses at the intersection of climate crisis, racial justice, trauma healing and spirituality including One Earth Sangha, Al Gore's Climate Reality, 350.org, Stanford University, World Council of Churches, San Francisco Zen Center, Mind & Life Institute and Lama Foundation. Her experience is that identifying and being with our personal and ecological grief in the presence of a loving community is necessary in these times. She finds herself committed to serve and learn from young adults, LGBTQ, black, indigenous and other people of color. Through her nonprofit and with her collaborators, she leads retreats and workshops that are at the interface of inner healing (through silent meditation and grief/rage sharing circles including those only for BIPOC groups) and outer strategic actions for climate and social justice. Her articles and interviews have appeared in the *New York Times*, *Washington Post*, *Harvard Health*, *Yale Climate Connections*, and California Public Radio.



4:00-5:30PM

GROUNDING & EXPANDING, PSICHE & COSMOS, FRIENDSHIP WITH SELF, OTHERS, THE UNIVERSE: TOWARD A "COSMIC RELIGION" (EINSTEIN) AND HUMAN/ PLANETARY SURVIVAL, REV. MATTHEW FOX, PhD

Einstein was convinced that for humanity to survive it must move to a new, third, stage of religious consciousness which he called a “cosmic religion.” Cosmic religion would be characterized by both conscience (which Einstein found lacking in the dominant response to the Nazis) and cosmology.



We will explore what mystics from Kabir to Jesus, from Thich Nhat Hanh to Meister Eckhart, Hildegard of Bingen, Howard Thurman, Adrienne Rich, Thomas Berry and Thomas Merton tell us of how we expand our souls and ground them. In a time of Climate change and planetary extinction, Webb Telescope and rising fascism born of fear and self-hatred, this seems like essential information: How vibrant relationships of healthy self-love including finding the divine within, and grounding ourselves in friendship as well as in the beauty and wonder of an ever-expanding cosmos can create a new humanity moving beyond “patriarchal self-hatred” (A. Rich) to love, conscience and caring.

Rev. Matthew Fox, PhD, author, theologian, and activist priest, has been calling people of spirit and conscience into the Creation Spirituality lineage for over 50 years. His 40 books, lectures, retreats, and innovative education models have ignited an international movement to awaken people to be mystics and prophets, contemplative activists, who honor and defend the earth and work for justice. Seeking to establish a new pedagogy for learning spirituality that was grounded in an effort to reawaken the West to its own mystical traditions in such figures as Hildegard of Bingen, Meister Eckhart and the mysticism of Thomas Aquinas, as well as interacting with contemporary scientists who are also mystics, Fox founded the University of Creation Spirituality. His recent projects include Order of the Sacred Earth and Daily Meditations with Matthew Fox as well as The Cosmic Mass. Fox is recipient of the Abbey Courage of Conscience Peace Award, the Gandhi King Ikeda Award, the Tikkun National Ethics Award and other awards. His most recent books are: *Matthew Fox: Essential Writings on Creation Spirituality*; *Julian of Norwich: Wisdom in at Time of Pandemic—and Beyond*; and *The Tao of Thomas Aquinas: Fierce Wisdom for Hard Times*. Other books include *Original Blessing*; *The Coming of the Cosmic Christ*; *A Spirituality Named Compassion*; *The Reinvention of Work*; and *Christian Mystics*.



7:00-8:30PM

THE ROLE OF INTEROCEPTIVE AND EXTEROCEPTIVE STIMULATION IN THE ENHANCEMENT OF HEALTH. CONTEMPLATING THE BODY AS A MEANS OF MODULATING BRAIN CIRCUITS, DAVID SPIEGEL, MD AND MANUELA KOGON, MD

Hundreds of years of contemplative science have taught us how to change our minds and decades of neuroscience have taught us about neuroplasticity, the ability of the brain to change. Only recently has the body been included in the process of modulating mind and brain. This workshop presents recent advances in interoceptive research and teaches practical exercises for using the body to change your mind.

Manuela M Kogon, MD is an Integrative Medicine Internist in private practice and a Clinical Professor at Stanford School of Medicine. She serves as the Medical Director of Integrative Psycho-Oncology at the Stanford Center for Integrative Medicine. Her expertise in internal medicine, psychiatry and integrative medicine serves to advance the clinical application and study of body-mind medicine. She is the author of *When Cancer Visits: How to Free Your Mind from the Grip of Distress and Heal Your Jolted Nervous System*.

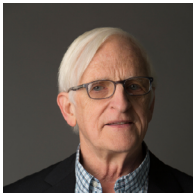


7:30-8:15AM

IPAUSE GUIDED PRACTICE #12, FINDING THE DIVINE (THE “I AM”, THE CHRIST, THE BUDDHA NATURE, THE TSELEM OR IMAGE OF GOD) WITHIN, REV. MATHEW FOX, PhD

Bring a paper and pen, pencil or notepad. We will do a spontaneous and therefore nakedly honest creative practice together that puts you in touch with your “I am” or deep and divine self within. Time for sharing also.

Rev. Matthew Fox, PhD, author, theologian, and activist priest, has been calling people of spirit and conscience into the Creation Spirituality lineage for over 50 years. His 40 books, lectures, retreats, and innovative education models have ignited an international movement to awaken people to be mystics and prophets, contemplative activists, who honor and defend the earth and work for justice. Seeking to establish a new pedagogy for learning spirituality that was grounded in an effort to reawaken the West to its own mystical traditions in such figures as Hildegard of Bingen, Meister Eckhart and the mysticism of Thomas Aquinas, as well as interacting with contemporary scientists who are also mystics, Fox founded the University of Creation Spirituality. His recent projects include Order of the Sacred Earth and Daily Meditations with Matthew Fox as well as The Cosmic Mass. Fox is recipient of the Abbey Courage of Conscience Peace Award, the Gandhi King Ikeda Award, the Tikkun National Ethics Award and other awards. His most recent books are: *Matthew Fox: Essential Writings on Creation Spirituality*; *Julian of Norwich: Wisdom in at Time of Pandemic—and Beyond*; and *The Tao of Thomas Aquinas: Fierce Wisdom for Hard Times*. Other books include *Original Blessing*; *The Coming of the Cosmic Christ*; *A Spirituality Named Compassion*; *The Reinvention of Work*; and *Christian Mystics*.



9:00-9:45AM

IPAUSE GUIDED PRACTICE #13, PRACTICES FOR DEVELOPING TRUSTING RELATIONSHIP WITH THE HUMAN AND MORE-THAN-HUMAN WORLD, KRITEE KANKO, PhD

We will draw upon Buddhist and/or Nature practices developed by Ecodharma teachers across the world to slow down, bring awareness to our body and breath and go deeper into practices that help us develop trust in life or help us see ourselves as a part of the Universal whole.

Please bring a paper and pen, be ready in comfortable clothing. There will be time for sharing at the end.

Kritee (dharma name Kanko) is a Climate Scientist, Zen Buddhist priest, Educator & Founding Spiritual teacher of Boundless in Motion, a non-profit and a trauma-informed meditation community based in Boulder (Colorado). She is an ordained teacher in the Rinzai Zen Buddhist lineage of Cold Mountain and a co-founder of Rocky Mountain Ecodharma Retreat Center. Professionally, she served as a Senior Scientist at the Environmental Defense Fund (EDF), one of the leading environmental nonprofits in the world that is focused on confronting the climate crisis, for about 12 years. She has served as a faculty for many organizations for courses at the intersection of climate crisis, racial justice, trauma healing and spirituality including One Earth Sangha, Al Gore’s Climate Reality, 350.org, Stanford University, World Council of Churches, San Francisco Zen Center, Mind & Life Institute and Lama Foundation. Her experience is that identifying and being with our personal and ecological grief in the presence of a loving community is necessary in these times. She finds herself committed to serve and learn from young adults, LGBTQ, black, indigenous and other people of color. Through her nonprofit and with her collaborators, she leads retreats and workshops that are at the interface of inner healing (through silent meditation and grief/rage sharing circles including those only for BIPOC groups) and outer strategic actions for climate and social justice. Her articles and interviews have appeared in the *New York Times*, *Washington Post*, *Harvard Health*, *Yale Climate Connections*, and California Public Radio.



12:00-1:30PM

INTERACTIVE WORKSHOP: RECOVERING THE SACRED MASCULINE & THE DIVINE FEMININE, REV. MATTHEW FOX, PHD

Bringing the Divine Feminine alive and moving beyond a toxic masculinity to a healthy masculinity is a sine qua non for human survival today. We will explore such masculine archetypes as the Green Man, the Blue Man, Father Sky, Spiritual Warrior. Also: God as Mother, Earth as Mother, Original Wisdom, Compassion on the other. Assisting us will be mandalas painted by Hildegard of Bingen 800 years ago along with teachings from Swami Muktananda, Julian of Norwich and others. Small group sharing also.

Rev. Matthew Fox, PhD, author, theologian, and activist priest, has been calling people of spirit and conscience into the Creation Spirituality lineage for over 50 years. His 40 books, lectures, retreats, and innovative education models have ignited an international movement to awaken people to be mystics and prophets, contemplative activists, who honor and defend the earth and work for justice. Seeking to establish a new pedagogy for learning spirituality that was grounded in an effort to reawaken the West to its own mystical traditions in such figures as Hildegard of Bingen, Meister Eckhart and the mysticism of Thomas Aquinas, as well as interacting with contemporary scientists who are also mystics, Fox founded the University of Creation Spirituality. His recent projects include Order of the Sacred Earth and Daily Meditations with Matthew Fox as well as The Cosmic Mass. Fox is recipient of the Abbey Courage of Conscience Peace Award, the Gandhi King Ikeda Award, the Tikkun National Ethics Award and other awards. His most recent books are: *Matthew Fox: Essential Writings on Creation Spirituality*; *Julian of Norwich: Wisdom in at Time of Pandemic—and Beyond*; and *The Tao of Thomas Aquinas: Fierce Wisdom for Hard Times*. Other books include *Original Blessing*; *The Coming of the Cosmic Christ*; *A Spirituality Named Compassion*; *The Reinvention of Work*; and *Christian Mystics*.



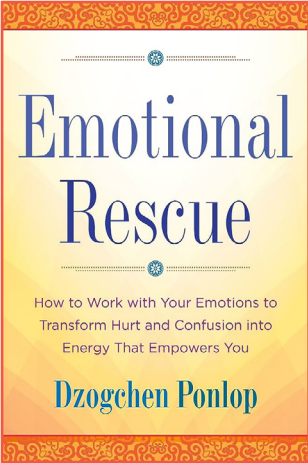
3:00-4:30PM

EMOTIONAL RESCUE: HOW TO WORK WITH YOUR EMOTIONS TO TRANSFORM HURT AND CONFUSION INTO ENERGY THAT EMPOWERS YOU, DZOGCHEN PONLOP RINPOCHE

Emotions bring color and meaning to our lives, but they can also put us on an exhausting rollercoaster ride that takes us to blissful peak states, the depths of delusion and despair, and everything in between. It is only by learning to relate to our emotions skillfully that we benefit from their richness and glean wisdom, rather than letting them control us. Emotions get their power from a simple but deep-seated source: our lack of self-knowledge. When we bring awareness to our experience of emotions, something truly amazing happens—they lose their power to make us miserable.

In this talk, Rinpoche leads us through the three steps of his Emotional Rescue Plan. First, Mindful Gap is the practice of creating a safe distance between you and your emotions, which gives you the psychological space to work with their energy. Second, Clear Seeing involves recognizing the bigger picture. Last, Letting Go is the practice of releasing stressful physical and emotional energy through exercise, relaxation, and awareness. With each step, we become increasingly familiar with the inner workings of our emotions, seeing straight to the heart of anger, fear, passion, jealousy, and pride. With time and practice, instead of leading us astray, our emotions become our guide towards living a more compassionate, creative, and fulfilling life.

Dzogchen Ponlop Rinpoche is a widely celebrated Buddhist teacher and the author of *Emotional Rescue*, *Rebel Buddha*, and other books. A lover of music, art and urban culture, Rinpoche is a poet, photographer, accomplished calligrapher and visual artist, as well as a prolific author. Rinpoche is the founder, president, and spiritual director of Nalandabodhi, an international community of Buddhist centers.



Rinpoche is acknowledged as one of the foremost scholars and meditation masters of his generation in the Nyingma and Kagyu schools of Tibetan Buddhism. He is known for his sharp intellect, humor, and easygoing teaching style, for launching the kindness initiative #GoKind and for his outreach to communities internationally.

5:15-6:45PM

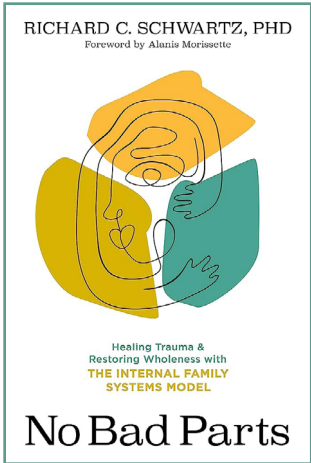
INTERNAL FAMILY SYSTEMS SKILLS FOR COMPASSIONATE CONTEMPLATIVE PRACTICE, RICHARD SCHWARTZ, PHD

Dr. Schwartz will illuminate how Internal Family Systems (IFS) skills support the ability to access and sustain the state of 'Self', and compassionate mindfulness, during contemplative practice.

Internal Family Systems (IFS) developed over 40 years by Richard Schwartz, PhD, is an effective, efficient process by which a therapist truly listens to their client to be able to guide the client to an inner clarity and compassionate calm state, which Schwartz refers to as their 'Self' — something that spiritual traditions often call "soul" or "essence." IFS clients learn to step outside of the constricting grips of their extreme emotions and thoughts (which are referred to as 'parts' in IFS) and step into their tender, compassionate 'Self.'

When grounded in 'Self'-compassion and thus liberated from anger, defensiveness, or disdain toward the 'parts,' it is possible to step towards and explore the 'parts.' Through this process of skillfully relating to the 'parts,' healing occurs.

Richard C. Schwartz, PhD is the creator of Internal Family Systems, a highly effective, evidence-based therapeutic model that de-pathologizes the multi-part personality. His IFS Institute offers training for professionals and the general public. He is currently on the faculty of Harvard Medical School, and has published five books, including *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model*. Dick lives with his wife Jeanne near Chicago, close to his three daughters and his growing number of grandchildren.



7:30-8:15AM

PAUSE GUIDED PRACTICE #14 NOURISHING SELF-COMPASSION THROUGH APPLYING INTERNAL FAMILY SYSTEMS (IFS) SKILLS, RICHARD SCHWARTZ, PhD

Dr. Schwartz, founder of IFS, will guide a practice to cultivate inner calm and clarity, and the state of compassionate awareness that IFS refers to as the 'Self.' This session offers an opportunity to experience the beneficial IFS processes that Dr. Schwartz will discuss in his Nov. 2 Contemplation by Design® keynote. Participants will be given skills for compassionately relating to and transforming inner 'parts' of their internal systems to transform and reduce the causes of pain and suffering in themselves and others.

All are welcome. No prior experience with IFS or contemplative practice is necessary.

Richard C. Schwartz, PhD, is the creator of Internal Family Systems, a highly effective, evidence-based therapeutic model that de-pathologizes the multi-part personality. His IFS Institute offers training for professionals and the general public. He is currently on the faculty of Harvard Medical School, and has published five books, including *No Bad Parts: Healing Trauma and Restoring Wholeness with the Internal Family Systems Model*. Dick lives with his wife Jeanne near Chicago, close to his three daughters and his growing number of grandchildren.



12:00-1:30PM

CAN THE CONTEMPLATIVE LIFE SUPPORT BONDING ACROSS OUR DIFFERENCES?, PAMELA AYO YETUNDE, JD, ThD

It seems that those who have ultimate access and ownership of the media with the greatest cultural impact, including social media, project a vision of separation, division, diametrical opposition, and collective narcissism. Do our contemplative practices and lifestyles help us touch into a different reality of ourselves and others? How do our practices help us select the ethical relational options before us? Are we able to cultivate the courage to individuate from destructive group-think in order to experience reconnection and solidarity? In this keynote address, Ayo will reflect on these questions with the hope we will touch into our appreciation for and direct experience of our interconnectedness.

Pamela Ayo Yetunde, JD, ThD, is a pastoral counselor, author, and Community Dharma Leader. She is the author of *Casting Indra's Net: Fostering Spiritual Kinship and Community* (2023), co-editor of *Black and Buddhist: What Buddhism Can Teach Us About Race, Resilience, Transformation and Freedom* (2020), co-founder of Buddhist Justice Reporter, and is an associate editor with Lion's Roar.

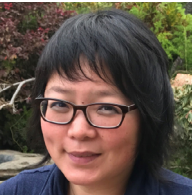


4:30-5:45PM

TRANSFORMING HEART AND MIND: DEVELOPING INCLUSIVE APPROACHES TO STUDYING THE NEUROSCIENCE OF MEDITATION, HELEN WENG, PhD

Dr. Weng will bring you into the dynamic research journey of "measuring the immeasurable." She will present pioneering quantitative and qualitative scientific methods she applies in the exploration of how compassion and mindfulness meditation impact both brain and behavior. She will describe her groundbreaking work that illuminates how compassion meditation increases both altruistic behavior towards strangers and neural responses to suffering. Inspired by working with diverse clients as a clinical psychologist, she updated her research methods to include individualized machine learning and community engagement with the East Bay Meditation Center to better encompass diversity among meditators and their mental states and brain patterns. This resulted in transforming the heart of the research process through inclusive reciprocal communication. Her innovative work is transforming contemplative neuroscience through approaches that can "read the mind" during meditation.

Helen Weng, PhD, is a researcher at the Osher Center for Integrative Health at the University of California, San Francisco. She is a clinical psychologist and neuroscientist who studies how compassion and mindfulness meditation may cultivate social and emotional health. She has advanced the neuroscience of meditation by developing inclusive approaches to studying diverse mental states and meditators using individualized machine learning applied to functional MRI and community engagement. Dr. Weng has received grants from the National Institutes of Health, UCSF, and the Mind and Life Institute, and her work has been covered by NPR, the *Huffington Post*, and the *New York Times*. She had the honor of presenting work to His Holiness the Dalai Lama in 2012 and 2016, and in 2019, Dr. Weng was named one of the Powerful Women of the Mindfulness Movement by *Mindful Magazine*.



FRI. 10/20

12:00PM

Introduction to the 2023 Contemplation by Design Summit—Enhancing Relationship Skills for Being a Compassionate Citizen, Community Member, Colleague, and Companion, Tia Rich, PhD

SAT. 10/21

8:30AM

or

10:00AM

SUN. 10/22

9:00AM

See No Stranger: A Journey into Revolutionary Love, Valarie Kaur

MON. 10/23

7:00PM

Moral Ecologies and Social Change, Anne Snyder

TUE. 10/24

4:30PM

The Power of Self-Compassion, Chris Germer, PhD

7:00PM

The Mental Health Benefits of Breathwork, David Spiegel, MD

WED. 10/25

7:45AM

Lessons from the ReSource and CovSocial Projects: Ways of addressing a mental health crisis, Tania Singer, PhD

12:00PM

Compassionate Wise Action: Cultivating Presence from Cushion to Corporation to Chamber Floor, Michelle Maldonado

4:30PM

Interactive Workshop: Practicing Self-Compassion in Daily Life, Chris Germer, PhD

6:30PM

Compassionate Communication: The Art and Science of Getting Along, Thom Bond

THU. 10/26

7:30AM

iPause Guided Practice #1 Giving and Receiving Compassion, Chris Germer, PhD

12:00PM

From Chauvet Cave to Star Wars: Art, Myth, and a Spiritual Futurism, Netanel Miles-Yépez, DD

4:30PM

Interactive Workshop: The Art and Science of Getting Along: The Experience, Thom Bond

7:30PM

iPause Guided Practice #2 Breathing Practices for Mental Health and Well-being, David Spiegel, MD

FRI. 10/27

7:30AM

iPause Guided Practice #3, Charis Meditation (Charis, Greek for "Grace"), Netanel Miles-Yépez, DD

12:15PM

The Courage of Contemplative Connections, Fuyu Nancy Schroeder

4:45PM

The Bodhisavatta with Boundaries: The Paradox of Selflessness and Self-Care, Mei Elliott

6:15PM

iPause Guided Practice #4, Practicing with the Emptiness of Self, Mei Elliott

7:30PM

The Healing Power of Embodied Connection with Oneself and with Other People, Elysabeth Williamson

SAT. 10/28

10:00AM

Interactive Workshop: The Paramita Pyramid: Practices for Cultivating Wisdom and Compassion, Mei Elliott and Kodo Conlin

12:30PM

Interactive Workshop: Finding Your Seat as Self and Community, Fuyu Nancy Schroeder

2:15PM

Interactive Workshop: Exploring Embodied Connection through Doing Partner Yoga, Elysabeth Williamson

4:00PM

Becoming Radiance: Six Practices for Selflessness and Compassionate Action, Kodo Conlin

5:30PM

iPause Guided Practice #5, Nourished by Tenderness: Practicing with Loving-Kindness for Self, Kodo Conlin

7:00PM

Ancient Wisdom, Present Freedom: How mindfulness becomes natural in meditation and in life, Will Kabat-Zinn, MA

SUN. 10/29

10:00AM

Love as Meditation: Devotional Poetry and the Contemplative Practice of Love, Kenneth Lee

12:15PM

Kirtan, bhajan and abhanga: An Introduction to the contemplative practice of Indian devotional music, Kenneth Lee

2:15PM

iPause Guided Practice #6, Back-to-Back Sacrum Connection (Partner Yoga), Elysabeth Williamson

4:00PM

Interactive Workshop: Everyday Mindfulness, Will Kabat-Zinn, MA

7:00PM

Mindfulness, Indigenous Prophecy, and the Time of the Sixth Sun, Brenda Salgado

MON. 10/30

7:30AM

iPause Guided Practice #7, Practicing Finding Your Seat as Self and Community, Fuyu Nancy Schroeder

10:30AM

Embodying Beloved Community, Gabriel Wilson, MEd

12:00PM

Ubuntu: I in You and You in Me, The Very Rev. Michael Battle, PhD

5:00PM

iPause Guided practice #8, Inclusive Awareness and the Open Way, Will Kabat-Zinn, MA

7:00PM

Interactive Workshop: Evolving Worldviews, Gabriel Wilson, MEd

8:45PM

iPause Guided practice #9, Cultivating Your Inner Wisdom and Intuition, Helen Weng, PhD

TUE. 10/31

7:30AM

iPause Guided practice #10 Practicing Ubuntu, The Very Rev. Michael Battle, PhD

12:00PM

Self-transformation through Contemplative Experience: A Neurobiological Perspective, David Vago, PhD

4:00PM

Interactive Workshop: Healing with the Ancestors - Toltec Practices for Intergenerational Flourishing, Brenda Salgado

WED. 11/1

7:30AM

iPause Guided practice #11 Cultivating Self-awareness and transformation: A Noting & Labeling Practice, David Vago, PhD

9:00AM

Islands of Belonging and Resilience in a Sea of Climate Chaos, Kritee Kanko, PhD

4:00PM

Grounding & Expanding, Psyche & Cosmos, Friendship with Self, Others, the Universe: Toward a "Cosmic Religion" (Einstein) and Human/Planetary Survival, Rev. Matthew Fox, PhD

7:00PM

The Interoception-Exteroception Model of Brain Circuits and Their Roles in Cultivation of States and Traits for Emotional Health and Well-being, David Spiegel, MD and Manuela Kogon, MD

THU. 11/2

7:30AM

iPause Guided practice #12 Finding the Divine (the "I am", the Christ, the Buddha Nature, the Tselem or Image of God) Within, Rev. Matthew Fox, PhD

9:00AM

iPause Guided practice #13 Practices for developing trusting relationship with the human and more-than-human world, Kritee Kanko, PhD

12:00PM

Interactive Workshop: Recovering the Sacred Masculine and the Divine Feminine, Rev. Matthew Fox, PhD

3:00PM

Emotional Rescue: How to Work with Your Emotions to Transform Hurt and Confusion into Energy That Empowers You, Dzogchen Ponlop Rinpoche

5:15PM

Internal Family Systems Skills for Compassionate Contemplative Practice, Richard Schwartz, PhD

FRI. 11/3

7:30AM

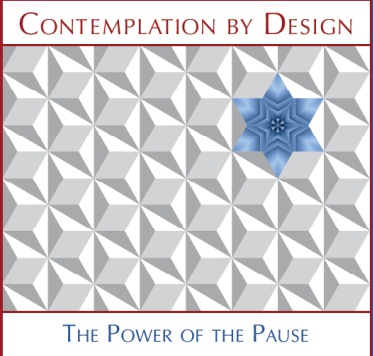
iPause Guided practice #14, Nourishing Self-compassion through Applying Internal Family Systems (IFS) Skills, Richard Schwartz, PhD

12:00PM

Can the contemplative life support bonding across our differences?, Pamela Ayo Yetunde, JD, ThD

4:30PM

Transforming Heart and Mind: Developing inclusive approaches to studying the neuroscience of meditation, Helen Weng, PhD



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

OCTOBER 20TH - NOVEMBER 3RD, 2023

contemplation.stanford.edu