

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



*Photo by Sairus Patel*

**OCTOBER 30 – NOVEMBER 8, 2018**



PLEASE JOIN US **OCTOBER 30 – NOVEMBER 8** FOR **FREE** CONTEMPLATION BY DESIGN SUMMIT EVENTS OFFERING RESEARCH ON THE NEUROSCIENCE OF CONTEMPLATION, SKILL-BUILDING OPPORTUNITIES AND REFRESHING CONTEMPLATIVE EXPERIENCES FROM STANFORD'S NATURAL BEAUTY AND CAMPUS ARTS.

EACH EVENT IS DESIGNED TO BRING THE STANFORD COMMUNITY TOGETHER IN EXPERIENCING THE IMPORTANCE OF QUIETING THE STRIVING MIND AND REFRESHING ONESELF THROUGH QUIET CONTEMPLATION. EXPERIENCE WAYS OF BEING THAT NOURISH AND SUSTAIN WISE, PURPOSEFUL ENGAGEMENT. FACULTY, STAFF, STUDENTS AND THE COMMUNITY ARE INVITED TO **REGISTER** AT [CONTEMPLATION.STANFORD.EDU/SUMMIT.PHP](http://CONTEMPLATION.STANFORD.EDU/SUMMIT.PHP)

## ABOUT THE PROGRAM

**Contemplation By Design (CBD)** is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy *the power of the pause*. Visit the CBD website: [contemplation.stanford.edu](http://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 high 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 lifestyle habits and values,
- 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, and
- peace.

*PLEASE NOTE: A BeWell berry is awarded to faculty/staff for each Summit session for which you complete registered participation.*

## PROGRAM COMPONENTS

### Contemplative Practices Cultivate Calm, Clarity, Kindness, Competence and Creativity

#### Quarterly Classes

[contemplation.stanford.edu/classes.php](http://contemplation.stanford.edu/classes.php)

#### Online Learning

Videos: [contemplation.stanford.edu/archives.php](http://contemplation.stanford.edu/archives.php)

Research Articles and Audio Files: [contemplation.stanford.edu/resources.php](http://contemplation.stanford.edu/resources.php)

#### Annual Autumn Contemplation By Design Summit (CBDS)

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

All CBD Summit sessions are free. **If you wish to make a donation**, please do so at: [contemplation.stanford.edu/donate.php](http://contemplation.stanford.edu/donate.php)

*PLEASE NOTE: Each session can be clicked on to link to the HIP registration page for that session. Links will be available starting September 11.*

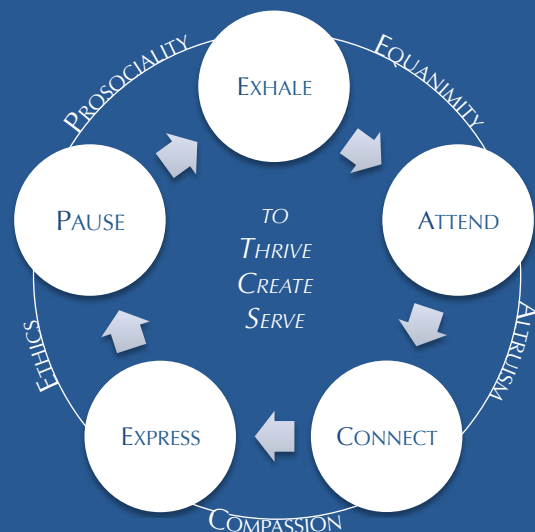
**October 30 - November 8, 2018**

**Contemplation By Design (CBD)**

## 2018 CBDS COLLABORATORS INCLUDE:

ANTHROPOLOGY DEPT., ARCHITECTURAL DESIGN PROGRAM, BeWELL, BING CONCERT HALL, ENGLISH DEPARTMENT, HAAS CENTER FOR PUBLIC SERVICE, HEALTH & HUMAN PERFORMANCE, HEALTH IMPROVEMENT PROGRAM, HELP CENTER, HEALTHYSTEPS, ITHRIVE, LAW SCHOOL, LEVWORKS, LPCH CHAPLAINCY SERVICES, MUSIC DEPT., OFFICE FOR RELIGIOUS LIFE, OFFICE OF STUDENT AFFAIRS, PSYCHIATRY & BEHAVIORAL SCIENCE, RESIDENTIAL & DINING ENTERPRISES, THEATER & PERFORMANCE STUDIES, TREES OF STANFORD, STANFORD HEALTH CARE SPIRITUAL CARE SERVICE, STANFORD ARTS, STANFORD STORYTELLING PROJECT, WORKLIFE.

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



## Guided Meditations during CBD Summit 2018

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

The Guided Meditation leaders share their insights and wisdom born from their own backgrounds in modern secular, neuroscience and/or spiritual traditions, including Mindfulness-Based Stress Reduction, Centering Prayer, Christianity, Judaism, Islam, Buddhism and Hinduism.

The P.E.A.C.E. symbol marks all the Guided Meditations in this brochure.

You also can view the current CBD quarterly calendar of ongoing group meditation opportunities on campus at: [contemplation.stanford.edu/assets/pdfs/CBD-calendar\\_2018.pdf](http://contemplation.stanford.edu/assets/pdfs/CBD-calendar_2018.pdf)

### Pause.

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

### Exhale.

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

### Attend.

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

### Connect.

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

### Express.

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



## TUESDAY CBD EVENTS (OCT. 30TH)

### Contemplative Skills for P.E.A.C.E. (CBD18T-1)

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

Welcome to the 2018 Contemplation by Design Summit. In this session, we will begin to experience renewal, peace of mind and well-being by pausing to quiet the striving mind, engage the senses, relax and replenish. We will explore the fundamental role of contemplative practices in creating a life of sustained excellence, service, joy, compassion, wisdom and health — a life lived fully. Learn practical evidence-based contemplative skills for enjoying *the power of pause*. Activities will cultivate the 5 states of P.E.A.C.E — Pause, Exhale, Attend, Connect, and Express — that support 5 P.E.A.C.E traits — Prosociality, Equanimity, Altruism, Compassion and Ethics.



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

**Date: Tuesday, 10/30 Time: 12:00-1:00pm**

**Location: TBD**



### Using Fiction and Poetry to Deepen Your Presence to Life (CBD18T-2)

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

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



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

**Date: Tuesday, 10/30 Time: 5:00-6:15pm**

**Location: Havana Room, Graduate Community Center**

### Cultural Mindfulness: Recognizing how culture shapes our patterns of thought (CBD18T-3)

Sponsored by: HIP, HELP Center

Our mainstream culture is built on unexamined structures of thought inherited from previous generations. In this talk, followed by interactive practice and discussion, Jeremy Lent will identify historical foundations of our modern worldview and show how, by becoming mindful of our patterns of thought, we have the potential to redirect them for more beneficial outcomes.



Instructor: **Jeremy Lent** is an author whose recently published book, *The Patterning Instinct: A Cultural History of Humanity's Search for Meaning*, explores the way humans have made meaning from the cosmos from hunter-gatherer times to the present day. He is founder of the nonprofit Liology Institute, dedicated to fostering an integrated worldview that could enable humanity to thrive sustainably on Earth.

**Date: Tuesday, 10/30 Time: 7:00-8:15pm**

**Location: TBD**



## WEDNESDAY CBD EVENTS (OCT. 31ST)

### P.E.A.C.E. Guided Meditation (CBD18W-1)

Sponsored by: HIP, Stanford Health Care Spiritual Care Service

Taqwa will lead a guided meditation that will begin with mindfulness in breathing, follow with quiet contemplation of natural beauty and end with words of gratitude. She will chant Islamic prayers to start the workday with hope, clarity and positivity. *PLEASE NOTE: This session will occur every weekday morning until 11/8 at various locations. Please check the list of events each day to find the location of Taqwa's session for that day.*



Instructor: **Taqwa Surapati**, G.C.I.C., Cancer Care Chaplain, Spiritual Care Department at Stanford Health Care.

**Date: Wednesday, 10/31 Time: 7:45-8:30am**

**Location: Stanford Hospital Chapel, next to entrance of patient unit D1 on the first floor of the hospital**

### Carillon Concert and Community-Wide Contemplative Pause (CBD18W-2)

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

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



**Date: Wednesday, 10/31 Time: 12:00-1:00pm**

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

**PARKING:** Free parking will be available in Lot 2 behind the Stanford stadium. From there, it is a short 10-minute walk to the Carillon Concert. *PLEASE NOTE: The lot is being shared with Stanford construction workers and may be crowded. Please avoid parking in shuttle paths that are set up for the workers.*

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



Meyer Green: Gather for a pre-carillon-concert show by the a cappella group **Talisman**. Bring a picnic if you wish. Given that it is Halloween, costumes are welcome, especially in themes of peace, justice, wisdom, compassion, and rainbows.



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



Patricia Becker is a Hatha Alignment-Based Yoga Instructor and Nutritional Counselor with 25 years experience. Her TV show "Yoga for Health and Joy" broadcasts locally on Comcast Channel 28 and nationally on public access channels. She was named as one of "17 Yoga Trainers and Experts You Must Follow Online Today" at *Peace Quarters Media*. Patricia teaches quarterly for HIP.



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

**12:30pm**

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

REGISTRATION IS APPRECIATED YET NOT REQUIRED FOR PARTICIPATION.

*PLEASE NOTE: This is the only CBD Summit event for which a BeWell Berry is not awarded.*



Talisman, Meyer Green



Quiet, Oval Ear



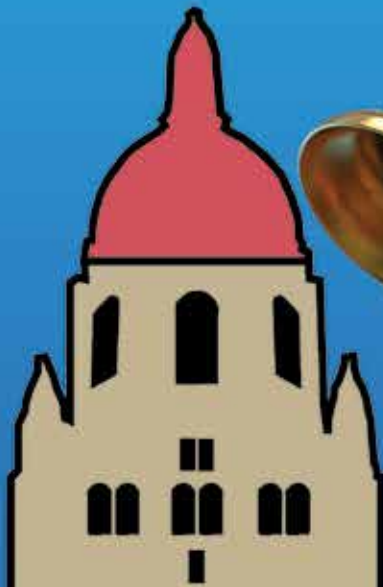
Tai Chi, Dohrman Grove



Yoga, Hoover Lawn

**Register: [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)**

# HOOVER TOWER CARILLON CONCERT



QUIET  
CONTEMPLATION  
AND  
MUSIC

October 31, 2018 ★ 12:00 PM - 1:00 PM

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

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

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

 **BeWell**  
stanford

## THURSDAY CBD EVENTS (NOV. 1ST)

### P.E.A.C.E. Guided Meditations

Sponsored by: HIP, Psychiatry and Behavioral Sciences



Session 1: This mindfulness meditation will support present-moment awareness through a focus on the mind, body, and emotions. Participants also will learn skills in self-compassion and breathwork to promote relaxation.

Instructor: **John Rettger**, Ph.D., Director of Mindfulness, Early Life Stress and Pediatric Anxiety Program, Department of Psychiatry and Behavioral Sciences, Division of Child and Adolescent Psychiatry, Lucile Packard Children's Hospital, Stanford School of Medicine.



Session 2: A simple way to bring mindfulness practice into your life is with awareness of your body. Practice focused mindful breathing and exercises that bring openness and connection to your body for a calm, balanced start to your day.

Instructor: **Christy Matta**, BeWell Coach at Stanford, Author of *The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger, and Other Symptoms of Stress*.

**Date:** Thursday, 11/1 **Time:** 7:45-8:30am

**Location:** Three Options — Please register for ONE of the following.

1. TBD, John Rettger ..... (CBD18Th-1a)
2. Room 120, 4100 Bohannon Dr., Menlo Park, CA 94025, Christy Matta..... (CBD18Th-1b)
3. Stanford Hospital Chapel, Taqwa Surapati (session information on Oct. 31st page)... (CBD18Th-1c)

### Neuroscience of Contemplative Practices: Existing evidence and remaining questions

(CBD18Th-2)

Sponsored by: HIP, Psychiatry and Behavioral Sciences

This talk will share some of the existing and new research from the emerging interdisciplinary field of contemplative neuroscience. The goal of this talk is to share our current understanding about how training of contemplative practices (e.g. meditation) affects the brain and behavior. Some of the remaining questions and new directions for research also will be listed.



Instructor: **Manish Saggar**, Ph.D., is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University. He is a computational neuroscientist and directs the Brain Dynamics Lab at Stanford. The overarching goal of his lab is to develop computational methods that would allow for extracting personalized insights about the brain's dynamical organization in healthy and patient populations. He received his Ph.D. from the University of Texas at Austin, where he worked on developing one of the first biophysical network models for understanding how intensive meditation training changes brain dynamics. He is a meditator for more than 20 years and loves to talk about meditation and the brain.

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

**Location:** TBD

### P.E.A.C.E. Guided Meditation and Quiet Reflection on Joan Halifax's Keynote

Sponsored by: HIP, Health and Human Performance (HHP), iThrive, LifeWorks

After Roshi Joan Halifax's 7:00pm keynote talk in Memorial Church (see details on the next page), join us for two simultaneous discussions, each one led by contemplative practice leaders at Stanford. One session is led by Carole Pertofsky and the other is led by Andrew Todhunter.



Instructors: **Carole Pertofsky**, M.Ed., is Director of Wellness and Health Promotion Services at Vaden Health Center, Stanford University, where she teaches positive psychology and wellness courses. Carole is a national speaker and consultant, seminar leader, and wellness and leadership coach.



**Andrew Todhunter** is a writer, filmmaker, and lecturer at Stanford. He has authored three books, including the PEN USA Literary Award-winning *A Meal Observed*, and dozens of articles for national publications including National Geographic, The Atlantic and The Wall Street Journal. At Stanford, he co-founded the Senior Reflection creative capstone program in Biology, and the LifeWorks program for integrative learning. He often integrates wilderness experiences, meditation, and other embodied practices into his teaching.

**Date:** Thursday, 11/1 **Time:** 9:15-10:15pm

**Location:** Two Options — Please register for ONE of the following.

1. 320-105, Carole Pertofsky..... (CBD18Th-3a)
2. 300-300, Andrew Todhunter..... (CBD18Th-3b)

**Register:** [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)

*The Office for Religious Life and HIP  
invite you to join them for a special keynote event with*



## Roshi Joan Halifax

Standing at the Edge:

### Finding freedom where fear and courage meet

We will explore five psychological territories called Edge States—altruism, empathy, integrity, respect, and engagement—that epitomize strength of character. Yet each of these states can also be the cause of personal and social suffering. In this way, these five psychological experiences form edges, and it is only when we stand at these edges that we become open to the full range of our human experience. Through the experiences of caregivers, activists, humanitarians, politicians, parents, and teachers, incorporating the wisdom of Zen traditions and mindfulness practices, and research on compassion, we open up perspectives on how compassion is the pivot out of the shadow side of the Edge States.

**Roshi Joan Halifax, Ph.D.**, is a Buddhist teacher, Zen priest, anthropologist, and pioneer in the field of end-of-life care. She is Founder, Abbot, and Head Teacher of Upaya Institute and Zen Center in Santa Fe, New Mexico. She received her Ph.D. in medical anthropology in 1973 while teaching at the University of Miami Medical School. She has lectured on the subject of death and dying at many academic institutions, including Harvard Divinity School, Harvard Medical School, Georgetown Medical School, and University of Virginia Medical School, Duke University Medical School, University of Connecticut Medical School, among many others. She received a National Science Foundation Fellowship in Visual Anthropology, was an Honorary Research Fellow in Medical Ethnobotany at Harvard University, and is a Distinguished Visiting Scholar at the Library of Congress. A Founding Teacher of the Zen Peacemaker Order, her work and practice for more than four decades has focused on applied Buddhism. She has written several books, her latest being *Standing at the Edge: Finding Freedom Where Fear and Courage Meet*.

#### SPECIAL REGISTRATION REQUIRED

Tickets for this free event will be available through the Stanford Ticketing Office starting Tuesday, September 11th at 9:00am at: [sto.stanfordtickets.org/auxiliary/Reserve.aspx?p=8622#link](https://sto.stanfordtickets.org/auxiliary/Reserve.aspx?p=8622#link)

*PLEASE NOTE: The Stanford Bookstore's Contemplation By Design display features books by Roshi Halifax.*

**Date: Thursday, 11/1 Time: 7:00-8:30pm**

**Location: Memorial Church**

October 30 - November 8, 2018

Contemplation By Design (CBD)



## FRIDAY CBD EVENTS (NOV. 2ND)

### P.E.A.C.E. Guided Meditations

*Sponsored by: HIP, Psychiatry and Behavioral Sciences*



Session 1: This guided meditation takes one through the practice of mindful awareness using the awareness of breathing as an anchor for staying in the moment and tuning into the sensory experiences of the body, of sounds, and even of thoughts that arise as one pays attention within oneself.

Instructor: **Mark Abramson**, D.D.S., D.A.B.O.P., D.A.B.D.S.M., D.A.B.O.M., F.A.A.C.P., T.M.J. and Dental Sleep Medicine, Adjunct Professor of Psychiatry and Behavior Sciences at Stanford University School of Medicine, Director of Stanford Mindfulness-Based Stress Reduction Clinic.



Session 2: Learn the technique of focusing the breath on letting go. This practice can be repeated many times throughout the day in order to de-activate stress reactivity and produce calm in the present moment.

Instructor: **Patty McLucas**, Wellness Consultant, Founder and Instructor at Mindful Wellness.



Session 3: This magnificent mindfulness journey will start with a simple body energization exercise to help focus the mind and the body, followed by a guided meditation that includes centering breathing and visualization, and ends with a writing or drawing opportunity.

Instructor: **Dominique Del Chiaro**, M.Ed., Healthy Living Program Manager at Health Improvement Program, Transpersonal Life Coach, Hula Instructor.

**Date: Friday, 11/2 Time: 7:45-8:30am**

**Location: Four Options — Please register for ONE of the following.**

1. **Alway M112, Mark Abramson** .....(CBD18F-1a)
2. **SLAC Sonoma Room, Patty McLucas** .....(CBD18F-1b)
3. **TBD, Dominique Del Chiaro**.....(CBD18F-1c)
4. **Stanford Hospital Chapel, Taqwa Surapati (session information on Oct. 31st page)**.....(CBD18F-1d)

### Ceremonial Healing (CBD18F-2)

*Sponsored by: HIP, Psychiatry and Behavioral Sciences, HELP Center*

We will consider several forms of ceremonial practice that serve healing. By healing we mean a traditional, ritualized effort that is both guided and spontaneous. It serves a purpose: sometimes to promote recovery from illness, or to promote health in its totality of physical, mental, social and spiritual integrity. A third purpose of ceremonial healing is to serve wholeness, fulfillment and awakening.

The Ceremonial Healing we plan to share and practice today is more akin to prayer and meditation on one axis, and to creating music, dance, symbolic forms and sheer delight on another. Three specific forms will be included: 1) 'How to hold a Tea Bowl', The Japanese form for offering and receiving a bowl of Tea, 2) The Navajo story of "When the two came to their Father", and 3) The Tibetan practice of creating a sand mandala. Through these three forms, we will create simple and direct Ceremonial Healing.



Instructor: **Randall Weingarten**, M.D., is a psychiatry specialist in Palo Alto, CA and has been practicing for 46 years. He graduated from Tufts University School of Medicine in 1968.



**Date: Friday, 11/2 Time: 12:30-1:45pm**

**Location: TBD**

### Presence Under Pressure: The playful gift of the improviser's mindset (CBD18F-3)

*Sponsored by: HIP, Theater and Performance Studies*

Improvisers have the reputation of being fast and funny. But the true value of practicing collaborative creativity is the opportunity to develop your powers of listening, suspending judgment, and paying attention to the moment. There is a quality of human play, often suppressed after childhood, that is essential for creativity, connection and joy.



Instructor: **Dan Klein** is a lecturer in the Department of Theater and Performance Studies, as well as the Graduate School of Business. He teaches workshops on creativity, teamwork, status, Design Thinking and storytelling on campus and around the world. Dan was also a professional improviser, and the Dean of the BATS School of Improv in San Francisco.

**Date: Friday, 11/2 Time: 5:30-7:00pm**

**Location: Lathrop 282**

**Register: [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)**

## Compassion Buddha Sand Mandala, Saturday, 11/3 through Thursday, 11/8

Sponsored by: HIP, Stanford Alumni Association

A mandala is a symbol that translates literally to “center and its surroundings.” It is a physical representation of interdependence and interconnectedness in all of life. Created as a tool for visualization and meditation, every detail of a mandala—the design, the colors, and placement of symbols—is deliberate and holds layers of meaning. After creating the mandala with intense concentration, the final grains of sand are placed and then the entire sand painting is swept up in a final display of impermanence.



Highly respected Tibetan Buddhist monks **Geshe Lobsang Dorji** and **Geshe Lobsang Cholphal** from the Sera Jey Foundation will create the sand mandala of the Compassion Buddha in the gracious lobby of Stanford's Frances C. Arrillaga Alumni Center. The venerable monks will carefully place millions of grains of colored sand on a flat surface, following precise and ancient instructions passed down over thousands of years. The creation of this mandala is intended to help the viewer generate compassion for all beings.



The mandala will be created from 11/3 through 11/8 beginning with an opening ceremony on Saturday, 11/3 from 10:00-10:30am and ending with a closing ceremony on Thursday, 11/8 from 4:00-4:30pm.

On Sunday, 11/4 from 3:00-4:00pm Geshe Lobsang Dorji will give a talk on the tradition of the sand mandala with a focus on the mandala for the Compassion Buddha.

On Thursday, 11/8, as the final part of the closing ceremony, the monks will provide small bags of the mandala sand to give away to those in attendance. The sand is considered blessed. If any sand is left, it will be placed in a small urn and then taken to the ocean and spread in the water to bless the oceans and their creatures.

This Contemplation By Design Summit session is presented in partnership with the Sera Jey Foundation and hosted by the Stanford Alumni Association.

**The public is invited to watch the monks create the mandala in the Stanford Alumni Center Lobby from Saturday, 11/3 through Thursday, 11/8. The schedule is:**

**Viewing: Saturday, 11/3: 9:30am-12:30pm**

**Opening Ceremony: 10:00-10:30am\*\*\***

**Viewing: Sunday, 11/4: 11:00am-4:00pm**

**Talk by Geshe Lobsang Dorji: 3:00-4:00pm\*\*\***

**Viewing: Monday, 11/5–Thursday, 11/8: 10:00am-5:00pm**

**Closing Ceremony: Thursday, 11/8: 4:00-4:30pm\*\*\***

**Location: Frances C. Arrillaga Alumni Center, 326 Galvez Street**

PLEASE NOTE: While the mandala will be on view during the above hours, the monks take occasional breaks during the day including an extended lunch break from approximately 1:00-2:00pm. In addition, every day will begin and end with a *puja* (blessing) which will last approximately 10 minutes. The public is welcome to participate in the *puja*. A *puja* includes prayer and meditation intended to help bring to mind the qualities of the Buddha of Compassion. During the *puja* practice the mandala artists generate compassion and the intention to benefit others.

**\*\*\*Registration is required for the free talk on Sunday, 11/4 and the opening and closing ceremonies on Saturday, 11/3 and Thursday, 11/8 due to space limitations.**

**TO REGISTER:** Please search using the words “Compassion Buddha Sand Mandala” on the Health Improvement Program registration page. All other viewing times do not require registration.



## Tu Gu Na Xin: Daoist Breathwork

Sponsored by: HIP

Daoists directly relate one's quality of breath with their quality of life. Tu Gu Na Xin is a Daoist breathing method that cleans and clears the lungs. This allows for deeper, fuller breaths, contributing to a richer experience of life. Participants will learn to assess their breath capacity in addition to various methods for improving overall lung health. Both solo and partnered work will be introduced. No experience is necessary, all are welcome to enjoy the session.



Instructor: **David Wei** is a 16th generation lineage holder for the Wudang San Feng Life Nourishment Sect. He has over 20 years of experience in Daoist arts and culture, with a specialization in Tui Na acupressure. David is also the founder of Wudang West, an Oakland-based Heritage Center aimed to practice and preserve the cultural wellness arts of Wudang, China.

**Date:** Saturday, 11/3

**Time:** Two Options — Please register for ONE of the following.

1. 8:00-9:00am.....(CBD18Sat-1a)

2. 9:15-10:15am.....(CBD18Sat-1b)

**Location:** TBD

## Sound Bath for Pausing the Mind and Refreshing the Body

Sponsored by: HIP

Guests will lie down in Savasana to experience the sound vibrations of singing bowls, gongs and chimes as they guide us into a deep meditation. The vibrations pass through our bodies, opening blockages and allowing our minds to quiet. A wide range of ancient world traditions from Confucianism to the Pythagoreans claim that sound both can “tune the soul” and affect our community well-being. The physiological impact of sound on the body, emotions and cognition is apparent. Through the vibrations of these instruments we may experience an inner calm and deep relaxation that enables us to journey within and center. Please bring a yoga mat/blanket/pillow for your comfort.



Instructor: **Danny Goldberg**, B.F.A., is an artist and environmental educator who facilitates creative group activities for schools, retreats, and groups around the Bay Area. He offers Sound Immersion Experience at yoga studios, healing centers and events throughout the U.S.

**Date:** Saturday, 11/3

**Time:** Two Options —

Please register for ONE of the following.

1. 8:00-9:00am.....(CBD18Sat-2a)

2. 9:15-10:15am.....(CBD18Sat-2b)

**Location:** TBD



## Compassion Buddha Sand Mandala Opening Ceremony (CBD18Sat-3)

Sponsored by: Stanford Alumni Association, HIP



As part of the creation of the Compassion Buddha Sand Mandala, Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Cholphal from the Sera Jey Foundation will lead an opening ceremony for the mandala.

Instructor: **Geshe Lobsang Dorji** joined the Sera Jey Monastery in India at the age of 10 in 1986, received his *Geshe* degree in 2009 and is currently a resident teacher at Sera Jey Foundation in California.



**Date:** Saturday, 11/3 **Time:** 10:00-10:30am

**Location:** Arrillaga Alumni Center Lobby

## ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center

**Date:** Saturday, 11/3 **Time:** 9:30am-12:30pm

**Location:** Arrillaga Alumni Center Lobby

Register: [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)

### Ethnographic Body Map Workshop

Sponsored by: HIP, Anthropology

Body Mapping is a creative tool that combines self-reflection with artistic expression to develop a visual 'map' of one's life story. In this workshop, a partner will trace an outline of your body onto a life-size canvas or paper. Guided by a meditation designed to honor your past, present, and future, you will use paint, photos, words, collage, and other materials to represent visually the central embodied experiences of your life. This unique workshop utilizes an anthropological lens, encouraging individuals to locate the cultural landscape(s) that both positively and negatively shape our embodied selves, creating a space for active awareness and empowerment.



Instructor: **Cari Costanzo** is an anthropologist (Stanford Ph.D. 2005) and an Academic Advisor who co-teaches Reading the Body in Stanford's Thinking Matters program. Cari's research and writing focus on ritual, embodiment, and identity formation in contemporary society, looking closely at the cultural construction of race, class, gender, and sexuality. She designs Ethnographic Body Mapping workshops that combine cultural awareness with artistic and contemplative practices to encourage the reframing and reclaiming of embodied experiences, enabling participants to both reflect upon and creatively share their life stories.

**Date:** Saturday, 11/3

**Time: Two Options** — Please register for ONE of the following.

1. 10:30am-12:00pm.....(CBD18Sat-4a)

2. 12:15-1:45pm.....(CBD18Sat-4b)

**Location:** TBD

### Herbal and Nutritional Self-Care Skills as Contemplation

Sponsored by: HIP

Vitality and calm in the physical body provide a valuable foundation for meditative states. The normal fluctuations in the physical body also offer opportunities for learning mindfulness around lifestyle choices that contribute to or detract from physical vitality and calm. The Tibetan contemplative tradition for over 5000 years has respected the essential role of precise personalized nutritional and herbal practices as a core component of contemplative life. This workshop provides the opportunity to discover practices for nutrition and herbs that match your unique bodily constitution through lecture and demonstration. You'll receive fundamental tools for making foods and teas that will support your physical well-being, and in turn, your contemplative life.



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

**Date:** Saturday, 11/3

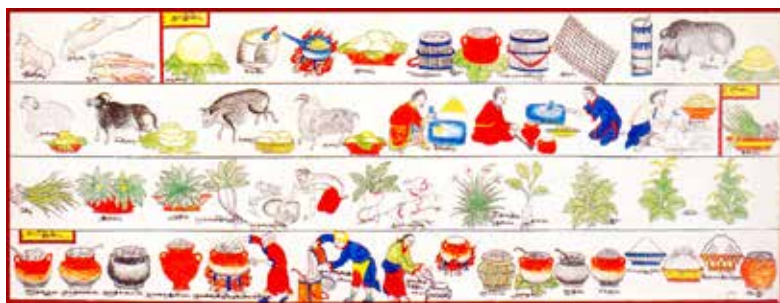
**Time: Two Options** —

Please register for ONE of the following.

1. 10:30am-12:00pm.....(CBD18Sat-5a)

2. 12:15-1:45pm.....(CBD18Sat-5b)

**Location:** TBD



### More Mindful, Less Muddle: A five step approach to declutter your internal and external life

Sponsored by: HIP

It's true that outer order supports inner calm, and equally, a mindful approach can help you declutter your home or office. In this workshop, you'll learn practical steps to follow when embarking on an organizing project, common mistakes to avoid, and strategies to call upon when letting go of possessions is challenging. You'll leave with your own plan to declutter a space which is important to you.



Instructor: **Pauline Wiles** is an author, speaker and creator of the Serenity Project, a year-long personal experiment in techniques to quiet the mind and make time for smelling the roses. A former professional organizer, she mentors others in the benefits of soothing surroundings to promote both well-being and productivity.

**Date:** Saturday, 11/3

**Time: Two Options** — Please register for ONE of the following.

1. 2:00-3:15pm.....(CBD18Sat-6a)

2. 3:30-4:45pm.....(CBD18Sat-6b)

**Location:** TBD

## Foundations of Healing Qigong: Circulation

Sponsored by: HIP

The Chinese have an idiom, "Good circulation—good health." From this view, stasis is the root cause of all degenerative conditions, making movement the primary means of preventative health care. Daoists have maintained countless methods of movement aimed to improve health by simply improving circulation. Participants will learn to assess their own vascular health along with various methods for improving overall circulatory function. No prior experience is necessary.



Instructor: **David Wei** is a 16th generation lineage holder for the Wudang San Feng Life Nourishment Sect. He has over 20 years of experience in Daoist arts and culture, with a specialization in Tui Na acupressure. David is also the founder of Wudang West, an Oakland-based Heritage Center aimed to practice and preserve the cultural wellness arts of Wudang, China.

**Date: Saturday, 11/3**

**Time: Two Options** — Please register for ONE of the following.

1. 2:00-3:15pm.....(CBD18Sat-7a)

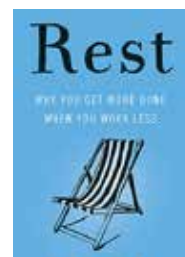
2. 3:30-4:45pm.....(CBD18Sat-7b)

**Location: TBD**

## The Power of Rest (Book discussion) (CBD18Sat-8)

Sponsored by: HIP, HELP Center

In today's 24/7 always-on world, overwork has become the default, and rest is an afterthought. But we neglect rest at our peril; and as argued in the book *Rest: Why You Get More Done When You Work Less*, some of history's most famous thinkers learned to use rest to be more creative and productive. This workshop builds on the lessons of the book to examine what kinds of rest are most mentally and physically restorative; the structural and cultural forces that prevent us from resting well; and how we can find more rest in our lives. **PLEASE NOTE: Feel free to join us even if you have not finished reading the book.**



Facilitator: **Alex Soojung-Kim Pang**, Ph.D., is a futurist and author whose work focuses on people, technology, and the worlds they create. His most recent books include *The Distraction Addiction* and *Rest: Why You Get More Done When You Work Less*. His books have been translated into a dozen languages, and the latest edition of *Rest* features a foreword by Arianna Huffington. Alex has a Ph.D. in history of science, and has held fellowships at Stanford University, UC Berkeley, Oxford University, and Microsoft Research Cambridge.

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

**Location: Lathrop 282**

## Jazz Interactive Concert: On self-care (CBD18Sat-9)

Sponsored by: HIP, Student Affairs

"Mr. Duffy lived a short distance from his body." ~James Joyce

Too often this is our reality as well. Moving mechanically from "A" to "B", while we process how we'll get to "C". Over-stimulated and underwhelmed as we endlessly search for a time to be at peace. A place to lay down and rest. Let's make that place together. Join us for a night of embodiment through music, dance, and stillness. Together we will begin to slow down and ground in the sensations of our bodies, allowing for the capacity of our individual and collective care to naturally rise to the surface. Let us ask ourselves, "Did I remember to live today?" **Please bring a yoga mat or camping pad to use in the portion of the concert that invites you to lie down and rest.**



Jazz Band Members: Sam Priven – Saxophonist. Having performed, studied, and recorded in nearly a dozen countries, he returns home to the SF Bay Area to make music of community and embodiment. Artist Website: [www.sampriven.com](http://www.sampriven.com)

Javier Santiago – Pianist. An accomplished educator, arranger and producer, with a diverse set of influences ranging from classical and jazz to hip-hop and world music, he was a finalist in the 2016 American Jazz Pianist Competition. He attended the Brubeck Institute and the New School For Jazz and Contemporary Music. His debut LP of all original compositions, *Phoenix*, features Nicholas Payton, John Raymond, J. Hoard and Corey Fonville. Santiago performs and composes regularly locally and nationally.



Danielle Wertz – Jazz Vocalist. An internationally recognized jazz vocalist, educator, composer and arranger in the SF Bay Area. After being named a semi-finalist in the Thelonious Monk International Jazz Vocals Competition in 2015, she self-released a duo project with Israeli pianist, Tal Cohen. The album was recorded at ABC Studios in Sydney, Australia and has been receiving high praise since its release in April 2017.

Zachary Ostroff – Bassist. Zachary is a Stanford Alum. Matthew Buckner – Drummer. Ryan Pate – Guitarist.



**Date: Saturday, 11/3 Time: 7:30-9:00pm**

**Location: Toyon Hall Lounge, 455 Arguello Way, Stanford, CA 94305**

Register: [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)

## University Public Worship (UPW), Donal Godfrey sermon on “Living the Loaves and the Fishes”, Memorial Church (CBD18Sun-1)

Sponsored by: HIP, Office for Religious Life (ORL)

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



Fr. **Donal Godfrey, S.J.**, is an Irish Jesuit priest of the Society of Jesus. In addition to teaching Arruple Justice Immersion and interdisciplinary courses, Fr. Godfrey runs Ignatian spirituality programs for USF's faculty and staff, including book clubs, the Spiritual Exercises, retreats, and a lecture series. He was born Liverpool, England and is also a member of the Irish Bar.



**Date: Sunday, 11/4 Time: 10:00-11:00am**  
**Location: Memorial Church**

## Conversation with Donal Godfrey in the Round Room, Memorial Church (CBD18Sun-2)

Sponsored by: HIP, ORL

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

**Date: Sunday, 11/4 Time: 11:15am-12:15pm**  
**Location: Round Room, Memorial Church**



## P.E.A.C.E. Guided Ignatian Meditation with Donal Godfrey in Windhover (CBD18Sun-3)

Sponsored by: HIP, ORL

Fr. Godfrey will lead an Ignatian meditation on the story of the loaves and fish as told by Mark. This meditation involves guided visualization where one is invited to use all the senses in entering into the story. While this comes from within the Jesuit tradition, it will be presented in a way that is accessible to those who do not identify as Christian.

**Date: Sunday, 11/4 Time: 1:00-2:00pm**  
**Location: Windhover Contemplative Center**



## ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center

See the full description on the page between Friday and Saturday events.

**Date: Sunday, 11/4 Time: 11:00am-4:00pm**  
**Location: Arrillaga Alumni Center Lobby**



## Compassion Buddha Sand Mandala Descriptive Talk (CBD18Sun-4)

Sponsored by: Stanford Alumni Association, HIP

As part of the creation of the Compassion Buddha Sand Mandala, Tibetan Buddhist monk Geshe Lobsang Dorji from the Sera Jey Foundation will give a talk on the tradition of the sand mandala with a focus on the mandala for the Compassion Buddha.



Instructor: **Geshe Lobsang Dorji** joined the Sera Jey Monastery in India at the age of 10 in 1986, received his *Geshe* degree in 2009 and is currently a resident teacher at Sera Jey Foundation in California.

**Date: Sunday, 11/4 Time: 3:00-4:00pm**  
**Location: Arrillaga Alumni Center Lobby**

## SUNDAY CBD EVENTS CONTINUED (NOV. 4TH)

### Savoring Stanford's Natural Beauty: A campus contemplative walk

Sponsored by: HIP, Trees of Stanford

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

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



Instructors: **Sairus Patel** '91 is editor of Trees of Stanford ([trees.stanford.edu](http://trees.stanford.edu)) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.

**Carl Cheney** is a docent at Stanford's Jasper Ridge Biological Preserve, where he leads natural science tours and is a member of the Herbarium Team. He has a B.A. in History from Stanford, and is a retired corporate organization development executive.



**Date:** Sunday, 11/4

**Time:** Two Options —

Please register for ONE of the following.

1. 3:00-4:00pm.....(CBD18Sun-5a)

2. 4:15-5:15pm.....(CBD18Sun-5b)

**Location:** Galvez parking lot at corner of Lasuen and Campus



Photo by Sairus Patel, Trees of Stanford

### Contemplative Computing: Being more mindful in a world of distracting technologies

(CBD18Sun-6)

Sponsored by: HIP, HELP Center

We often think of technologies as dehumanizing: smartphones, social media, and mobile devices create a high-tech barrier between us and the world, or between us and our better selves. In this workshop, Alex argues that our relationships with technologies are actually quite profound, and that we have a great capacity to use them to extend our physical and cognitive abilities. Our dissatisfaction with today's technologies is the result of mindless use and bad design by companies that seek to capture and commoditize our attention. However, we can learn to regain control over our digital lives and extended selves by practicing what Alex calls contemplative computing.



Facilitator: **Alex Soojung-Kim Pang**, Ph.D., is a futurist and author whose work focuses on people, technology, and the worlds they create. His most recent books include *The Distraction Addiction* and *Rest: Why You Get More Done When You Work Less*. His books have been translated into a dozen languages, and the latest edition of *Rest* features a foreword by Arianna Huffington. Alex has a Ph.D. in history of science, and has held fellowships at Stanford University, UC Berkeley, Oxford University, and Microsoft Research Cambridge.

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

**Location:** TBD

### Contemplation and Compline, Memorial Church (CBD18Sun-7)

Sponsored by: HIP, ORL

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



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

**Date:** Sunday, 11/4 **Time:** 9:00-9:30pm

**Location:** Memorial Church



**Register:** [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)

## MONDAY CBD EVENTS (NOV. 5TH)

### **P.E.A.C.E. Guided Meditations**

*Sponsored by: HIP, Lucile Packard Children's Hospital*



Session 1: You are invited to enjoy this peaceful morning meditation. This guided meditation will give you the experience of the five states of P.E.A.C.E. —Pause (unwind), Exhale (breathe), Attend (awaken to your senses), Connect (to the present moment) and Express—to support cultivation of the five traits of P.E.A.C.E — Prosociality, Equanimity, Altruism, Compassion, and Ethics.

Instructor: **Tia Rich**, Ph.D., Director of Contemplation by Design.



Session 2: This program will include a short introduction of the history of labyrinths, a brief presentation of basic instructions for walking the labyrinth and time to walk the labyrinth at your pace. You will also receive a handout with the instructions and two printed labyrinths for your personal use.

Instructor: **Lani Krantz**, IT Systems Analyst at Lucile Packard Children's Hospital (LPCH), Certified Veriditas Labyrinth facilitator.

**Date: Monday, 11/5 Time: 7:45-8:30am**

**Location: Three Options — Please register for ONE of the following.**

1. 3172 Porter Drive, Room 1512, Tia Rich ..... (CBD18M-1a)
2. Labyrinth in LPCH Sanctuary Healing Garden, Lani Krantz ..... (CBD18M-1b)
3. Stanford Hospital Chapel, Taqwa Surapati (session information on Oct. 31st page)... (CBD18M-1c)

### **ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center**

*Sponsored by: Stanford Alumni Association, HIP*

Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Cholphal from the Sera Jey Foundation will continue to create the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.

**Date: Monday, 11/5 Time: 10:00am-5:00pm**

**Location: Arrillaga Alumni Center Lobby**

### **WorkLife Integration: Creating your personal success plan (CBD18M-2)**

*Sponsored by: HIP, WorkLife*

This interactive workshop will explore the challenges of integrating our 24/7 work demands with the rest of our lives. This session will include insights from the WorkLife Office's coaching of hundreds of Stanford community members, strategies for managing the multiple demands on our time and energy, and how to start on a personalized plan for action. This informative session will also address intentional choices, purposeful decision making, and accepting what life is in the current moment.



Instructor: **Phyllis Stewart Pires**, Senior Director of WorkLife Strategy at Stanford, designs and manages programs that support the Stanford community in navigating the competing demands of work, study, personal and family lives. These include a large system of early education programs, life-cycle support services, and peer-mentor circles leveraging original worklife integration content. She has worked with the Clayman Institute for Gender Research on a variety of women's leadership and diversity initiatives and was selected as a 2016-17 Beyond Bias Fellow. Phyllis founded the award-winning Family Services programs at Cisco and her career in the technology sector included a variety of HR, communications, and diversity roles, including serving as the Global Head of Diversity for SAP.

**Date: Monday, 11/5 Time: 12:30-1:45pm**

**Location: TBD**

### **Savoring Stanford's Natural Beauty: A campus contemplative walk (CBD18M-3)**

*Sponsored by: HIP, Trees of Stanford*

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

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



Instructor: **Sairus Patel** '91 is editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.

**Date: Monday, 11/5 Time: 4:15-5:15pm**

**Location: Galvez parking lot at corner of Lasuen and Campus**



## MONDAY CBD EVENTS CONTINUED (NOV. 5TH)

### Justice, Compassion, and Self-Care (CBD18M-4)

Sponsored by: HIP, Stanford Law School

This one-hour session explores the pathway to justice through compassion and self-care. Prof. Tyler will deeply explore CBD's 5 states of P.E.A.C.E — Pause, Exhale, Attend, Connect, and Express — that support 5 P.E.A.C.E traits — Prosociality, Equanimity, Altruism, Compassion and Ethics, which are introduced in the Summit's first session (see [Contemplative Skills for P.E.A.C.E.](#) on 10/30 at noon.)

He will share the challenges and triumphs in cultivating P.E.A.C.E., during a 20-year career as a public defender and, since 2012, as a clinical law professor. Questions he will address are:

- How has he integrated contemplative practices and self-care into his life to support the capacity for a long career of service?
- How has he taught and mentored students and lawyers in the conscious cultivation of the 5 P.E.A.C.E states to support, deepen and sustain the 5 P.E.A.C.E traits?

The session will include substantial opportunities for engagement among attendees.

- Attendees will be invited to ponder and discuss a series of scenarios that implicate fundamental values of justice in conflict with other values.
- Attendees will be asked to consider how they might respond to the scenarios in the context of the P.E.A.C.E states and P.E.A.C.E traits at the center of the Contemplation by Design program.



Instructor: **Ron Tyler, J.D.**, is an Associate Professor of Law and Director of the Criminal Defense Clinic at Stanford Law School. The Clinic represents clients in the superior courts of California. Professor Tyler's scholarly agenda focuses on self-care skills for lawyers and criminal practice and procedure, and in 2016 he published an article in the Berkeley Journal of Criminal Law titled *The First Thing We Do, Let's Heal All the Law Students: Incorporating Self-Care Into A Criminal Defense Clinic*. Before joining the Stanford Law School faculty, Professor Tyler was an Assistant Federal Public Defender for 22 years in the Northern District of California. A dedicated defense attorney and nationally recognized expert, he has litigated at trial and appellate courts covering the full gamut of federal criminal cases. He teaches regularly at seminars for criminal defense attorneys, investigators and paralegals. He is also active in several nonprofits, serving on the Executive Committee of the American Civil Liberties Union, the Board of Regents of the National Criminal Defense College and the William A. Ingram Inn of the American Inns of Court.



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

**Location: TBD**

### P.E.A.C.E. Guided Meditations

Sponsored by: HIP, HELP Center, Health and Human Performance



Session 1: Robert Cusick will lead participants in a guided meditation session on the theme and intersection of "mindfulness in the service of cultivating compassion for self and others".

Instructor: **Robert Cusick**, Stanford Lecturer, Certified Sr. Stanford CCT™ (Compassion Cultivation Training) Instructor, Grief Counselor at Kara.



Session 2: Aneel will be leading a progressive meditation that unifies "focused attention" with "open awareness" in a way that is accessible and practical. All levels of meditators are welcome.

Instructor: **Aneel Chima**, Ph.D., Associate Director of Health and Human Performance.



Session 3: We will do a loving kindness meditation to cultivate compassion for self and other creatures.

Instructor: **Stephen Murphy-Shigematsu**, Ph.D., Psychologist in the Program for Health and Human Performance at the Stanford School of Medicine and Lecturer in Comparative Studies in Race and Ethnicity at Stanford.

**Date: Monday, 11/5 Time: 7:45-8:30pm**

**Location: Three Options — Please register for ONE of the following.**

1. TBD, Robert Cusick..... (CBD18M-5a)
2. Havana Room, Graduate Community Center, Aneel Chima..... (CBD18M-5b)
3. Harmony House, Stephen Murphy-Shigematsu..... (CBD18M-5c)

**Register: [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)**

## TUESDAY CBD EVENTS (NOV. 6TH)

### P.E.A.C.E. Guided Meditations

Sponsored by: HIP, LifeWorks, Lucile Packard Children's Hospital Chaplaincy Services



Session 1: Session will include guided meditations on the breath, body, values, and intentions. No meditation experience necessary. Following the meditation, there will be an optional 15-minute period for discussion, Q&A, and sharing. Instructor: **Sarah Meyer Tapia**, M.A., Associate Director of Health and Human Performance, LifeWorks.



Session 2: Practices will focus on enhancing the positive qualities of awe, gratitude, and compassion.

Instructor: **Fred Luskin**, Ph.D., Director of the Stanford University Forgiveness Project, Senior Consultant in Health Promotion at Stanford, Professor at the Institute for Transpersonal Psychology, Affiliate Faculty Member of the Greater Good Science Center.



Session 3: Join Diana Brady and Sarah Johnson in a Guided Meditation of *Centering Prayer*. *Centering Prayer* is a simple method of meditation emphasizing interior silence, preparing us to receive the gift of contemplative prayer.

Instructors: The Rev. **Diana Brady**, B.S.N., M.Div., B.C.C., Director of Chaplaincy Services, The Charles L. Dostal, Jr. Endowed Chaplain, and **Sarah Johnson**, Senior Organization Development Specialist in Human Resources at LPCH.



**Date: Tuesday, 11/6 Time: 7:45-8:30am**

**Location: Four Options — Please register for ONE of the following.**

1. TBD, Sarah Meyer Tapia ..... (CBD18T2-1a)
2. TBD, Fred Luskin ..... (CBD18T2-1b)
3. LPCH Sanctuary, Diana Brady and Sarah Johnson..... (CBD18T2-1c)
4. LKS 120, Taqwa Surapati (session information on Oct. 31st page)..... (CBD18T2-1d)
4. Remotely join Taqwa Surapati's session via Zoom (Login instructions will be emailed) ..... (CBD18T2-1e)

### ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center

Sponsored by: Stanford Alumni Association, HIP

Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Cholphal from the Sera Jey Foundation will continue to create the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.

**Date: Tuesday, 11/6 Time: 10:00am-5:00pm**

**Location: Arrillaga Alumni Center Lobby**



### Savoring Stanford's Natural Beauty: A campus contemplative walk (CBD18T2-2)

Sponsored by: HIP, Trees of Stanford

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

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



Instructors: **Sairus Patel** '91 is editor of Trees of Stanford (trees.stanford.edu) and editorial assistant of *Pacific Horticulture* magazine, where he serves on the Board of Directors. A life-long tree enthusiast, he gives tree tours of surrounding communities.



**Carl Cheney** is a docent at Stanford's Jasper Ridge Biological Preserve, where he leads natural science tours and is a member of the Herbarium Team. He has a B.A. in History from Stanford, and is a retired corporate organization development executive.

**Date: Tuesday, 11/6 Time: 7:45-8:45am**

**Location: Galvez parking lot at corner of Lasuen and Campus**

### Walking Meditation and Contemplation of Memorial Church Inscriptions (CBD18T2-3)

Sponsored by: HIP, ORL

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



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



**Tia Rich**, Ph.D., Director, Contemplation by Design (CBD), has been integrating mindfulness, compassion and meditation into stress management and career training programs at the University and Medical Center since 1984.

**Date: Tuesday, 11/6 Time: 12:00-1:15pm**

**Location: Memorial Church**



### The Action Bias and The Human Condition: The role of contemplation (CBD18T2-6)

Sponsored by: HIP, English Department

Professor Vermeule will discuss the benefits of both action and contemplation which is the topic of her recent book, *Action versus Contemplation: Why an Ancient Debate Still Matters*. The publisher, University of Chicago Books, states that the book “reminds us of the richness of a life that embraces action and contemplation, company and solitude, living in the moment and planning for the future. The active and the contemplative can—and should—be vibrantly alive in each of us, fused rather than sundered. ... we can discover how the two can nourish, invigorate, and give meaning to each other, as they have for the many writers, artists, and thinkers, past and present, whose examples give the book its rich, lively texture of interplay and reference.”



Instructor: **Blakey Vermeule**, Ph.D., is the Chair of the Department of English at Stanford. She has written three books in literature and philosophy, which is her intellectual passion. A New Englander, she moved to California for graduate school.

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

**Location: TBD**

### Om Under the Dome (yoga) in Memorial Church (CBD18T2-4)

Sponsored by: HIP, ORL

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

*PLEASE NOTE: Please bring your yoga mat.*

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

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

**Location: Memorial Church**



### Dream Yoga: Lucid dreaming from the Bön Buddhist tradition of Tibet (CBD18T2-5)

Sponsored by: HIP

It is said that the practice of dream yoga deepens our awareness during all our experience: the dreams of the night; the dream-like experience of the day; and the bardo experiences after death. Indeed, the practice of dream yoga is a powerful tool of awakening, used for hundreds of years by the great masters of the Tibetan traditions. Unlike in the Western psychological approach to dreams, the ultimate goal of Tibetan dream yoga is the recognition of the nature of mind or enlightenment itself.



Instructor: **Geshe Tenzin Wangyal Rinpoche** is an acclaimed author as well as a highly respected and beloved teacher in the Bön Buddhist tradition to students throughout the United States, Mexico and Europe. Fluent in English, Tenzin Rinpoche is renowned for his depth of wisdom, his clear, engaging teaching style, and his ability to make the ancient Tibetan teachings highly accessible and relevant to the lives of Westerners.

**Date: Monday, 11/6 Time: 7:00-8:15pm**

**Location: TBD**

## WEDNESDAY CBD EVENTS (NOV. 7TH)

### P.E.A.C.E. Guided Meditations

Sponsored by: HIP, Lucile Packard Children's Hospital



Session 1: Rejuvenate from your life source and inner being by discovering how to become centered in the moment—Here-Now—using your senses as a doorway. Learn to set your worries aside, unplug from non-stop thinking and enjoy a peaceful, clear mind. Instructor: **Tarika Lovegarden**, Author, founder and meditation teacher at Lovegarden Meditations, Health Improvement Program instructor.



Session 2: A simple way to bring mindfulness practice into your life is with awareness of your body. Practice focused mindful breathing and exercises that bring openness and connection to your body for a calm, balanced start to your day. Instructor: **Christy Matta**, BeWell Coach at Stanford, Author of *The Stress Response: How Dialectical Behavior Therapy Can Free You from Needless Anxiety, Worry, Anger, and Other Symptoms of Stress*.



Session 3: This program will include a short introduction of the history of labyrinths, a brief presentation of basic instructions for walking the labyrinth and time to walk the labyrinth at your pace. You will also receive a handout with the instructions and two printed labyrinths for your personal use. Instructor: **Lani Krantz**, IT Systems Analyst at Lucile Packard Children's Hospital (LPCH), Certified Veriditas Labyrinth facilitator.

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

**Location: Four Options — Please register for ONE of the following.**

1. Landau Econ, Building, Lucas Conference Center, Room 134A, Tarika Lovegarden.... (CBD18W2-1a)
2. LKS 209, Christy Matta..... (CBD18W2-1b)
3. Labyrinth in LPCH Sanctuary Healing Garden, Lani Krantz ..... (CBD18W2-1c)
4. LKS 120, Taqwa Surapati (session information on Oct. 31st page)..... (CBD18W2-1d)

### Mindful Yoga in Windhover (CBD18W2-2)

Sponsored by: ORL, HIP

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



Instructor: **Tia Rich**, Ph.D., Stanford Senior Specialist in Health Promotion, has been teaching yoga and integrating mindfulness, compassion and meditation into stress management and resilience programs at the university and medical center since 1984.

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

**Location: Windhover Contemplative Center**



### ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center

Sponsored by: Stanford Alumni Association, HIP

Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Cholphal from the Sera Jey Foundation will be working on the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.

**Date: Wednesday, 11/7 Time: 10:00am-5:00pm**

**Location: Arrillaga Alumni Center Lobby**

## Awakening to Space and Place: Conversation with the Stanford Architect Dave Lenox and Architectural Design Program Director John Barton (CBD18W2-3)

Sponsored by: HIP, HELP Center, Architectural Design Program

Space, place and architecture make a difference. Working from general principles, and using Stanford's campus as a model, we will explore how spaces make us feel good or uncomfortable. We will also explore how to read the cues in architecture and landscape to enhance personal well-being. *PLEASE NOTE: Architectural features of the Bender Room are highlighted in the themes of this talk, and thus it is being held there.*



Panelists: **John Barton**, M.Arch., is Director of Stanford's Architectural Design Program and an architect in private practice. He is a former member of the Palo Alto City Council and also served two terms on the Palo Alto Unified School District Board of Education. John has taught at Stanford, UC Berkeley, and San Jose State Universities. His practice has spanned over thirty years and has received numerous design awards including a recent AIACC Honor Award in Urban Design for collaborative work on high-speed rail options in Palo Alto. He was elevated to the College of Fellows of the American Institute of Architects in 2013.



**David Lenox**, M.Arch., is the Stanford University Architect and Executive Director of Campus Planning and Design. Since 2005 he has focused on establishing a framework for continued physical growth of the campus to support the mission and vision of the University. He has led the development of a campus master plan that outlines strategies to restore the original Olmsted campus plan, and has provided direction for design on all new campus buildings including milestone projects such as the Bing Concert Hall, Windhover, School of Medicine LKSC, SEQ, Knight Management Center, and the Neukom Building. He is currently the Vice President on the Board of the Association of University Architects and has served on design juries for AIA San Francisco, California Preservation Foundation, AIA National Interior Design Awards, and the Society for College and University Planning.

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

**Location: Bender Room, Green Library**

## Recording and Listening: Focusing attention to live authentically (CBD18W2-4)

Sponsored by: HIP, HELP Center

Have you ever started a meditation practice, or anything else that takes care of you, only to be besieged by messages of it's not working/you're not doing it right? Do you find yourself knowing what you need to do to take care of yourself, but not doing it? Do you long for someone in your life who can support and encourage you and see you for who you truly are? Then Recording and Listening is the practice you've been looking for. Bring your smartphone and earbuds and join Cheri for an interactive exploration of a simple yet powerful tool for focusing the attention, clarifying the life we want, and taking steps to realize that life.



Instructor: **Cheri Huber**, author of 24 books, has been a student and teacher of Zen for over 35 years. In 1983, Cheri founded the Mountain View Zen Center, and in 1987 she founded the Zen Monastery Peace Center near Murphys, California. She and the monks at the Monastery conduct workshops and retreats at these centers, other places around the U.S., and internationally.

**Date: Wednesday, 11/7 Time: 5:45-7:15pm**

**Location: TBD**



## Labyrinth Walk at Windhover

Sponsored by: ORL, HIP

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



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



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

**Date: Wednesday, 11/7**

**Time: Three Options — Please register for ONE of the following.**

1. 8:00-8:20pm..... (CBD18W2-5a)

2. 8:20-8:40pm..... (CBD18W2-5b)

3. 8:40-9:00pm..... (CBD18W2-5c)

**Location: Windhover Contemplative Center**



**Register: [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)**

## THURSDAY CBD EVENTS (NOV. 8TH)

### P.E.A.C.E. Guided Meditations

Sponsored by: HIP



Your breath is a powerful reminder of living in the present moment, right here and right now, and helps you tap into an inner calm. This meditation will guide you in how to rest your attention on your breath and how to handle your mind when it starts speculating or ruminating about the past or future so you may return to your present moment experience.

Instructor: **Sanne Lim**, Certified Life and Mindfulness Coach

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

**Location: Two Options — Please register for ONE of the following.**

1. Landau Economics Building, Lucas Conference Center, Room 134A, Sanne Lim ..... (CBD18Th2-1a)
2. LKS 120, Taqwa Surapati (session information on Oct. 31st page)..... (CBD18Th2-1b)

### P.E.A.C.E. Guided Meditation with Swami Vidyadhishananda (CBD18Th2-2)

Sponsored by: HIP, ORL

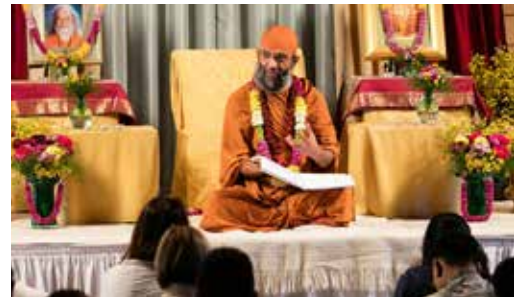
In this 60-minute session, experience a Himalayan meditation based on the ancient Patanjali-Yogasutra, which integrates breath awareness and relaxation to bring about mental clarity and calm repose.



Instructor: His Holiness **Swami Vidyadhishananda** is a Himalayan monk and meditation master of the ancient Vedanta order. He was awarded the degree of *Mahāmahopādhyāy (DLitt et Phil)* by the university system in India due to his scholarly and meditative interpretation of Sanskrit literature. He is the spiritual founder of the nonprofit Self Enquiry Life Fellowship.

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

**Location: The CIRCLE, Old Union 3rd Floor, 520 Lasuen Mall**



### ONGOING: Viewing of Compassion Buddha Sand Mandala in Stanford Alumni Center

Sponsored by: Stanford Alumni Association, HIP

Tibetan Buddhist monks Geshe Lobsang Dorji and Geshe Lobsang Cholphal from the Sera Jey Foundation will continue to create the Compassion Buddha Sand Mandala. The mandala is available for viewing throughout the day. Registration is not required.

**Date: Thursday, 11/8 Time: 10:00am-5:00pm**

**Location: Arrillaga Alumni Center Lobby**

### Contemplative Concert at Bing (CBD18Th2-3)

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

Through music, dance and song, experience PEACE: Pause, Exhale, Attend mindfully, Connect with nature/yourself/others and Express. The concert includes performances by the Chocolate Heads Movement Band, a Stanford multidisciplinary student performing arts group, Kaorihiva, Stanford's Polynesian dance group, Nā Wāhine O' Kalani, a staff/faculty/community dance group, Mark Takata, Native American flutist, and Talisman a cappella group.

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

**Location: Bing Concert Hall**



### Compassion Buddha Sand Mandala Closing Ceremony (CBD18Th2-4)

Sponsored by: Stanford Alumni Association, HIP

As completion of the Compassion Buddha Sand Mandala creation, Geshe Lobsang Dorji and Geshe Lobsang Cholphal will lead a closing ceremony. At the end of the ceremony, the monks will provide a small bag filled with sand from the mandala to any attendees who would like to take one home. The sand is considered blessed. Whatever sand is left will be placed in an urn, taken to the ocean, and spread in the water to bless the oceans and their creatures.



Instructor: **Geshe Lobsang Dorji** joined the Sera Jey Monastery in India at the age of 10 in 1986, received his *Geshe* degree in 2009 and is currently a resident teacher at Sera Jey Foundation in California.

**Date: Thursday, 11/8 Time: 4:00-4:30pm**

**Location: Arrillaga Alumni Center Lobby**



## Cultivating a Resilient Spirit: A day of spiritual care for chaplains, advisors and counselors

The conference will focus on resiliency practices upheld by seasoned chaplains from the major fields of chaplaincy, and by advisors and teachers practiced in compassion and resilience.

**Keynote:** The keynote speaker will be **Dr. Frank Rogers, Jr., Ph.D.**, who is the Muriel Bernice Roberts Professor of Spiritual Formation and Narrative Pedagogy and the co-director of the Center for Engaged Compassion at the Claremont School of Theology. His research and teaching focus is on spiritual formation that is contemplative, creative, and socially liberative. A trained spiritual director and experienced retreat leader, he has written on the interconnections between spirituality, social engagement, and compassion. He is the author of *Practicing Compassion*; *Compassion in Practice: The Way of Jesus* (and its supplemental curriculum, *The Way of Radical Compassion*); *The God of Shattered Glass, A Novel*, and *Finding God in the Graffiti: Empowering Teenagers through Stories*.



**Panel Conversation:** **David Freudberg**, host of of Humankind public radio program and the Spiritual Care Podcast, both distributed by NPR, will conduct a live interview with three thoughtful practitioners of spiritual care: **Karen Biestman**, Associate Dean and Director of the Native American Cultural Center at Stanford, **Sensei Joshin Byrnes**, Vice-Abbot at Upaya Zen Center, and the **Reverend John Harrison**, Director of Spiritual Care at El Camino Hospital.



**Breakout Sessions:** Breakout sessions will be hosted by chaplains or advisors from higher education, health care, prison, military, and community settings. At the end of the day, we will engage in a meditative practice together and share closing thoughts on the day.



**Lunch:** A complimentary lunch will be provided.



**Registration:** Through the generous support of the Henry Luce Foundation, there is no cost to participants.

### SPECIAL REGISTRATION REQUIRED

REGISTER AT: [www.eventbrite.com/e/cultivating-a-resilient-spirit-tickets-48430718583](http://www.eventbrite.com/e/cultivating-a-resilient-spirit-tickets-48430718583)

**Space is limited so please reserve your space as soon as possible. A wait list will be kept.**

Stanford University faculty and staff are eligible to earn a BeWell Berry for registered participation in this conference.

The conference is presented by the Office for Religious Life at Stanford University and the Spiritual Care Service of Stanford Health Care, in conjunction with the Henry Luce Foundation and Humankind public radio and the Spiritual Care Podcast, both distributed by NPR. For further information, please email: [religious-life@stanford.edu](mailto:religious-life@stanford.edu)

**Date:** Tuesday, 11/13

**Time:** 9:00am-4:00pm

**Location:** Harold & Libby Ziff Center for Jewish Campus Life, 565 Mayfield Avenue, Stanford University

### Optional Survey on Well-being and Resilience for the "Cultivating a Resilient Spirit" Conference registrants

If you are interested in receiving a personal report about your resilience and well-being, you are invited to fill out Stanford's WELL for Life survey at: [med.stanford.edu/wellforlife.html](http://med.stanford.edu/wellforlife.html)

When you start the survey, **please be sure to select Resilience Conference 2018 as your group code.** Completion of this online survey is not required for conference attendance.

If you choose to complete the survey, you will receive your personal report about your well-being along with resources and ideas about ways to improve well-being, based on the latest research from Stanford experts. WELL for Life gives you a chance to improve your own well-being while also contributing to the science of well-being worldwide.

If 50 or more people who are registered for this Resilience conference complete the survey, then an anonymous aggregate report portraying the conference attendee's collective well-being will be provided to everyone at the conference as a tool for sparking conversations, insights and further understanding about resilience and well-being.

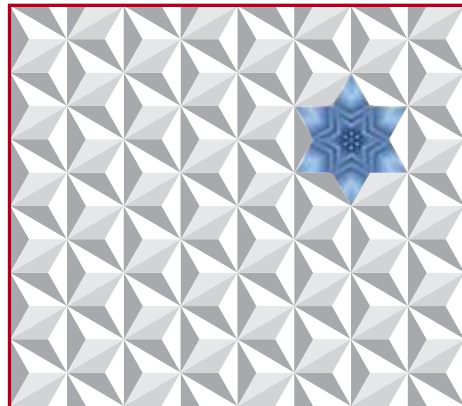
**PLEASE NOTE:** Anyone is welcome to complete Stanford's WELL for Life survey. You do not need to attend the "Cultivating a Resilient Spirit" conference to be eligible to take the survey available at: [med.stanford.edu/wellforlife.html](http://med.stanford.edu/wellforlife.html)

**If you are not participating in the "Cultivating a Resilient Spirit" conference, please do not select any group code when completing the Well-being survey. Thank you.**

**Register:** [contemplation.stanford.edu/summit.php](http://contemplation.stanford.edu/summit.php)

# CONTEMPLATION BY DESIGN

STANFORD 2018



OCT. 30 - NOV. 8

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

- TUE. 10/30** 12:00PM **Contemplative Skills for P.E.A.C.E., Tia Rich, PhD**  
5:00PM **Using Fiction & Poetry to Deepen Your Presence to Life, Jonah Willihnganz, PhD**  
5:00PM **Cultural Mindfulness: How Culture Shapes Our Patterns of Thought, Jeremy Lent**
- WED. 10/31** 12:00PM **Carillon Concert & Community-wide Contemplative Pause**
- THU. 11/1** 7:45AM **Guided Meditations**  
12:00PM **Neuroscience of Contemplative Practices, Manish Sagar, PhD**  
7:00PM **Keynote — Roshi Joan Halifax, Standing at the Edge:  
Finding freedom where fear & courage meet, Memorial Church**  
9:15PM **Guided Meditation & Reflections on the Keynote, Carole Pertofsky, MEd**  
9:15PM **Quiet Contemplative Breaks in Student Residences for Stanford Students**
- FRI. 11/2** 7:45AM **Guided Meditations**  
12:30PM **Ceremonial Healing, Randall Weingarten, MD**  
5:30PM **Presence Under Pressure: The playful gift of the improviser's mindset, Dan Klein**
- SAT. 11/3** 8 OR 9:15AM **Sound Bath for Pausing the Mind & Refreshing the Body, Danny Goldberg**  
8 OR 9:15AM **Tu Gu Na Xin - Daoist Breath Work, David Wei**  
10:30AM OR 12:15PM **Ethnographic Body Map Workshop, Cari Costanzo, PhD**  
10:30AM OR 12:15PM **Herbal & Nutritional Self-Care Skills as Contemplation, Yangdron Kalzang**  
2:00 OR 3:30PM **More Mindful, Less Muddle: Decluttering internal & external life, Pauline Wiles**  
2:00 OR 3:30PM **Foundations of Healing Qigong - Circulation, David Wei**  
5:00PM **The Power of Rest, Alex Pang, PhD**  
7:30PM **Jazz Interactive Concert: On self-care, Sam Priven Jazz Band**
- SUN. 11/4** 10:00AM **University Public Worship (UPW) with Fr. Donal Godfrey, Memorial Church**  
11:00AM **Conversation with Fr. Donal Godfrey, Round Room, Memorial Church**  
1:00PM **Guided Ignatian Meditation, Windhover, Fr. Donal Godfrey**  
3:00PM **Sand Mandala Creation & Descriptive Talk, Geshe Lobsang Dorji**  
3:00 OR 4:15PM **Savoring Stanford's Natural Beauty: A campus contemplative walk, Sairus Patel**  
5:15PM **Contemplative Computing, Alex Pang, PhD**  
9:00PM **Compline & Contemplation, Memorial Church**
- MON. 11/5** 7:45AM **Guided Meditations**  
12:30PM **WorkLife Integration: Creating your success plan, Phyllis Stewart Pires, MA**  
4:15PM **Savoring Stanford's Natural Beauty: A campus contemplative walk, Sairus Patel**  
6:00PM **Justice, Compassion & Self-Care, Ron Tyler, JD**  
7:45PM **Guided Meditations**
- TUE. 11/6** 7:45AM **Guided Meditations**  
7:45AM **Savoring Stanford's Natural Beauty: A campus contemplative walk**  
12:00PM **Walking Meditation & Contemplation of Memorial Church Inscriptions**  
5:15PM **The Action Bias and the Human Condition: The role of contemplation**  
5:30PM **Om Under the Dome, Yoga in Memorial Church, Rebecca Snowball**  
7:00PM **Dream Yoga: Lucid dreaming from the Bön tradition of Tibet, Geshe Tenzin Wangyal**
- WED. 11/7** 7:45AM **Guided Meditations**  
8:00AM **Mindful Yoga, Windhover, Tia Rich, PhD**  
12:30PM **Awakening to Space & Place, John Barton, MA, Dave Lenox, MA**  
5:45PM **Recording & Listening: Focusing attention to live authentically, Cheri Huber**  
8:00PM **Labyrinth Walk, Windhover, Rev. Joanne Sanders, DMin, Tia Rich, PhD**
- THU. 11/8** 7:45AM **Guided Meditations**  
12:00PM **Contemplative Concert, Bing Concert Hall**

All events are **FREE!** Faculty, staff, students and community members are welcome.

Registration begins September 11th: [contemplation.stanford.edu](http://contemplation.stanford.edu)

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