

New Student Speech - 2011
Stuart Lord

Good Morning, I am delighted to welcome you to Naropa University.

The air is filled with excitement, and anticipation, as you enter our passionate community. Your life at Naropa can be as rich, powerful and transformative as YOU want it to be. I hope that you will “embrace” the rigour and discipline of both the heart and mind. A rigour which will be required of you in your program. This is the rigour of Inner and Outer transformation

Now with that said, let me remind you to replenish and take care of yourself, For when the pressure builds, which it enviably will—When you are experiencing challenges in your academic or personal life or become aware that those around you are under great stress—I urge you to rely on your personal anchors; whether they be meditation, yoga practice or hiking in the mountains. Know what they are and embrace them as your personal grounding.

I also implore you to reach out into the community for friendship and support. You'll find that Naropa is a tremendously caring community, full of heart, integrity and compassion. At the Dean of Students Office, and elsewhere on campus, you'll find dedicated professionals who can help you adjust to Naropa, help you deal with anxiety and stress, and meet the academic challenges of Naropa.

I urge you, when you are experiencing the inevitable challenges of life as a student, to reach out to others who can help. They are here for you, waiting and willing.

Naropa and Boulder also has a cornucopia of exciting activities!

- Play Frisbee on the Green.
- Eat on Pearl street
- Go to the farmers Market on Saturday
- Have lunch or Tea with a member of the faculty
- Chant in the Meditation Hall
- See a play at the performance Center

- Go rock climbing
- Practice Yoga in Shambhala Hall
- Attend a lecture by a distinguished campus visitor
- Participate in a Diversity Workshop
- Commit sustainability
- Eat lots of ice cream

—then work it off at a local fitness center or take a walk or run on the trail.

Also, find ways that you can stretch yourself through public service, which has been part of the Naropa's culture since the university's founding. You'll find that there are many other ways to augment your academic experience with service to the campus, the community and the world beyond.

Naropa is a great place to start to find volunteer and work-study opportunities in the community, and service-learning courses. Remember, the Naropa Community is a Family. She is caring, generous and diverse.

As a family I believe it is very important that you and I know each other. You can email me at President@naropa.edu, and I promise that either I, or someone on my senior leadership team, will get back with you. When we pass each other on campus or around town, please take a moment to introduce your-self or just to say "Hi."

Also, Next week and I will be spending the night in Snow Lyon, so that I can get to know you while you're settling in. I hope you'll take a minute to join me in the evening for conversations, sharing of ideas and PIZZA!

Today you have become a part of Naropa, and Naropa forevermore will be a part of you. You will never be the same. But, you should know that by your very presence here, Naropa itself will be changed, too.

Take on this responsibility with confidence and joy. And also embrace with me a profound sense of gratitude for the privilege we share as members of this special learning community.

We have work to do, you and I--and it is time to begin!

Welcome to Naropa, welcome Home.