naropa! MAGAZINE

NEW LEADERS
Naropa University is a private, nonprofit, nonsectarian liberal arts institution dedicated to advancing contemplative education. This approach to learning integrates the best of Eastern and Western educational traditions, helping students know themselves more deeply and engage constructively with others. The university comprises a four-year undergraduate college and graduate programs in the arts, education, environmental leadership, psychology and religious studies.

Naropa University is accredited by the Higher Learning Commission and is a member of the North Central Association of Colleges and Schools.

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Schweitzer knew that leadership is not about giving instructions, but that true leadership is leading the way through personal growth and vision. Leaders lead by their lives, not by their words alone.

Naropa University inspires a leadership capacity that is founded in personal transformation and the development of internal character. For the Naropa student, leadership is more than attaining a position such as CEO, president, or doctor. A Naropa student knows that leadership is the result of personal choices that inspire others to follow suit and do great things.

This form of leadership can be seen through several lenses.

**Authenticity.** The leaders of today cannot lead without a spirit of genuineness. Today’s leaders need to be able to demonstrate a spirit of authenticity in the way they operate, from transparency in communication to thoughtful appreciation of all who are affected by their decisions.

**Ambition.** Today’s leaders need to have a strong sense of achievement and be ready to make choices with an eye toward accomplishment. This does not mean that leaders are non-relational or driven purely by personal achievement, but rather that they have a vision for how the world can be better and a strategic plan to implement and inspire that positive change.

**Humility.** Today’s leaders must be humble in their efforts, recognizing the hard work of others, and allowing their ambition to be about institutional and organization success, rather than personal accomplishment. The leaders of today build upon relationships and succeed when others thrive.

At Naropa, our faculty design their course work to enable students to truly apply contemplative practice and leadership skills into all aspects of their lives. Imagine a corporation where every member is regarded as a valued colleague with a vital and respected contribution. Imagine a nonprofit where each member has the ability to not only meet the needs of others, but truly feel the situation of others with empathy and compassion. A Naropa education teaches students a distinct approach to meeting the world around them and becoming leaders who understand that leadership is about passion, awareness, and community, not position, power, or reward.

I am delighted to watch a new generation of leaders arise at Naropa. These new leaders are interested in more than traditional paradigms of authority; they seek to empower others through true authentic leadership.

On the pages that follow, you will meet some of the alumni, students, and faculty who embody the qualities of the new leader. These individuals approach the complexities of the world with fearlessness, skill, and heart, and are truly an inspiration. Come with us, and through transforming yourself, transform the world.

In the Spirit of Service,

Stuart C. Lord, President
Meditation teacher and author Sharon Salzberg visits Naropa

Naropa University’s Religious Studies Department hosted a public talk and book signing by Sharon Salzberg on February 15. Salzberg, who is considered one of the nation’s leading spiritual teachers, has taught at Naropa on and off for decades. Through meditation teachings and writings, she has helped bring Asian meditation practices to the West.

Salzberg’s latest book, *Real Happiness: The Power of Meditation* (Workman Publishing, 2011), distills thirty years of meditation teachings into a twenty-eight-day program. It starts with meditation basics, such as posture and breathing, and moves on to the finer points of calming the mind, overcoming distraction, dealing with specific problem areas, and the wider practices of compassion and awareness.

She has studied with spiritual teachers in India, Tibet, Burma, and Nepal, where Buddhist masters from a variety of traditions have shaped her work. In turn, Salzberg has affected other teachers, including Religious Studies Professor Judith Simmer-Brown.

“Her previous books have influenced my teaching quite a bit. It is wonderful to have someone of her experience and renown speak at Naropa; it is especially wonderful that our students had a chance to hear her speak and to be guided in meditation by her. She is a longtime friend of Naropa, and we celebrate her success and her new book,” says Simmer-Brown.

Salzberg co-founded Insight Meditation Society, a Buddhist retreat center in Barre, Massachusetts, where she remains a guiding teacher. She has led meditation retreats worldwide since 1974. The foundations of her work are the ancient Buddhist practices of *vipassana* (mindfulness) and *metta* (loving-kindness). “Each of us has a genuine capacity for love, forgiveness, wisdom, and compassion. Meditation awakens these qualities so that we can discover for ourselves the unique happiness that is our birthright,” says Salzberg.

In addition to authoring several popular books about the meditation path, she was a contributing editor to Oprah Winfrey’s *O Magazine* for several years. She has appeared in such publications as *Time Magazine, Yoga Journal, Shambhala Sun, Real Simple, Body & Soul*, and *Tricycle."

Poet Lyn Hejinian came to campus as Naropa’s first visiting fellow

Poet, essayist, and translator Lyn Hejinian had a weeklong residency on campus in February as the university’s first recipient of a visiting fellowship, funded by the Allen Ginsberg Estate. The fellowship was made possible by a grant from the Committee on Poetry, which was established by the late Ginsberg, co-founder of Naropa University’s Jack Kerouac School of Disembodied Poetics.

Hejinian offered a two-day practicum (combining workshop and lecture) for Writing & Poetics students, a free public lecture with Q-and-A period on February 24, and a free public reading of her poetic work on February 25. She has been a visiting faculty member at the Kerouac School’s Summer Writing Program on several occasions. She was selected for...
the fellowship because of her stature as a contemporary poet and essayist and her experience and skill as a teacher in presenting often complex, historicized ideas in poetics with clarity and precision.

“Ms. Hejinian’s visit marked a very exciting extended engagement for Naropa students, staff, and faculty with a major contemporary literary figure significant both for her creative work over many decades and a deep experience with and knowledge of world poetics. She is, as well, a wonderful presenter of her creative and critical work,” says Reed Bye, acting chair of the Department of Writing & Poetics.

While Writing & Poetics hosts writers and readings over the course of the school year, and the Summer Writing Program hosts events over the summer, the fellowship is distinguished by an intensive week of the fellow’s reading, instruction, and direct contact with students during the year-round program.

Hejinian’s most recent published book of poetry is Saga/Circus (2008). Other books include A Border Comedy (Granary Books, 2001), Slowly and The Beginner (both published by Tuumba Press, 2002), and The Fatalist (Omnidawn, 2003). In 2000, the University of California Press published her collection of essays entitled The Language of Inquiry. Hejinian is actively involved in collaboratively written works. Recent examples include The Wide Road (with Carla Harryman; Belladonna, 2011) and a collection of poems by Hejinian and Naropa’s Jack Collom titled Situations, Sings (Adventures in Poetry, 2008).

Translations of her work have been published in Denmark, France, Spain, Japan, Italy, Russia, Sweden, China, Serbia, Holland, China, and Finland. She received a writing fellowship from the California Arts Council, a grant from the Poetry Fund, and a Translation Fellowship from the National Endowment for the Arts. Since 1976, Hejinian has been the editor of Tuumba Press.

She co-directs with Travis Ortiz a literary project commissioning and publishing cross-genre work by poets called Atelos. Hejinian serves as a chancellor of the Academy of American Poets, and she teaches at the University of California English Department, Berkeley. Additionally, she chairs the UC-Berkeley Solidarity Alliance, a coalition of unions, workers, staff, students, and faculty fighting to maintain accessibility and affordability of public higher education in California.

Allen Ginsberg and Anne Waldman founded the Jack Kerouac School at Naropa in 1974. In addition to the Department of Writing & Poetics, which includes the MFA in Writing & Poetics and the BA in Writing & Literature, the school is comprised of the Summer Writing Program and the low-residency MFA in Creative Writing.

John Paul Lederach to deliver John and Bayard Cobb Peace Lecture

Naropa University’s Peace Studies program will host this year’s John and Bayard Cobb Peace Lecture on April 13 from noon to 1:30 p.m. at the Performing Arts Center on the Arapahoe Campus. John Paul Lederach, a leader in the peacebuilding field, will present the lecture “The Moral Imagination: The Art and Soul of Building Peace.” He has lived in Rollinsville, Colo., for some time, but this will be the first opportunity he’s had to speak at Naropa.

Lederach is known for his pioneering work on conflict transformation in Colombia, the Philippines, Nepal, and Africa. Altogether, he has helped design and conduct training programs in twenty-five countries across five continents. He is a professor of international peacebuilding at the University of Notre Dame and has been a distinguished scholar at Eastern Mennonite University since 1990. He holds a PhD in sociology from the University of Colorado.


“I will be talking about my work and experiences in peacebuilding internationally. This will include some storytelling and thinking about the challenges of deep-rooted conflict and violence from the standpoint of the artistic process, or what I refer to as the moral imagination,” Lederach says.

Cody Spyker, a junior Peace Studies student, says she considers Lederach’s lecture at Naropa as a “great gift.” She read Moral Imagination as part of an assignment for a course
entitled Conflict Transformation: Theory and Practice. “Reading it for me was akin to meeting up with an old friend; his words ‘clicked’ perfectly with my broader Peace Studies experience thus far and reinvigorated so much in my life as I move forward pursuing this degree. I very much look forward to this being a rare and incredible experience to meet with someone who genuinely changed my life. I weave his life’s work and his language of peacebuilding within my own story every day,” Spyker says.

Since 2007, the Cobb lecture has brought distinguished thinkers, practitioners, activists, and scholars from diverse backgrounds to campus. Previous lecturers included death penalty activist Sister Helen Prejean in 2009, and the Sakyong Jamgon Mipham Rinpoche, Naropa’s lineage holder and eldest son of the university’s founder Chogyam Trungpa Rinpoche, in 2007.

Naropa hosts second annual Day of Service and Learning

Naropa will demonstrate its commitment to community service and civic engagement through the Day of Service and Learning on Saturday, April 16. The event is an opportunity for the entire Naropa community—students, faculty, staff, and alumni—to participate in service projects within the greater Boulder area.

Activities will begin at Naropa’s Nalanda Campus with community sitting practice, speakers, and breakfast. Then participants will choose an off-site service project to join for the day. Unique to this year’s event is an opportunity for Boulder area community members to take workshops from Naropa students, faculty, staff, and alumni at the Nalanda Campus.

The Day of Service and Learning was reinstituted in 2009 during Naropa University President Stuart C. Lord’s inauguration. That year, members of the Naropa community participated in more than twenty service opportunities at on- and off-campus locations, including Growing Gardens, a nonprofit that serves Boulder’s thriving network of community gardens, and the YWCA, where preschoolers painted a mural.

Lord has a long history of personal service both domestically and internationally. He has led international service trips to Bangladesh, Nicaragua, the Philippines, and Sierra Leone. He has developed programs to aid domestic communities, including areas ravaged by Hurricane Katrina. In 1996, he was the executive director of the President’s Summit for America’s Future under President Clinton. In this role, Lord provided leadership to a national volunteer initiative targeted at improving the quality of life for America’s youth.

Lord also has an impressive record of increasing levels of student service at the institutions he previously served, DePauw University (1988–2000) and Dartmouth College (2000–09). Student body participation in community service increased from 25 percent to more than 93 percent during his tenure at DePauw, and from 45 percent to more than 70 percent during his time at Dartmouth.

The annual Day of Service and Learning is a way of “reinvigorating of our commitment to service,” says Lord, who notes that service isn’t something one does for a day, but something one commits to for a lifetime.

For more information about this year’s events, contact Sarah Steward at 303-245-4863 or ssteward@naropa.edu. Visit www.naropa.edu/dayofservice for updates.
Tell me about your dissertation. What methodology did you use?
I completed my PhD in Transformative Learning and Change at the California Institute of Integral Studies with a dissertation called “Ecological Healing: Shifting from a Scarcity Consciousness,” using a methodology called organic inquiry. Organic inquiry is an earth-based methodology rooted within intuitive knowing, synchronicity, and feminine wisdom and involves paying attention to synchronicities, dreams, insights, and so much within the qualitative and transpersonal realms.

Within the environmental movement, we enough speak of an emerging paradigm shift—part of what Joanna Macy calls the Great Turning—where humanity is entering this new healing and realigning with the earth, yet we don’t really know what that looks like. Within my inquiry, I wanted to see patterns of people making that shift. I interviewed a series of people doing environmental work engaging organic inquiry.

What led you to your work in environmental justice and diversity?
During my childhood, I began questioning what was going on in our society with racism. I was born shortly after the Civil Rights Movement and my family was the first to integrate a neighborhood in the suburbs where I experienced a lot of racism—causing me to question why there was so much pain and suffering in the world. When I finished my undergraduate degree, I felt unsatisfied with my education so I decided to go back to school to study multicultural education and patterns of oppression. At that same time I began studying ecopsychology and these intersections revealed that the oppression of the earth and the oppression of people are part of the same pattern. In fact, you can never separate any instance of large-scale racism from the acquisition of natural resources. Think about Native Americans, enslaved African Americans, Latino and Asian workers. It was all about separating people from land—even indigenous Europeans. I became passionate about unraveling the patterns and seeing how racism is used to break solidarity among peoples. Poor and working class white people have so much in common with Native Americans, African American, and women, yet we do not see how much we are vested and need one another.

What are your goals for leading culture change for a new future?
Last fall, I taught a diversity seminar where we looked at oppression, including ecological oppression, within a contemplative context starting with the concept of basic goodness. By rooting our study here, we see that all of us lose in oppression and that when studying diversity, we have to have compassion for one another. This is essential since our work involves unraveling history and multiple patterns of oppression which can spark anger and othering where we think certain people are worse or better. Instead we need to have compassion for everyone whether they are perceived as an oppressor or an oppressed.

I think cultural-change leadership starts here—seeing the patterns of oppressions—becoming awake and aware but in a way that does not perpetuate the trauma. It involves understanding, compassion, and dialogue, allowing for healing and actions to emerge from the ground of that immediate space.

Why do you like teaching at Naropa?
It’s a collection of brilliant, beautiful, quirky misfits who all are doing really important work for healing the world, whether it’s through creative writing, poetry, dance, therapy, environmental healing, or education. People are here because they are committed to healing. So not just studying and writing papers about it, but being in this grand experiment of how we actually do this. We know the hypotheses but it’s actually the process and the practice itself that is the solution. I want to be in a community that wants to be radical, positive, introspective, and at times, controversial.
Preparing a new kind of leader

Naropa responds to world’s need for authentic leadership

For more than a decade, Naropa University’s Authentic Leadership Program has trained leaders through a powerful combination of ancient Eastern wisdom and modern leadership approaches. In February, the program expanded its offerings to include a symposium focused on emerging leadership paradigms. Organizational theorist Peter Senge was a panelist, along with President Stuart C. Lord and Authentic Leadership Program founder Susan Skjei. The panel was moderated by Kathryn Goldman-Schuyler. Held at Naropa’s Nalanda Campus February 18 to 19, the symposium attracted more than 150 participants from business, education, and health care. Other symposium presenters included Mark Gerzon, Kit Tennis, Amanda Trosten-Bloom, Kristen Wheeler, Gloria Nouel, Jim Marsden and Dan Hessey.

Many participants came for Senge, author of several books on leadership including *The Fifth Discipline: the Art and Practice of the Learning Organization*, identified as one of the seminal management books of the past 75 years by the *Harvard Business Review*. Senge founded the Society for Organizational Learning and is a senior lecturer at the Massachusetts Institute of Technology’s Sloan School of Management.

“Peter Senge represents the cutting edge of research and practice in leadership and organizational development and so it was important for us to have someone of his caliber come to Naropa and both challenge and confirm many of the things that we are doing in our program, and explore new opportunities for Naropa to engage further with the world,” Skjei says.

Before starting the Authentic Leadership Program, Skjei was a chief learning officer for a high tech firm and had worked in leadership development for twenty years. She was certain that integrating mindfulness and leadership would yield great results.

“Susan is a good example of someone who is serious about her own cultivation and who also has some significant professional experience. Stuart Lord is a great embodiment of someone who is willing to tackle the tough issues to be a good leader,” says Senge.

Authentic Leadership initially was offered as a weekend program and evolved into a sixteen-week certificate program that is offered to the public and also functions as the capstone to the Environmental Leadership master’s degree. More than 400 participants have graduated from the program.

Intrigued by the Authentic Leadership program, a business school in India is seeking a partnership with Naropa that would offer them a way to integrate spirituality and business.

“I think it’s a well-kept secret that leadership is changing. Some business schools have caught onto it and are beginning to incorporate new elements, such as emotional intelligence and mindfulness, but there is still a large group of people that think command and control are the main leadership skills leaders need to have,” Skjei says.

Skjei sees the new globalized workplace as an environment where a different type of leader can excel—one who is able to be genuine, create trusting environments, think systemically, and relate to diverse people and cultures. “Leaders now need to have the ability to operate from an inner place of integrity and self-knowledge, but also to have the interpersonal skills to be curious, to collaborate, and to invite the wisdom of people from many diverse backgrounds. Most importantly, they need to be able to tolerate ambiguity and uncertainty. That is where mindfulness practice can really help,” Skjei says.

www.naropa.edu/epl
Naropa University is home to two members of the Janowitz family. Marty Janowitz, who lives in Halifax, Nova Scotia, Canada, chairs the university’s board of trustees. His son, Nathaniel, is pursuing an MA in Environmental Leadership.

He says much has changed since the 1960s and 1970s when sustainability didn’t even exist as a concept. “Decades ago we were naively hopeful and expectant that we could just change the world. Now, I work in the world of sustainable transformation with communities and with businesses, so I know how hard the work is and how steep the climb is—and also how urgent. The work that the emerging generation has to take on is going to be tough work, and therefore being able to hold an attitude of awakened energy is going to be essential. And Naropa is in the awakened energy business,” Marty says.

Nathaniel has already begun to take on the mantle of environmental sustainability. “It’s a delight to have my son be the most impactful member of my family at Naropa. It’s also humorous that when people ask, ‘Have you heard what Janowitz has done?’ they are not talking about me,” he says.

Nathaniel has been the student sustainability coordinator for more than a year. Among the initiatives promoted by Naropa’s Green Team is Bottled Water Free–Naropa, which would make the university one of only ten campuses nationwide that are plastic water bottle free.

“I gave up bottled water a long time ago because I learned about the ramifications of the industry and the privatization of water. It’s not something that people think about a lot, and I think by questioning people’s norms is where you start to see those changes,” he says.

Nathaniel has learned alternative ways of looking at issues from the Environmental Leadership program, and he’s learned from his father how to successfully balance commitments. “Seeing his determination and his ability to focus on many different things and accomplish a lot is inspiring. It was a good example to see him take on these extra commitments, along with the many other things he does, and balance these other things and still have a good personal life as well,” Nathaniel says.
Damaris Webb was already an established performer and teacher in New York when she discovered the MFA Contemporary Performance program at Naropa University and fell in love with it. She graduated in 2008, moved back to New York City, and brought a bit of Naropa with her.

In addition to her role as Master Teaching Artist at ENACT Inc., an organization that brings creative drama and drama therapy techniques into public schools, Webb leads a workshop in Contemplative Dance Practice (CDP) that evolved from Barbara Dilley’s course at Naropa. Webb says the practice incorporates the outer form and an inner practice. In its sparsest structure, it consists of twenty minutes of sitting meditation, twenty minutes of personal awareness practice (warming-up), half an hour to an hour and a half of open space (improvisational performance).

“The inner practices are a willingness to return again and again to the present moment with beginner’s mind, a willingness to not be attached to outcome, learning to tolerate less rather than more, the cultivation of kinesthetic delight (through synchronization of body mind), and a wholesome and relaxed vigilance of your inner journey,” she says.

At Naropa, Webb took Dilley’s meditation and dance courses and assisted her with two ensemble contemplative performance art productions. Today, the two remain friends. “Happily I am in frequent contact with her, offering feedback and reflection for her book project, and engaging in conversations around using her writings as a template for teaching,” Webb says.

Webb started the CDP/NYC workshops in 2009, and is now in her seventh twelve-week session. The group evolved to include eleven core members, including eight MFA graduates. The form consistently starts with sitting and personal awareness practice, and open space is still the “meat” of the sessions. “CDP/NYC is part practice, part lab, and part class. We are both a practice group and an ensemble lab, stretching forms, deciphering and making personal their elements, and above all creating new experiments to try our hypothesis about performance and the experience of the performer,” Webb says.

A dancer, choreographer, and half-time professor at Naropa, Dilley studied and performed dance in New York City in the 1960s and 1970s. She joined Naropa in 1974. She designed the Dance/Movement Studies program, served as university president from 1985–93, and then returned to the faculty. She recalls Webb’s engagement with the material and her connection with it. “Damaris seemed to sense the multiple layers of awareness practice that I was trying to illuminate. What stood out for me was her seeing the material and wanting to understand it and be closer to it,” Dilley says.

She’s seen CDP/NYC in action and thinks it’s a terrific evolution of the material Webb learned at Naropa. “I am very much connected to the idea of the student journey being an evolutionary one where they learn certain skills and then they adapt them and adopt them to fit certain circumstances that they find in the larger world,” she says.

Some of Dilley’s former students asked her to develop a handbook about her teachings. “This relationship with the next generation and the people who are intrigued with the practices that I have developed at Naropa—that has been the main reason why I started writing this book. That reciprocal exchange is really very potent in my life, and I am very grateful for it,” she says.
Rabbi Zvi Ish-Shalom is a faculty member in Naropa University’s Department of Religious Studies where he teaches courses such as Foundations of Judaism, Jewish Mysticism, and Non-Dualism, to name a few. His rabbinic training includes studies in New York and Israel. He descends from a long lineage of rabbis in the mystical tradition of Hasidism, and he was ordained as a rabbi in Orthodox and neo-Hasidic traditions. Before coming to Naropa, he served as rabbi for Congregation Har Shalom in Fort Collins, Colorado.

Ish-Shalom was born to American parents in Israel and grew up in Brooklyn, New York. His family spent summers in Israel, and he has spent time studying there. If Israel is like a second home to him, he says Naropa is just home.

“My family was part of a tight-knit, insular community of Orthodox Jews. I spent more than fifteen years in the Orthodox yeshiva system and was ultimately trained to be an Orthodox rabbi. The religious intensity of living as a strictly observant Jew obviously had a deep impact on my soul, and I am grateful for all the spiritual blessings it has provided me. I still keep many of the traditional practices, albeit from a radically different internal space,” he says.

Ish-Shalom’s grandparents survived the Nazi concentration camps, and they were the family’s sole survivors. That traumatic legacy deeply affected him as a child, and he remains aware of the Holocaust’s impact on the global consciousness today.

“My spirituality and my life in the world are inseparable. There is no spirituality for me that’s different from driving my son to school, or doing the dishes, or teaching a class, or sitting and meditating. To describe my spirituality would be to describe my life. In fact, my practice is my life,” he says.

Part of what makes Naropa unique is the processes of teaching and learning. The university’s approach to teaching includes not only the logical, rational, discursive linear aspects of the subject matter, but also encompasses the body, the heart, and the totality of one’s consciousness in learning. Ish-Shalom believes the contemplative dimension of experience allows for a more fully integrated education.

“At Naropa, we are not just imparting information. We are teaching how to cultivate wisdom. And true wisdom is discovered in the ‘not-knowing,’ in the paradoxes, in the mysterious depths of our Being. When this kind of openness to the mystery is integrated with the body, the mind, and the heart, then our wisdom can be expressed more authentically in the world. This is the whole point of a Naropa education.”

Ish-Shalom believes that Naropa must stay true to the vision and principles upon which it was founded and resist the pressures of conventional reality so it can continue to help the world wake up to what is fundamentally true and real.

“Naropa offers a home for those who aren’t willing to conform to convention—the mystic, the healer, the prophet, the rebel, the artist, the revolutionary, the oddball—those who are incredible contributors to the evolution of society and of our planet. Naropa faculty and students are all of these things. It’s what makes Naropa what it is. If we were a mainstream institution that attracted more conventionally minded folks, then we wouldn’t be Naropa. And we would not be fulfilling our purpose,” he says.
Fleet Maull earned a master’s degree in Buddhist and Western Psychology in 1979 (equivalent to Naropa’s Contemplative Psychotherapy degree today). He studied with Naropa University’s founder, Chögyam Trungpa Rinpoche, and eventually became an acharya (senior teacher) in the Shambhala community that Trungpa founded. But the path wasn’t without its twists and turns. Maull was living in Peru when he discovered Naropa through a Rolling Stone article about the school’s first summer session. “I got to Naropa, attended classes, and was around some of the students, and it was like clunk—finally the square peg found the square hole and I knew I was home,” he recalls.

He became Trungpa’s aide and although Trungpa was a powerful positive influence, there were darker influences working on Maull. “I was always looking for something genuine and authentic, and I was definitely a classic spiritual seeker. And at the same time, I got involved in all of the drug experimentation and wildness and political craziness of the 1960s and early 1970s,” he says. He fell into small-time drug smuggling. “I would spend about half the year in meditation and retreats and traveling with Trungpa Rinpoche doing very sane and transformative work, and then I would spend the other part of the year secretly living a crazy life,” he says.

Eventually he got out of it, but he was turned in and threatened with thirty years in prison without parole. He considered running, and reached out to Trungpa for advice, through his aide in Canada. After a few days, word came. “He said even if you go to prison for twenty-five or thirty years you can still be my student. If you are on the run, it’s going to be very difficult for you to be my student or be a practitioner,” Maull says.

He turned himself in for what would turn out to be a fourteen and-a-half-year sentence at the U.S. Medical Center for Federal Prisoners in Springfield, Missouri. There, his practice became his lifeline—and he did some of his most important work. He and another prisoner started the first prison hospice program to care for the dying. Over the years, he founded the National Prison Hospice Association; the Prison Dharma Network, an international association for meditation-based prison programs; and after his release, he established the Peacemaker Institute.

From 1999 to 2009, he taught Engaged Buddhism and other courses at Naropa wherein service components encouraged student community engagement. He authored Dharma In Hell, the Prison Writings of Fleet Maull (Prison Dharma Network, 2005). He teaches in meditation retreats, prison programs, peacemaker trainings, and bearing witness retreats in North America, Europe, Africa, and Latin America.

“I feel that the training I got and that Naropa degree is the foundation work for everything I do. It was the foundational training for everything I have dealt with in my life since then,” he says.

Naropa gave him the combination of deep study in Buddhist and Western psychology. The intensive meditation practice combined with different types of group therapy every semester and Trungpa’s transformative presence created an incredibly powerful journey.

“It gave me a much deeper understanding of what makes us tick, the psychodynamics of the human mind, and it taught me a way of being with others and of really meeting people where they are. I was trained in how to be fully present with another human being and how to support them. It’s a quiet, centered approach to working with others, and that I think is the core of the Naropa training that has been very important in all of my work,” he says.
Is mindfulness a therapeutic tool, a trend in psychotherapy, or a way of living one’s life? It’s all of this and more, according to Abigail (Abby) Lindemann, a 2009 graduate of the Contemplative Psychotherapy (MACP) program. Living in Nepal with a Tibetan Buddhist family as a teenager had a profound impact on her. After earning a degree in psychology and anthropology at the University of Pennsylvania, she wanted a graduate program where she could integrate her interests in positive psychology and contemplative studies. The way Naropa University incorporates mindfulness into its therapist training intrigued Lindemann, but she didn’t know if she’d conduct research as part of her studies.

Lindemann sees the potential of research to be a force for social justice, for bringing treatments, techniques, and scientific findings to people who might not otherwise have access to them, specifically interventions and teachings that help ease psychological suffering.

“My work with MacAndrew at Naropa combined with my participation in the Mind and Life Summer Research Institute have affirmed that I want to be not just a researcher who studies mindfulness and contemplative practice, but a contemplative researcher,” Lindemann says. She’s already well on her way. She works at the University of Colorado’s Department of Psychology and Neuroscience as a professional research assistant. Among her responsibilities is coordinating the study “Mindfulness Based Cognitive Therapy for the Prevention of Perinatal Depression,” a National Institute of Mental Health–funded study with Principal Investigator Sona Dimidjian. She also facilitates mindfulness-based cognitive therapy groups and conducts depression screening and clinical assessments. Additionally, she’s on the Mental Health Foundation’s associate board.

“Abby has the confidence to move into the unknown, the diligence and discipline to follow the methodical steps of research, and the internal awareness to keep her work relevant to what she feels is important in the world,” Jack says. “Abby can enter into just about any part of psychology and bring something fresh and needed. Whether designing the next wave of mindfulness research, helping new populations to benefit from contemplative counseling, or taking the future mantle of teaching Contemplative Psychotherapy, Abby will continue to make meaningful contributions to the field.”
Joshua Weinstein earned a Master of Divinity degree in 2003. He’d been a self-described “ski bum” before he became interested in Buddhism and meditation. Now, he’s created a place where mindful mountain recreation contributes to enlightened society. On 108 acres at 9,000 feet in elevation, Vagabond Ranch sits ten miles north of Granby, Colorado, near Rocky Mountain National Park and Grand Lake.

When he purchased the ranch in 2009, he brought together his two loves: skiing and meditation. He could see the property’s potential to allow him to pursue his passions for backcountry skiing, mountain biking, hiking, meditation, and sustainability in a way that would benefit the world. Among his inspirations was the Sakyong Jamgön Mipham Rinpoche, Naropa’s lineage holder and the eldest son of Chögyam Trungpa Rinpoche.

“I was inspired by the vision of the Shambhala community, Naropa, and the example of the Sakyong that we can be of benefit by being more genuine. It has challenged me to be more authentic as I navigate bringing the potential into reality,” he says.

The remote setting of the ranch is important to Weinstein’s vision because being in nature reminds visitors of their basic innate sanity. The same way that nature provides more than just beauty to those open to receive it, skiing can offer more than recreation. He explains that the “Tao of skiing” uses mind-body synchronization to bring out natural abilities and a deep appreciation of skiing.

Currently the ranch serves as a backcountry hut where guests ski in during winter and drive in during the summer. Its practice spaces are open year round, and the ranch is applying for permits that will allow guided contemplative recreational activities. Guests are encouraged to practice their own mindful disciplines, such as Buddhist meditation, yoga, vision quests, and Qigong, and explore informal mindful practices, such as art and cooking.

Weinstein’s preparation in Buddhist chaplaincy is demonstrated in his view of applying the essence of the dharma in any situation that arises at the ranch, not just in formal Buddhist settings. He says the practice is wonderful, but much easier said than done. Throughout his time at Naropa and afterward, he participated in retreats that not only gave him the opportunity to feel raw suffering and the reality that others were experiencing, but also to get in touch with the various forms of his own suffering. He found that leaving the Naropa community right after graduation was particularly painful, but Victoria Howard, who had been his meditation instructor, gave him unconditional support and encouragement to ease his transition.

Naropa helped him become a leader by encouraging him to drop any preconceptions of what a leader might look like and trust in himself. He says Naropa also ignited in him the quest for spiritual life in the context of a modern one. Weinstein recalls a quote by the Sakyong about celebrating others’ happiness that illustrates his desire to facilitate good experiences.

“The context was that some people will come to Vagabond Ranch for the skiing, which is a temporary happiness, while another may realize their nature, which is a lasting happiness, and we can rejoice when others experience either kind of happiness.”
Warren Karlenzig has consulted with governments and corporate entities in the European Union, the United States, and China, with numerous states and municipalities throughout the world, and with the United Nations. He founded the California-based sustainability consultancy Common Current, and as an expert in sustainability, he’s developed and guided policies to create a more viable future. Karlenzig authored *A Blueprint for Greening Affordable Housing* (Global Green USA, 1999) and *How Green is Your City?* (New Society Publishers, 2007).

“I plan metro systems that include transportation, land use, energy, water, food, buildings, people, and how these systems can reduce risk, energy, and resource use, thus increasing resilience,” he says.

When he graduated from the Kerouac School in 1990, “sustainability” was barely emergent. He’d been a journalist previously and thought he might turn his hand to fiction. But it turned out the “crazy wisdom” and deep appreciation of Asian cultures he had gained at Naropa were exactly what he would need for his work in places like China and South Korea.

He credits Harry Smith for helping guide his development at Naropa. “Harry Smith was my talisman. I spent countless time in the cottage of Shaman-in-Residence Harry having conversations and alchemical experiences I will never forget. We also traveled together to mountaintop Masonic ritual sites, pumpkin patches, and punk shows,” he recalls.

Smith (1921–1991) was an avant-garde artist whose varied projects included filmmaking, music, painting, and collecting. Among his accomplishments was the multi-volume *Anthology of American Folk Music*, released in 1952. The anthology inspired a folk music revival in the 1950s and 1960s, and the 1997 reissue garnered critical acclaim and two Grammy awards. He lectured, researched, and continued amassing his collections during his time at Naropa University (1988–1991). The Harry Smith Print Shop, located on the Arapahoe Campus in the cottage where Smith once resided, was established to honor Smith’s memory.

Karlenzig has seen sustainable lifestyles ride the wave of public opinion from mostly derision in the 1990s to widespread admiration today. “We are living in a world that is transforming from one totally reliant on oil, coal, chemicals, and resource depletion to one that is under profound stress—including financial and spiritual stress—precisely because of this blind reliance. I think we’ll be seeing some new economic and behavioral paradigms during the next five years that will illustrate the transformation,” he says.

He says the divisiveness in politics, culture, and education in the United States dampens his hopes that the nation’s climate or energy policy will change any time soon. “That’s why my focus recently has been on helping developing nations such as China and India to not make the choices that put us where we are today in this country. Developing nations can, however, learn from innovation that is occurring in U.S. cities such as Portland, New York City, San Francisco, Berkeley and, yes, Boulder.”

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For four decades it was a place for bomb making, and now a government agency has made it a wildlife refuge that will be open to visitors. “Rocky Flats: A Call to Guardianship” is a six-month event designed to educate the public on the site’s history and warn about its potential dangers. The Rocky Mountain Peace and Justice Center is sponsoring the guardianship, many events take place on Naropa University’s Nalanda Campus, and several members of Naropa faculty will be presenting.

That, of course, is just a small part of the story of Rocky Flats. Over the decades there were fires, leaks, and contaminated soils that blew as far away as Denver. Environmental and anti-nuclear activists responded. Jack Kerouac School of Disembodied Poetics founders Anne Waldman and Allen Ginsberg were arrested there in the 1970s along with Daniel Ellsberg, a former military analyst famous for releasing the Pentagon Papers about U.S. decision-making in Vietnam. Waldman and other Rocky Flats Truth Force members sat on the railroad tracks leading to Rocky Flats.

Waldman says it was an effort to bring attention to the dangers of plutonium shipments coming in by rail to the plant and much more. “The toxicity of the site for people working there—the dangers to the humans and animals and whole environment there—and to anything living downwind of there. The lack of accountability after various mishaps and disasters. The whole question of nuclear warfare,” Waldman recalls.

Waldman, who chairs the Kerouac School’s Summer Writing Program and serves as artistic director; Jack Collom, an adjunct faculty member in Writing & Poetics; and Joanna Macy, an international spokesperson for peace, justice, and environmentalism, who also is a visiting instructor in Environmental Studies, are among the guardianship presenters.

Rocky Mountain Peace and Justice Center founder LeRoy Moore organized the events. In February, the Boulder Daily Camera recognized Moore’s work on Rocky Flats with the 2011 Pacesetter award in science, medicine, and health. Moore explains, “Nuclear guardianship combines art, science, and
remembrance to address the seemingly intractable human-caused problem of nuclear contamination with insight and creativity.” He believes Rocky Flats is unsafe for use as a recreational site. “Tiny plutonium particles remaining in the soil make the site a hazard essentially forever,” he says.

Moore credits Macy with conceiving of the concept of nuclear guardianship. In early April, Macy was the Frederick P. Lenz Distinguished Lecturer in American Buddhism at Naropa. She also teaches at a required weekend program tailored for master’s students in Environmental Leadership every other year. This year, her teachings will focus on how the culture relates to time.

“By the time our students have completed their two-year program, they will all have had her as an instructor. We feel greatly honored that she has been able to do this, given her busy schedule and many requests,” says Sherry Ellms, an environmental studies faculty member. “It cannot be underestimated the honor it is to have Joanna Macy with us. Her passion and commitment to ‘waking up for the sake of life on earth’ is inspiring many to go forward with a sense of creativity and joy as well as urgency that is so crucial for these times.”

On June 2, Waldman, who has continued to remain involved in efforts surrounding Rocky Flats, will read from her work and from Allen Ginsberg’s poem “Plutonium Ode” in Boulder as part of the Rocky Flats guardianship events.

“I have the larger view of how one needs to ‘stay on the case’ with inspiration and renewed energy. It can be one’s whole lifetime. Plutonium has a half-life of nearly a quarter of a million years. Through my writing and performing I wake myself up—and hopefully others—to the dangers and realities of very concrete abuses of power,” Waldman says.

See www.rockyflatsnuclearguardianship.org for a calendar of events and more information.

**A Meditation on Rocky Flats**

By LeRoy Moore

What do you do when fences fall and memory fades?
When paying attention is abnormal?
When the government refers to the plutonium as no bother and plans to turn Rocky Flats into a playground?
What do you do when words are loosed from their moorings?
When the word “safe” covers for uncertainty?
When determining risk is an economic calculation?
When we don’t know if a refuge for wildlife is really a refuge?
When those who try to protect the public health are vilified and victims become nameless ciphers devoid of flesh and blood?
What do you do when the most vulnerable have no voice and violation visits as dust?
What do you do?
You do what you can.
With colleagues you inculcate ecological responsibility.
You enact Nuclear Guardianship and you invite others to join you.
Core and Ranked Faculty

A fine print edition of Reed Bye’s (Associate Professor, Writing & Poetics) new collection of poetry, A Book of Matches, written while on sabbatical in the spring of 2010, will be published by Wesley Tanner’s Passim Editions this summer 2011.

In October, Jeanine M. Canty (Chair and Assistant Professor, Environmental Studies) co-authored a paper that was published as part of the AASHE (Association for the Advancement of Sustainability in Higher Education) conference held in Denver. The paper was entitled “Gaian Methodologies: An Emergent Confluence of Sustainability Research Innovation.”

Barbara Dilley (Professor, Theater: Contemporary Performance) is one of twenty-four contemporary dancers in the improvisational lineages featured in Composing While Dancing by Melinda Buckwaltter. Many excellent essays about creative process and dance innovation are included with mention of Naropa and the founder as influences in Dilley’s teaching methods. A section from Dilley’s forthcoming book, Uncasing Play: Structures for Improvisation, was printed in itch dance journal # 12. The article is an homage to Agnes Martin. Dilley taught in Marfa, Texas, the last week of March for the annual “March2Marfa” dancer’s retreat hosted by Nina Martin and Lower Left. She will be offering workshops for Movement Research in NYC in May 2011 and for the Seattle Festival for Dance Improvisation in August.

Michael Franklin (Professor, Transpersonal Counseling Psychology) received his PhD in May 2010. His dissertation title was “Aesthetic Mind–Meditative Mind: Reflections on Art as Yoga and Contemplative Practice.” Michael recently completed two publications: “Global Recovery and the Culturally/Socially Engaged Artist” in Buddhism and Ethics and “Affect regulation, mirror neurons and the 3rd hand: Formulating mindful empathic art interventions” in Art Therapy: The Journal of the American Art Therapy Association. In September, Michael was invited by the Buckeye Art Therapy Association to deliver the keynote address on the subject of affect regulation and mindful empathic art interventions. At the national art therapy conference in November, Michael presented “Art Therapy, Yoga, and Tantra: Are There Connections?” along with a video he made entitled “Clay and Charcoal: A Collaboration with Fire, Cancer…and earth, water, air, and space.” Teaching invitations took Michael to SASANA in Bogota, Columbia. In August, he taught “Advanced Practices in Art Therapy” and in January he taught “The Clinical and Contemplative Application of Empathic Art Responses.”

Nataraja Kallio (Assistant Professor, Traditional Eastern Arts) published an article titled “The Breath Within the Breath,” about the Yogic science and practice of pranayama. The article was included in Meditations for InterSpiritual Wisdom: Practices and Readings Drawn from the World’s Spiritual Traditions by Edward Bastian.

Bhanu Kapil (Assistant Professor, Writing & Poetics) gave a panel talk on “Faith and the Avant Garde” at the American Writers and Writing Program Conference in Washington, D.C. She also gave a talk on monstrous form and participated in an off-site reading/conversation at a “Prose Event” organized by Belladonna, a feminist press and collective based in New York City. Belladonna also published a limited-edition chapbook of writing from a new work, Ban en Banleues. New writing came out in Encyclopedia Project, Witness, Esque, Timmouse Magazine, and Black Warrior Review. Her work will also be published in the forthcoming HarperCollins Book of English Poetry by Indians (published by HarperCollins India). Indivisible, a new anthology of South-east Asian writers, in which she is featured, just won the 2011 Northern California Book Award. In February, she taught a public workshop called “Palmystry: A Somatics” as part of the Writing, Movement and Somatics conference at the University of Michigan, of which she was a co-organizer. In March, she was a visiting writer at Temple University, where she also gave a public poetry talk: “Ecstatic Pilgrimage and Dismemberment: How Fragments Recombine.” In April, she will be giving a reading and teaching a workshop on experimental prose at Pitzer College in California. She will also be a panelist at a conference - Narrative – at CalArts and has been invited to speak on subaltern/cyborg/immigrant forms in her own work. In May, Bhanu will have her book launch for Schizophrenia (Nightboat Books) hosted jointly by the Asian-American Writer’s Workshop in New York City. She has also been invited to give readings at The Poetry Project and Pratt College in New York, and to be a visiting writer at the AROHO summer writing program at Ghost Ranch, New Mexico.

Mark Miller (Chair and Professor, Music) performed with violinist Stephen Nakamura at the fifth annual conference of the International Society for Improvised Music, held at the University of Michigan in December. Mark also performed in concert with South African saxophonist Jim Ngqawana and Korean master musicians Wonil and Pak Bom Tae, exemplifying the theme of the conference, “Improvisation and Cross-Cultural Creativity.” Locally, Mark Miller and Andrew Schelling (Professor, Writing & Poetics) presented a concert of poetry and music at Hakubai Zen Temple in celebration of the full moon on January 21.

Anne Z. Parker (Associate Professor, Environmental Studies) has focused some of her recent sabbatical work on founding a center and launching www.bouldermasterbuilders.com, an educational website that seeks to preserve and revive the European tradition of sacred building. Published on the website under “articles,” you will find some of her recent research: “The Goddess, the Virgin, and the Land: the Black Virgins as markers of healing sacred sites of France.”

Judith Simmer-Brown (Professor, Religious Studies) has continued her writing and publishing with the following articles: “Contemplative Pedagogy: Frequently Asked Questions,” coauthored with Fran Grace, Anne Klein, and Harold Roth, Teaching Theology and Religion (14:2) April 2011. Her article, “The Feminine Principle in Tibetan Buddhism: Dakini Wisdom for Leaders,” will appear in the book Inner Peace and Global Vision—The Influence of Tibetan Buddhism on Leadership and Organizations, edited by Kathryn Goldman Schuyler, published by Information Age Publishing next year. During fall 2010, she was a speaker or presenter at three academic conferences, including a piece on “Spiritual Practices, Religious Pluralism, and Theological Education,” that is being considered for publication by the Wabash Journal. The Society of Buddhist-Christian Studies Journal is publishing
Anne Waldman (Professor, Writing & Poetics) has recently been appointed as a Chancellor at the prestigious Academy of American Poets. She was also honored at a gala at the Brodsky Center at Rutgers University in February with the artist Pat Steir. Steir and Waldman have collaborated on a fine press project entitled “Cry Stal’s Gaze.” Waldman’s most recent book is Manatee/Humanity (Penguin Poets, 2009) and she is the co-editor with Laura Wright of Beats at Naropa (Coffee House Press, 2010) and the forthcoming epic poem, twenty-five years in the making and one thousand pages: THE IOVIS TRILOGY: Colors in the Mechanism of Concealment (Coffee House Press 2011). She will be participating in festivals in Canada, Italy, Brussels, and Paris this spring, and also working with young women students in Morocco. She has also had recent performances with her son, musician Ambrose Bye, in New York and New Hampshire.

Adjunct Faculty & Staff Lecturers
Naropa University Professor Emeritus Thomas B. Coburn (Adjunct Faculty, Peace Studies) and Judith Simmer-Brown (Professor, Religious Studies) are on the steering committee of the newly established “Contemplative Studies” unit of the American Academy of Religion.

Emily K. Harrison (Administrative Director and Lecturer, Undergraduate Education) was recently recognized by the Denver Post as a 2011 Pathmaker, one of only seven individuals working in an arts field chosen for the honor. The article on Harrison, published in the Sunday Denver Post on January 2, can be found here: www.denverpost.com/theater/ci_16977020. Additionally, Harrison’s HEAT STROKE, a new hybrid video work, was published in the Winter 2011 edition of Trickhouse in the Parlour: trickhouse.org. Harrison is the founder and artistic director of award-winning, Boulder-based square product theatre and is currently directing an adaptation of Allen Ginsberg’s HOWL, slated for production in Boulder April 21–May 7. See squareproducttheatre.org for details.

Six years after Harryette Mullen and Barbara Henning (Adjunct Faculty, MFA Creative Writing) first met at the legendary Nuyorican Poets Café, Henning proposed she do a postcard-format interview of Mullen that would allow for a “very small postcard space in which to respond . . . an idea of cards flying through the mail & overlapping.” Thus began what is now Looking Up Harryette Mullen, unique collaborative conversations that offer a candid look at the influences, politics, and poetics that inform Mullen’s poetry. The conversation expands even further in the second set of spoken interviews that include concerns as far-ranging as the Heaven’s Gate cut, Oulipian constraints such as S + 7 and lipograms, syllabic rhymes, and Aimé Césaire. In stunning detail, Mullen and Henning discuss the influences, politics, and poetics that inform Mullen’s origins of each poem in Mullen’s highly acclaimed collection Sleeping with the Dictionary. For poets and readers of poetry interested in witnessing how a brilliant, singular writer embarks on the journey of generating work to scholars researching the inception of Mullen’s poems, this book informs the way of techniques and vitality.

Giovannina Jobson (Instructor, Religious Studies) conducted a three-day workshop on Matri Space Awareness practice for Chapman University at Shambhala Mountain Center. Chapman offers a mini-master ten-day intensive during their winter break. This is a residential contemplative program that includes meditation, ritual, contemplative movement, yoga, and matri practice. The matri practice is done in the specially designed matri complex at the center. Twenty-eight students attended. Chapman University has embraced several aspects of contemplative practices in their BA programs integrating various practices in their sociology, psychology, and religious studies courses. Chapman is the first group outside of Naropa University that has received these teachings.

Understanding Existence Through Art
From an interest in things that emanate, that have an isomagnetic relationship in the world, Sue Hammond West’s (Associate Professor, Visual Arts) art re-calls the study and measurement of vibratory fields. Each object and non-object vibrates in dynamic subtlety from its atomic and etheric sources. So in this way, from what is known and from a sense of what is unknown, art is a quest to conceive existence.
Bhutan Update

By Jane Carpenter (Associate Professor, Contemplative Psychology) and Karen Kissel Wegela (Professor, Contemplative Counseling Psychology)

An important aspect of Naropa’s contemplative approach is the willingness to extend ourselves and our mindfulness training to the world. We were delighted, therefore, to continue the strong relationship between Naropa and the Royal University of Bhutan (RUB) and support the launching of the Postgraduate Diploma in Guidance and Counseling (PGDGC) this winter in Bhutan. One of the main reasons that we were invited was RUB’s strong interest in the contemplative approach to counseling and psychology as taught at Naropa.

Most of the postgraduate diploma program’s participants are “teacher-counselors” or school counselors selected from schools around the country. The PGDGC is a low-residency program where students attend classes for three weeks during the winter and two weeks during their summer breaks, along with completing experiential and academic work throughout the year at their home sites.

We arrived in Samtse, Bhutan, on the Indian border, on December 24. Along with the support of Freddie Wegela as meditation instructor, we began our work by leading a five-day mindfulness retreat for RUB faculty and staff on December 25. After the faculty retreat, we were greeted by Samtse College officials with a beautiful celebratory opening ceremony calling on the Buddhist lineage and the local deities to bless the launching of the Postgraduate Diploma in Guidance and Counseling.

Then the program began. We offered the students some key teachings on the counseling theory of Contemplative Counseling and Psychotherapy, which were very well-received. It was particularly exciting for the students, faculty, and staff participants to discover that the teachings of their own Bhutanese Buddhist heritage were not only accessible outside of the monasteries but also practical in their work with clients. For example, when we taught the six realms of existence—as presented by Chögyam Trungpa Rinpoche, the founder of Naropa—as different psychological realms, the participants were astonished. These realms, which they had heard about their entire lives and had been used to instill good behavior, were actually useful in their awareness of their own and their students’ experiences.

Going forward, these students will continue to explore the practicality of their Buddhist heritage with future Naropa faculty visits offering other opportunities to apply the contemplative principles to their counseling work in Bhutan. The future vision for the program includes opening it up to other professionals who serve the greater Bhutanese community, including medical professionals. The program is also laying the foundation for the development of a master’s degree in Contemplative Psychology in Bhutan.

Brigitte Mars (Adjunct Faculty, Contemplative Psychology) has a new book out called The County Almanac of Home Remedies. This year besides joyfully teaching at Naropa in the fall, she will be leading herb walks in Boulder, teaching in Iceland, and at the Omega Institute and Kripalu. Details can be found at www.brigittemars.com.

Guest Artists & Visiting Faculty

Jequita McDaniel (Visiting Instructor, Transpersonal Psychology) recently had a children’s book published. Titled Mardy Mune Did!, the book honors environmentalist Mardy Mune and her lifetime work of helping preserve wilderness areas, especially in Alaska. It is beautifully illustrated by award-winning Alaskan artist Jon Van Zyle, published by Taylor Trade, and is available through Amazon.com, Barnes & Noble, or national bookstores.

Susan Nimmanheminda (Visiting Faculty, Contemplative Counseling Psychology), Robert Unger (Adjunct Faculty, Contemplative Counseling Psychology), alumni Abigail Lindemann and Matthew Holloran wrote an article titled “Group Therapy Training at Naropa University’s Contemplative Counseling Psychology Program.” It was published in the December 2010 issue of GROUP: The Journal of the Eastern Group Psychotherapy Society. The December issue was devoted exclusively to group training programs throughout the United States. The article puts the program into Buddhist and historical context and describes how students accrue group expertise through numerous group modalities: the cohort model; small, large, and discussion groups; and a class devoted to group theory and practice.

Leeny Sack (Guest Artist, Theater: Contemporary Performance) will be presenting a workshop at Puppetry and Postdramatic Performance: An International Conference on Performing Objects in the 21st Century in April 2011, at the University of Connecticut. Storrs. Her workshop, Self & Thing (I/Thou, 1/1’), addresses performing with objects as stand-in for self or other and explores the interface between inner experience and outer expression. Objects of different sizes are engaged to performatively investigate issues of representation, transformation, projection, transgression, theatrical conventions, and “the real.”
Professor Andrew Schelling believes you can measure a teacher’s success by the success of his students. He must have had quite a teacher because his own accomplishments are many. He’s been on the faculty of the Jack Kerouac School of Disembodied Poetics since 1990, and he’s editor-in-chief of Bombay Gin, the Kerouac school’s literary journal. He has authored seventeen books of poetry, essays, and translation. And, he’s guided many young writers through their Naropa years and beyond.

Once students have finished the program, they become peers. Over the years he’s stayed in touch with quite a few former students, including Shin Yu Pai, a poet, oral historian, photographer, and editor who studied in the program in the late 1990s.

“There is a saying that if the student doesn’t exceed the teacher by fifty percent, the teacher has failed. What is greater than to see that people whom you have worked with and whom you have known and watched mature, have become accomplished at it? That really confirms it’s not an individual pursuit but a really great collective way of entering spirit realm and the realms of intellect and creativity,” he says.

Schelling says Pai was a serious, focused student who always went beyond requirements. The two have kept up a correspondence since Pai left the program. He says her work has matured and deepened over the years.

When Pai left Naropa, she pursued a studio-based practice at the School of the Art Institute of Chicago. Since then, she’s authored seven books of poetry and she’s been commissioned twice by the Dallas Museum of Art to write poems responding to work in the museum’s contemporary art collections. Her work has appeared at the Chicago Cultural Center, Dallas Area Public Transit System, Harvard University, the University of Texas at Dallas, and the McKinney Avenue Contemporary Museum.

In recent years Pai and Schelling have been writing rengas, a type of collaborative Japanese poetry. Pai explains that the model is composed of twenty verses of alternating three-line and two-line stanzas, each of which has a specific tone or “rasa.”

“Andrew talked me into trading verses through the mail, and later we switched to email. It was around the time that I went back to school to pursue a PhD in anthropology, and I wasn’t writing much. Exchanging verses and thinking through another practitioner’s language and imagery helped me stay connected to a creative practice during times of intense study and work,” Pai says. It remains a valued practice. “My friendship with Andrew helps me to stay connected to my own deep and abiding commitment to writing,” she says.

Currently, she’s enrolled in Naropa’s low-residency certificate program for Authentic Leadership, and she directs a private foundation for a small liberal arts college in Arkansas. Pai says she chose to come back to Naropa to revisit areas of growth she hadn’t been ready to open up to thirteen years ago. “The work of authentic leadership seems to be about stepping fully into who we are in order to lead with clarity from the heart. I have no doubt that this self-reflection will impact every aspect of my work—though its applications may not be fully manifest until years from now, from impacting the projects I choose to pursue, to the subjects I choose to write about, and the stories I choose to tell,” she says.
New Scholarship Memorializes kari edwards

The Jack Kerouac School of Disembodied Poetics announces the establishment of an endowed scholarship to the Summer Writing Program in Memory of kari edwards, a graduate of Naropa’s Contemplative Psychotherapy and Writing & Poetics programs (who preferred not capitalizing hir* name).

edwards was a poet, artist, and gender activist who authored several books, including Bharat jiva (Belladonna Books/Litmus Press, 2009), have been blue for charity (BlazeVox, 2008), obedience (Factory School, 2005), iduna (O Books, 2003), a day in the life of p. (Subpress Collective, 2003), a diary of lies (Belladonna Books, 2002), obLiqUE paRt(itON): colLABorationS, (xPress(ed), 2002), and post/(pink) (Scarlet Press, 2000). Hir work also appeared in numerous anthologies and in several museums. edwards passed away in 2006.

Hir life inspired the book, No Gender: Reflections on the Life & Work of kari edwards (Litmus Press, 2009), as well as a tribute in the Naropa publication Monkey Puzzle by Akilah Oliver, a poet who taught at Naropa’s Summer Writing Program. Oliver authored A Collection of Objects (Tente 2010), A Toast in the House of Friends (Coffee House Press, 2009), a(A)ugust (Yo-Yo Labs, 2007), and An Arriving Guard of Angels Thusly Coming to Greet (Farfalla Press, 2004). Oliver passed away in February 2011.

In honor of edwards’s life and work, the Summer Writing Program Scholarship in Memory of kari edwards will focus on students who are involved in gender activism and writing experimental works. Frances Blau, edwards’s partner and literary executor, the entire Blau family, and kari’s friends and supporters have all been instrumental in establishing the scholarship.

An endowment is a fund that is comprised of gifts and bequests that leave a lasting legacy. Generally, an endowed fund requires that the principal remain intact in perpetuity, and program support is generated from the earned interest. Endowments can fund a specific need, such as a scholarship for an academic program, or they may create an endowed professorship. Gifts to the general endowment are also encouraged, as they create a lasting source of income for the university to support ongoing operating and help in keeping tuition as low as possible. The Development Office has been raising funds for the kari edwards scholarship since 2007, and it has only recently reached the endowment level, where it can indefinitely support Summer Writing Program students.

*Gender-neutral pronoun

To donate to the Summer Writing Program Scholarship in Memory of kari edwards or to find out how to establish a scholarship at Naropa University, please contact Angela Henderson at 303-245-4751 or ahenderson@naropa.edu.
Welcome Jill Grammer

We are pleased to announce that Jill Grammer joined Naropa staff as the vice president for development and external relations in January. Jill has nearly twenty years of higher education management and development experience and comes to Naropa from New Mexico State University where she was the executive director and director of development for the Center for the Arts and former assistant dean of external relations for the NMSU Honors College. As the executive director of development for the arts at New Mexico State, Jill oversaw a $150 million multi-phase Center for the Arts Capital Campaign project.

“We are very pleased to have Jill Grammer join Naropa, and we welcome her as a part of our academic family,” says President Stuart Lord. “She will be an integral part of the university’s journey to ‘deliver distinction with excellence’ and develop strategic fundraising and external relations programs.”

Jill brings with her a wonderful sense of enthusiasm for and dedication to the well-being of the Naropa community. We appreciate her team-oriented approach and her wealth of experience. Welcome to Naropa, Jill!

The Heart of Generosity

When President Stuart Lord came through the Cambridge/Boston area some months ago, I went to hear how things were going out Boulder way. As I listened to President Lord speak about new and exciting developments, I wondered what I could offer Naropa given [my] ongoing challenges with money. In ‘85, I established the relationship between Naropa and the Veterans’ Administration allowing service veterans like me to use VA benefits for tuition, but now I have mountains of further post-Naropa loans, and my two boys keep asking for food and sometimes even clothing….

Dr. Lord helped shift my perspective when he explained that the Annual Fund alumni participation rate (the percentage of alumni who give annually to Naropa) is a reflection of our gratitude for the influence Naropa has [had] on our personal and professional lives, and alumni gifts serve as the heart of the Annual Fund regardless of individual gift amounts. Our collective devotion to Naropa’s purpose unites us in service and influences others who have the means to give substantial financial gifts to the university.

As an offering back to a root teacher, I decided to participate in annual giving and went online to sign up for a two figure annual donation that automatically renews. A phone call to the university yielded quick assistance…. In addition to guiding me through the online donation process, Megan Drimal, Naropa’s new annual fund officer, gently reframed the poverty attitude of seeing my donation as small to an attitude of connectedness. I shifted from a ‘hungry ghost’ poverty stance to a stance of generosity and inherent richness, abundant in being human—from ‘helping’ over a long distance to being part of a community. —Adapted from William Slaughter’s (MA Contemplative Psychotherapy, 1986) February 2011 letter to his graduating class. Bill currently practices psychiatry with Naropa-style core of mindfulness, in Massachusetts, and teaches psychiatry at Harvard.

“The more we give, the more we gain—although what we gain should not particularly be our reason for giving. Rather, the more we give, the more we are inspired to give constantly. And the gaining process happens naturally, automatically, always.”—Chögyam Trungpa Rinpoche
1980’s
Leslea Newman (Cert. ’80) is now a faculty mentor at the Spalding University brief-residency MFA in writing program.

1990’s
Jeff Logan (BA ’91) graduated from the University of Colorado School of Medicine CHA/PA program in 1995 and has practiced as a physician assistant since. He is presently working as a primary care provider for people with HIV/AIDS at the Denver Health Infectious Disease Clinic and coordinates the anal cancer prevention program there. He blogs at www.jowoje.net.

Eric Shaffer (BA ’93) was recently married again, with a son, Aaron, who is now fifteen. Eric received a Doctor of Medical Qigong degree from the Chinese government in 2003, with specializations in oncology and gerontology. He has volunteered as a prison chaplain, Buddhist teacher, and meditation instructor. Eric lives “a good life, plenty of pain and pleasure.”

Darrin Buehler (MA ’95) leverages the skills cultivated at Naropa, by providing organizational development solutions to companies focused on leadership development. He is a board of trustee member at Shining Mountain Waldorf School in Boulder, CO, where he chairs the Marketing Committee and supports work associated with the Social Health Group. He enjoys the wonder that is his eleven-year-old daughter.

Y. Max Valentinis’s (MFA ’95) comic “My Pet Zombie” and poem “Winter Horde” will be published in the ‘Zombie Nation: St Pete’ Anthology (www.zombienationpublishing.com). He has also created a board game, “Sumo Dice,” which was presented at the Necronomicon Science Fiction Convention.

Jonathan Mack (BA ’97) and his husband, Kyl, are searching for a new home after many years in Tokyo. He has been published in Gargoyle, Quarter After Eight, Quick Fiction, and Flash. Most recently his essay “Metta Meditation for Hot Male Action” appeared in RFD. He blogs at Guttersnipe Das.

Joel West Williams (BA ’99) was appointed to a three-year term on the Sufi Ruhaniat International Board of Trustees.

2000’s
Marc Hodgson (MA ’00) shares a word of advice: “I cannot impress on freshman enough to get involved with the sitting meditation aspect of Naropa DURING the first year. Immediately, if possible.”

Alexander Weinstein (BA ’01) is the founder and director of the Martha’s Vineyard Institute of Creative Writing (mvicw.com). Each summer, MVICW invites authors, editors, and university faculty from around the country to lead writing workshops on Martha’s Vineyard. Alexander lives in Ann Arbor with his son, Peter, and teaches Creative Writing at Lawrence Tech University. His short stories have appeared in Pleiades, Notre Dame Review, Río Grande Review, Hawai’i-Pacific Review, Zahir, and other publications.

Kathleen Michel (MA ’02) is currently in Phnom Penh, Cambodia, teaching English for a year. “It’s a good experience being in Cambodia—a very complex place, full of interesting juxtapositions—wealth and poverty, hardness and gentleness. People here work very hard, six or seven days a week. Sometimes students take classes in several different schools at the same time. Phnom Penh feels like a small town in a big city, fairly easy to get around on the back of motos or in a tuk-tuk. But I miss my walks in the mountains around Boulder!”

Uryel (Woohyun) Cho (BA ’03) has been recognized as a Canadian artist and has juried art shows at public places in Vancouver and the lower mainland BC. More information regarding his work can be found at www.uryel.ca.

Ann Licater (MLA ’03) recently released her album, Doorway to a Dream, which made Amazon.com’s best albums of 2010 (4/10). The album also reached number two on The Zone Music Reporter’s radio airplay chart in September 2010.

Jessica Rogers (BA ’04) is currently a lecturer of composition, literature, and creative writing at Queensborough Community College, CUNY. Her chapter book Hot Water, a single expansive love poem, was recently released by Cy Gist Press (for more information or purchase: http://cygistpress.blogspot.com/).

Ryan May’s (BA ’06) chapter book, The Anatomy of Gray, was recently released by the Corresponding Society as part of their What Where? Chapter book series. Also included in this series are books from Anselm Berrigan and Robert Fitterman.

Eleni Papaleonardos (MFA ’06) is a JEBBY Award nominee for 2010 in the category of Local Performer of the Year (Play)—Lead Female nominee.

Rebekah West (MA ’06) is a writer-media artist, who recently accepted an invitation to Cabris, France to write for five months. She is working on several projects as well as learning French while immersed in the culture.

Stacey Ryfun D’Angelo (MFA ’07) has been named Faculty of the Year at Aurora Community College.

Megan Fincher (MFA ’09) has accepted a full-time faculty position in the English Department of Soonchunhyang University, located in Asan, Korea. As well, her poetry was published in the spring 2010 edition of The Greensboro Review.
Love Stories

In February 2011, alumni were asked to share their Naropa Love Stories—either their love of Naropa and/or how they found love at Naropa. This Love Story project culminated in an event on campus on February 16, 2011, with three alumni speakers: Ann Hackney BA ’10, Robert Cooper BA ’06, and Tim Hernandez BA ’07. The concept “academic love story” is inspired by the work and offerings of Susan Burggraf, associate professor and dean of undergraduate education. Our love and gratitude go to Susan for sharing her insight with our community. Read more love stories at www.naropa.edu/alumni/lovestories.

Excerpts

Donna J. Karaba, MA ’05
I LOVE Naropa. Naropa helped me transform my life. It helped solidify the next phase of my career by allowing me a safe and nurturing place to search my heart and soul for my true calling. I hold a kind and compassionate Naropa torch while I do my work in the business world and am excited to continue down this path.

Cassie Bull (aka Janice Beard), MA ’88
My education at Naropa laid down the template for what I would continue to be passionate about my whole life and which has become my work in every way—embodied, experiential education as the pathway to personal and global transformation. The crazy wisdom at the heart of Naropa’s inception infused my education in extraordinary ways. It has become the foundation of my work and cultivated an unswerving, passionate dedication to embodied, experiential education that continues to infuse all my work as a teacher, artist, parent, and cultivator of whole human beings!

Charlene Kane, MDiv ’04
Reb Zalman always wore a hat and fiddled with little pouches containing his hearing aid. At times it appeared he was dozing off. But if a student stopped talking, he’d quickly look up, gaze out with the eyes of a hawk, and ask, “So, is that all you have? More, please. Off the page. Just tell us what you’ve learned in your research.” During one break he looked at me a long time, then said, “Nice hat.” I looked at him and replied, “Yours, too.” Then we smiled. All of the universe advanced through his eyes which twinkled and softened in a full body smile. In that silence, he taught me everything he knew about living a spiritual life.

Diane Metzger, MA ’80
The education I received at Naropa was beyond any expectation of excellence. I am forever grateful to Chögyam Trungpa Rinpoche, for his amazing foresight and courage in introducing Naropa to the students of that time and to future generations of students. Because of Naropa’s unique approach, my training continues to be a source of learning and inspiration.

Tim Hernandez, BA ’07
At Naropa, I learned that I would have to turn my eyes and pen inward first, investigate my internal landscape honestly, before I could even begin to write about the outside world. Like all encounters with “love,” what I found out about myself was not entirely idyllic. But this is where the “real” relationship with myself began. From here, I learned that the changes I would encounter would inform far more than simply my writing. I became a father, husband, son, man walking with some intention, a lightness, a fluidity. Too, Naropa provided me a community of like-minded people, thinkers, and artists, and perhaps two of the deepest friendships I’ve ever had.
Academic Reorganization Aligns Naropa with its Strategic Priorities

In December 2009, President Stuart Lord announced a university-wide budget reduction initiative, and after the visit of the Higher Learning Commission’s (HLC) accreditation team, the president further charged each of the divisional vice presidents with reorganizing the university. The efforts were a response to both the Higher Learning Commission’s findings about staffing patterns and faculty workload, and the university’s history of budget shortfalls as well as the desires of President Lord and Naropa’s Board of Trustees to put the institution on firm financial footing.

As a result of the HLC visit each of Naropa’s vice presidents laid out plans for their respective divisions. Academic Affairs completed the first phase of its budget reduction work in time for the start of the 2010–11 fiscal year, and initiated a long-term process to study and develop alternatives to the division’s current structure. The Faculty Executive Working Group (FEWG), a task force comprised of seven core faculty, was asked to develop proposals related to faculty workload, numbers of support staff, the configuration of departments, and other matters.

In fall 2010, Provost Stuart Sigman took FEWG’s work and held town hall meetings, consulted with faculty governance committees, and presented guiding principles to the trustees—all in an effort to refine the proposal and advance it to the president. The final proposal that Cauldron endorsed in November 2010 and the president approved in February 2011 calls for three main changes.

1. Reducing the number of academic units from fourteen departments to five schools—including the Graduate School of Psychology, Jack Kerouac School of Disembodied Poetics, School of the Arts, School of Humanities and Interdisciplinary Studies, and School of Natural and Social Sciences—while retaining all degree programs currently being offered

2. Engaging with programs that have had historically low enrollments to determine how best to balance mission, financial health, and contribution to the life of the university. Possible options to be explored include program suspension, collaboration with other programs to reduce expenses, and/or new marketing and recruitment efforts

3. Expanding the role of core faculty to include serving as advisors to students, assisting in recruitment and retention activities, and teaching additional credits each year

Sigman acknowledges the numerous changes that the reorganization proposal calls for, saying, “I’m proud of the work that the faculty accomplished in developing the initial data analyses and recommendations, and for the governance process that debated, refined, and ultimately approved the reorganization. There is much to be done at the implementation stage, and at every juncture our focus will be on ensuring enhanced interaction with and learning opportunities for students.”

Sigman also wants to reassure all parties that existing degree programs will be untouched as students return to campus in the fall; programs will be affiliated with schools rather than departments, but the student experience will be enhanced.
That’s why we want to be good stewards of the environment by reducing paper usage and communicating with more of you electronically.

Visit www.naropa.edu/green to update your contact information, including your email!