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Radical Compassion Symposium

October 16–19, 2014
Naropa University
Nalanda Campus
6287 Arapahoe Ave.
Boulder, Colorado
Acharya Judith Simmer-Brown, PhD, is a senior dharma teacher of the Shambhala Buddhist lineage, has been professor of religious studies at Naropa University since 1978, and serves on the board of the Society of Buddhist-Christian Studies. She is the author of Dakini’s Warm Breath: The Feminine Principle in Tibetan Buddhism and Meditation and the Classroom, and is co-author of Benedict’s Dharma: Buddhists Comment on the Rule of St. Benedict.

Susan Skjei, PhD, PCC, is an educator, executive coach, and consultant specializing in leadership and transformative change. Formerly a vice-president and chief learning officer for a large technology company, she founded and directs Naropa’s Authentic Leadership program and consults internationally through her company, Sane Systems. A Shambhala Buddhist practitioner and teacher for more than thirty years, she integrates mindfulness, dialogue, and systems thinking to foster organizational effectiveness and learning.

Ringu Tulku Rinpoche is a Tibetan Buddhist Master of the Kagyu Order who trained under His Holiness the 16th Gyalwang Karmapa and His Holiness Dilgo Khyentse Rinpoche, among many others. He served as professor of Tibetan studies in Sikkim for twenty-five years, and has been teaching Buddhism and meditation around the world since 1990. Founder of Bodhicharya, he is the author of several books, including Daring Steps Toward Fearlessness and Confusion Arises as Wisdom.

Anne Waldman co-founded Naropa University’s Jack Kerouac School of Disembodied Poetics and serves as Distinguished Professor of Poetics and as artistic director of the Summer Writing Program. She has authored more than forty books of poetry, including Gossamurmur and The Iovis Trilogy, and is co-editor of CROSS WORLDS, an anthology of transcultural poetics. She is the recipient of a Guggenheim Fellowship for 2013–2014.

Candace Walworth, PhD, co-founder of Naropa’s undergraduate Peace Studies program, is a professor of peace studies and serves as the faculty lead for Naropa’s “Community-based Learning and Action” seminar, working with diverse community partners to provide students with first-hand experience working locally on issues related to peace, human rights, and environmental sustainability. The recipient of numerous teaching awards, she designs and facilitates learning communities that encourage and support personal discovery and voice, dialogue across difference, creativity, service, and engaged scholarship.

Karen Kissel Wegela, PhD, is a professor in Naropa University’s MA Contemplative Counseling Psychology program and a psychologist in private practice. She is the author of What Really Helps and The Courage to Be Present. Her new book, forthcoming from W.W. Norton in the fall of 2014, is Contemplative Psychotherapy Essentials.
Tyler Norris is an entrepreneur and founder of more than a dozen businesses and social ventures. His three decades of service in the public, private, and nonprofit sectors have focused on population health, community vitality, and equitable prosperity. He currently serves as vice president of Total Health Partnerships at Kaiser Permanente.

Elizabeth Rabia Roberts, EdD, is a spiritual teacher, global educator, and international peace and justice activist who has lived and worked in dozens of countries, including Burma, Brazil, Syria, Iran, and most recently Afghanistan. She co-created four ongoing educational programs, including Naropa University’s Environmental Leadership MA. An initiated Sheika in the Sufi Way and a teacher in the Buddhist non-dual tradition, she has guided Wilderness Quests for more than twenty-five years and continues to mentor social activists and quest guides. Rabia is co-author of Earth Prayers and Prayers for a Thousand Years.


Robert Scaer, MD, is Board Certified in Neurology and served as medical director of rehabilitation services at the Mapleton Center in Boulder, CO, for twenty years. His primary areas of interest and expertise have been in the fields of brain injury and chronic pain, and more recently in the study of traumatic stress and its role in all mental illness, as well as in physical symptoms and many chronic diseases. He has published widely and is the author of The Body Bears the Burden: Trauma, Dissociation and Disease; The Trauma Spectrum: Hidden Wounds in Human Healing; and Eight Keys to Restoring Brain-Body Balance.

Vandana Shiva is a world-renowned Indian environmental and anti-globalization activist who received the Right Livelihood Award in 1993. She is the author of more than twenty books, including Making Peace with the Earth; Earth Democracy: Justice, Sustainability and Peace; and Soil Not Oil: Environmental Justice in an Age of Climate Crisis.

Daniel J. Siegel, MD, is clinical professor of psychiatry at the UCLA School of Medicine, where he is on the faculty of the Center for Culture, Brain, and Development and is also founding co-director of the Mindful Awareness Research Center. An award-winning educator, he is executive director of the Mindsight Institute. Dr. Siegel’s numerous publications include The Mindful Brain, The Mindful Therapist, and Mindsight. His latest release is The New York Times bestseller, Brainstorm.

THURSDAY, OCTOBER 16
7:00–9:00 p.m.
OPENING KEYNOTE / Nalanda Events Center
“Compassionate Society: Building an Enlightened World” with Sakyong Mipham Rinpoche
Revealing humanity’s natural worthiness and strength is the key to creating good society. Sakyong Mipham Rinpoche will lead a group exploration, delving into this inherent vitality, awakening compassion—the spark that illuminates our world.
FRIDAY, OCTOBER 17

Seeing the World As It Is

8:00–8:45 a.m.
CONTEMPLATIVE PRACTICE SESSIONS (choose one)

SESSION I:
Meditation
with Ringu Tulku Rinpoche / Room 9180

SESSION II:
Embodiment Practice
with Christine Caldwell / Room 9176

SESSION III:
Morning Contemplations
with Rev. Dr. Joan Brown Campbell / Room 9184

9:00–10:30 a.m.
OPENING GATHERING / Nalanda Events Center

Setting our Intentions, Creating Community

Symposium Weavers:
Susan Skjei, Arawana Hayashi, and Barbara Bash

We begin our day by articulating our intentions for the weekend, both for ourselves and with each other. An initial foray into community-building, we begin to weave a tapestry of shared and diverse questions and issues of interest that will lay the ground for our discussions, practice, and inquiry throughout the gathering.

Our Symposium Weavers will facilitate this session, and will track our exploration of Radical Compassion at key points throughout the weekend.

Complimentary tea and coffee are available all day downstairs in Room 9195 and upstairs in the Naropa Café.

He is the author of Dharma Punx, Against the Stream, and The Heart of the Revolution: The Buddha’s Radical Teachings on Forgiveness, Compassion and Kindness.

Chuck Lief, JD, president of Naropa University, served as president of the Greyston Foundation, one of the earliest and best-known models of integrated nonprofit social enterprises and service providers in the country. He has worked with various organizations promoting equitable housing and economic development, has served on numerous nonprofit boards, and was chair of the national Social Enterprise Alliance and of Shambhala International.

Judy Lief is a Buddhist teacher focusing on how the insights and meditative techniques stemming from the Buddhist tradition can be applied to the challenges of everyday life and to pressing global issues. Author of Making Friends with Death: A Buddhist Guide to Encountering Mortality, she has been teaching on a contemplative approach to death and dying since 1976.

Valerie Lorig, a student of Naropa’s founder, Chögyam Trungpa Rinpoche, has studied and practiced Buddhist mindfulness methods for thirty years. She has taught contemplative education, mindfulness awareness meditation practices, and contemplative psychology at Naropa since 1993.

Joanna Macy is an eco-philosopher and scholar of Buddhism, general systems theory, and deep ecology. A respected voice in the movements of peace, justice, and ecology, she interweaves her scholarship with five decades of activism. Her many books include World as Lover, World as Self; Coming Back to Life; Mutual Causality in Buddhism and General Systems Theory; and most recently, Active Hope: How to Face the Mess We’re in Without Going Crazy.

Melvin McLeod is editor-in-chief of Shambhala Sun and editorial director of Mindful magazine. He is the editor of Mindful Politics: A Buddhist Guide to Making the World a Better Place, the Best Buddhist Writing series, and three books of teachings by Thich Nhat Hanh.

Melissa Michaels, EdD, creates movement-based, cross-cultural community journeys focusing on life’s major thresholds. Her nonprofit, Golden Bridge, has been educating, initiating, and mentoring young people and adults around the world for three decades. A Fielding University Fellow, she is currently working with cross-boundary communities in Africa.

Sakyong Mipham Rinpoche, eldest son of Chögyam Trungpa Rinpoche, is Naropa University’s lineage holder. He serves as temporal and spiritual director of Shambhala, a global network of meditation and retreat centers, and is the author of Turning the Mind into an Ally, Ruling Your World, Running with the Mind of Meditation, and The Shambhala Principle.
Peter Grossenbacher, PhD, associate professor in contemplative psychology and contemplative education, conducts empirical research on meditation and the teaching of meditation. His work has been covered in The New York Times, Smithsonian Magazine, and Discover Magazine. A practitioner of meditation since 1980, Peter speaks internationally on contemplative education, synesthesia, meditation, and the brain.

Amy Hall, MBA, is director of social consciousness and Leadership Forum member for women’s clothing designer, Eileen Fisher. In her role, Amy guides the company toward ever-increasing human, environmental, and economic sustainability. She chairs the advisory board of Social Accountability International and serves on the board of the American Sustainable Business Council. In 2011, she rode from New York City to Washington, D.C., on her self-built bamboo bike, as part of the Brita Climate Ride.

Arawana Hayashi is a choreographer, performer, and educator who brings Social Presencing Theater and meditation into the capacity-building programs of the Presencing Institute. An Acharya (senior teacher) in the Shambhala Buddhist tradition, she brings embodied awareness practices to organizations and social change projects.

Zvi Ish-Shalom, PhD, is an ordained rabbi and lineage holder in the Kabbalistic and Hasidic traditions, as well as an initiate into several of the world’s wisdom traditions. Zvi is a core faculty member in Naropa’s Department of Religious Studies where he teaches courses in Judaism, Kabbalah, Hasidism, Religion and Mystical Experience, Comparative Mysticism, and Non-Dualism.

Diane Israel, MA, is a psychotherapist, adjunct professor in Naropa’s Graduate School of Psychology, and Naropa trustee. Her experiences as a world-class runner and triathlete have led her to specialize in body image and healing through mind-body integration.

Giovannina Jobson, MA, is a Buddhist minister (Upadhyaya), a senior student of Naropa’s founder, and Naropa University’s contemplative practice coordinator. She is a teacher of Dharma Art, Buddhist studies, and meditation.

Nataraja Kallio is a professor and director of the Naropa Yoga Studies & Teacher Training program. Seven years of study in India provided the foundation for his learning, where he immersed himself in the lineages of Sri Aurobindo, Krishnamacharya (namely Iyengar and Ashtanga Yoga), Swami Sivananda, Swami Satyananda, and the Sri Vidya tradition.

Noah Levine is a Buddhist teacher and counselor who teaches nationally and leads groups in juvenile halls and prisons. Trained to teach by Jack Kornfield, he has studied with many prominent teachers in both the Theravadan and Mahayana Buddhist traditions.

10:50 a.m.–12:15 p.m.
PLENARY KEYNOTE / Nalanda Events Center
“The Courage to See, the Power to Choose” with Joanna Macy

Non-stop war-making, climate chaos, lost harvests, poisoned seas and bodies, refugees in the millions pouring over borders while millions of Americans are locked in prison... How do we relate to such immensities of suffering? How can we dare to see the pain when we don’t know how to stop it? The helplessness of the bystander falls away as we discover that the pain is our own. What willingness arises then? And what clarity of choice?

12:15–2:00 p.m.
LUNCH

2:00–3:00 p.m.
PLENARY DIALOGUE / Nalanda Events Center
“Opening our Hearts to the World As It Is”
A conversation with the Rev. Dr. Joan Brown Campbell, Joanna Macy, and Vandana Shiva, moderated by Melvin McLeod.

3:15–4:45 p.m.
WORKSHOPS I: ‘THE DESCENT’ (choose one, continued on next page)

WORKSHOP A: ROOM 9180
Suffering: Gateway to Compassion with Ringu Tulku Rinpoche

The Buddhist teachings suggest that human life is particularly conducive to spiritual practice and awakening because we have just the right balance of comfort and suffering. With the rich creative potential of our minds and bodies, we are prodded by the difficulties of our lives and the suffering we see in the world around us to search for transformation and healing. Rinpoche will share some key teachings on how our willingness to witness and feel suffering can be the portal for opening our hearts to radiant compassion.
**WORKSHOP B: NALANDA EVENTS CENTER**

The Heart of the Matter: Life, Death, and the Awakening of Compassion
*with Judy Lief*

In this workshop we will focus on how we as individuals relate to our own mortality and how we as a society care for the dying. We will examine some dominant paradigms and views about death and dying, and how they take form in institutions and actions. In response, we will introduce contemplative values, insights, and practices that have the power to transform our relationship to death and our way of working with others. We will begin to envision how that changed relationship with dying might manifest in new approaches to end-of-life care.

**WORKSHOP C: ROOM 9189**

An Afternoon with Bernie Glassman

This session offers the rare and special opportunity to sit in open conversation with one of the great spiritual activists of our time. Bring your questions and reflections.

**WORKSHOP D: ROOM 9184**

Forgiveness: The Practice of Liberating the Heart and Mind from Hatred
*with Noah Levine*

This dharma talk and meditation focus on the process of freeing the heart/mind from resentment. The Buddha taught that Forgiveness was an integral part of developing a loving heart. Through a process of attending to our own pain and the pain of others, we can come to have enough compassion to offer and ask for forgiveness.

**WORKSHOP E: ROOM 9176**

What’s Your Calling? Are You Living in Service of Compassion and Justice?
*with Adam Bucko*

Great African American mystic and mentor to Martin Luther King Jr. Howard Thurman said “Don’t ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.” True action comes from a place of our true aliveness in God, where we become the person we were born to become and act from our deepest calling. When we live as an expression of that aliveness and engage it in service of compassion and justice, we are truly working for a new world. In this workshop, Adam Bucko shares his own struggles and stories, stories of the homeless kids he has worked with, as well as lessons he has learned from his mentors. He proposes a set of practices that can help us touch the essence of our calling, build communities of friends that can affirm our callings for each other,

Adam Bucko is an activist, spiritual director to many of New York City’s homeless youth, and co-author of a new award-winning book, *Occupy Spirituality: A Radical Vision for a New Generation*. He co-founded The Reciprocity Foundation, an initiative empowering homeless youth to break the cycle of poverty, and established HAB, an interspiritual contemplative fellowship focused on training young people in radical spirituality and sacred activism. His work has been featured by ABC News, CBS, NBC, National Catholic Reporter, Ode Magazine, Yoga International Magazine, and others.

Christine Caldwell, PhD, founded Naropa’s MA Somatic Counseling Psychology degree and continues to serve as a professor of somatic psychology. She is Naropa’s first dean of graduate education and the founder and director of the Moving Cycle Institute, promoting the understanding of movement as it relates to health, wellbeing, and conscious evolution. She is the author of two books: *Getting Our Bodies Back* and *Getting in Touch*.

Rev. Dr. Joan Brown Campbell is chair of the Global Peace Initiative of Women and the Global Compassion Council. An ordained Christian minister, she is a devoted activist for peace and social justice, believing that citizens in a democracy must act on their conscience. Former executive director of the U.S. Office of the World Council of Churches, she was the first woman clergy to serve as the Secretary General of the National Council of Churches, and has served in numerous international organizations, including the Fund for Education in South Africa and the Advisory Committee for Americans for Humanitarian Trade with Cuba.

Jerry Colonna is a certified professional coach. Previously, he was a venture capitalist and co-launched Flatiron, which became one of the most successful early-stage investment programs. He was also an investor with JP Morgan Partners and a founding partner of Internet-specific venture firm CMG@Ventures L.P. On Naropa’s board of trustees since 2010, he was included in Upside Magazine’s list of the 100 most influential people of the new economy, Forbes ASAP’s list of the best VCs in the country, and Worth’s list of the 25 most generous young Americans.

Ramon Gabrielloff-Parish, MA, is a family man who teaches environmental justice, social identity, and contemplative learning at Naropa University. In his quest for the alchemical marriage between dance, art, science, activism, cultural diversity, and the sacred, he works to awaken mainstream education to the elemental language of ritual.

Bernie Glassman, Zen Master, is a world-renowned pioneer in the American Zen movement. A spiritual leader, published author, accomplished academic, and successful businessman with a PhD in applied mathematics, he is the founder of Zen Peacemakers and serves in socially engaged projects around the world.
Speakers

**Lama Tsultrim Allione** is a Western Buddhist teacher, as well as founder and spiritual director of Tara Mandala Retreat Center. Lama Tsultrim’s teachings arise from her studies with numerous Tibetan Buddhist teachers, her forty-year dedication to the Buddhist path, and her experience as a Western woman and a mother. Recipient of the Outstanding Women in Buddhism Award, she is the author of *Women of Wisdom* and *Feeding Your Demons: Ancient Wisdom for Resolving Inner Conflict*.

**Bernard Amadei** is a professor of civil engineering at the University of Colorado at Boulder. He is the founding president of Engineers Without Borders–USA, and co-founder of the Engineers Without Borders–International network. Recipient of numerous awards, Dr. Amadei was appointed as a Science Envoy by the U.S. Department of State in 2012.

**Elias Amidon** is the spiritual director (Pir) of the Sufi Way. Elias teaches and holds retreats on nondual spirituality and Sufism throughout Europe and the United States. He has worked for many years with his wife, Rabia, in the field of peace and environmental activism in the Middle East and Southeast Asia, and with indigenous tribes on land-rights issues. He is the author of the book *The Open Path: Recognizing Nondual Awareness*, and co-editor with Rabia of the books *Earth Prayers, Life Prayers, and Prayers for a Thousand Years*.

**Acharya Dale Asrael** is an associate professor at Naropa University in the Transpersonal Counseling Psychology, Buddhist Studies, and Contemplative Education departments. Dean of Meditation Instructors for Shambhala International, she also founded and teaches Naropa’s Mindfulness Instructor Training program. Dale has led meditation retreats internationally since 1980.

**Barbara Bash** is a calligrapher, author, and illustrator. She studied dharma art with Chogyam Trungpa Rinpoche and has trained in Nonviolent Communication and Focusing, and she weaves these practices into her visual learning explorations. Her most recently published book is *True Nature: An Illustrated Journal of Four Seasons in Solitude*.

**Marc Bekoff** is Professor Emeritus of Ecology and Evolutionary Biology at the University of Colorado. His numerous publications include *Rewilding Our Hearts*. Recipient of the Saint Francis of Assisi Award by the Auckland SPCA, he has received awards for his work in animal behavior and with Jane Goodall’s Roots & Shoots program.

and through prayer and heartful presence, build courage to live as expressions of our true aliveness in the world.

**WORKSHOP F: ROOM 9235 (2ND FLOOR)**

**Trauma and the Neurophysiology of Healing with Dr. Robert Scaer**

Suffering induced by life traumas is core to much of our human experience. The roots of trauma are most closely linked to negative early childhood experiences. Studies of the brain in childhood, including MRI imaging, reflect a unique effect of early childhood mal-attunement and trauma that lay the template for emotional dysfunction and physical disease later in life. Dissociation, the perceptual equivalent of the freeze state, is the prevailing state in late, or complex trauma, and is associated with severe disruption of cognitive function, perception of self and others, and a myriad of somatic complaints. Over the course of an extensive career and through ongoing study, Dr. Robert Scaer has developed concepts that involve compassion and attunement, and are designed to mitigate the symptoms of long-standing trauma and trauma-induced diseases. Our ability to become aware of and heal our traumas becomes the foundation for compassionate healing and relationship with others.

5:00–5:30 p.m.

**CONTEMPLATIVE PRACTICE SESSIONS (choose one)**

**SESSION I:**

**Stillness in Motion**  
*with Melissa Michaels / Room 9180*

**SESSION II:**

**Resting the Mind: Shamatha Meditation**  
*with Dale Asrael / Room 9184*

**SESSION III:**

**Lying and Sitting Meditation**  
*with Diane Israel / Room 9176*

**SESSION IV:**

**Sensing the Limbs: Awakening the Presence Body**  
*with Zvi Ish-Shalom / Room 9189*

7:30–9:30 p.m.

**EVENING KEYNOTE / Nalanda Events Center**

“Earth Democracy: Living as Earth Community”  
*with Vandana Shiva*
SATURDAY, OCTOBER 18

Changing the World for the Better

8:00–8:45 a.m.
CONTEMPLATIVE PRACTICE SESSIONS (choose one)

SESSION I:
Meditation
with Valerie Lorig / Room 9180

SESSION II:
Embodiment Practice
with Christine Caldwell / Room 9176

SESSION III:
Yoga for Every Body
with Nataraja Kallio / Room 9184

SESSION IV:
Dharma Art
with Giovannina Jobson / Room 9124

Brushstroke practice was created by the founder of Naropa University, Chögyam Trungpa Rinpoche, for the purpose of connecting our own energy with the cosmic forces of Heaven, Earth, and Human. It is a fun and uplifting exercise that brings us to the present moment. No experience needed.

10:45 a.m.–12:15 p.m
COMMUNITY SESSION / Nalanda Events Center

Symposium Weavers:
Susan Skjéi, Arawana Hayashi, Barbara Bash

We gather for a final exploration and integration of what we have experienced over the weekend. What questions remain? How do we take fresh insights into our daily life? What opportunities exist for partnerships and collaborations with fellow participants? What is our inner resolve and our outer intention as we ‘return’ into our lives and communities?

12:30–1:00 p.m.
CLOSING CEREMONY / Nalanda Events Center
with Anne Waldman and Barbara Bash

Complimentary tea and coffee are available all day downstairs in Room 9195 and upstairs in the Naropa Café.
**SUNDAY, OCTOBER 19**

**Next Steps**

8:00–8:45 a.m.

**CONTEMPLATIVE PRACTICE SESSIONS (choose one)**

**SESSION I:**
- Meditation
  *with Valerie Lorig / Room 9180*

**SESSION II:**
- Embodiment Practice
  *with Christine Caldwell / Room 9176*

**SESSION III:**
- Wide Awake: Dawn of the Poem
  *with Anne Waldman / Room 9189*

**SESSION IV:**
- Yoga for Every Body
  *with Nataraja Kallio / Room 9184*

9:00–10:15 a.m.

**PLENARY DIALOGUE / Nalanda Events Center**

- Creating a Compassionate Society
  *with Elias Amidon, Elizabeth Rabia Roberts, Dan Siegel, and Judith Simmer-Brown; Moderated by Melvin McLeod*

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**9:00–10:30 a.m.**

**WORKSHOPS II: ‘OPEN HEART ACTIVISM’ (choose one, continued on next page)**

**WORKSHOP A: NALANDA EVENTS CENTER**

- Practices for Today’s Bodhisattvas
  *with Joanna Macy*

  Joanna Macy will share stories and practices from her Dharma-inspired Work That Reconnects, used around the world to awaken people to their power and responsibility.

**WORKSHOP B: ROOM 9180**

- Against the Stream: Buddhism as the Path of Spiritual Revolution, From the Inside Out
  *with Noah Levine*

  Practicing the Dharma is an act of rebellion. In the beginning, it is internal, going against our survival instincts of craving and aversion, and in the middle and end it becomes externalized into engaged compassionate action for the benefit of all living beings.

**WORKSHOP C: ROOM 9189**

- Harmony, Difference, and Interreligious Dialogue: An Introductory Workshop
  *with Acharya Judith Simmer-Brown*

  As His Holiness the Dalai Lama recently wrote, “understanding and harmony between the world’s religions is one of the essential preconditions for genuine world peace.” This workshop teaches the living practice of interreligious dialogue from Naropa University’s heritage, a practice of listening, respecting, and exchanging our deepest convictions and curiosities about religious and spiritual differences and belonging. This practice has proven the strongest support for the kind of harmony that His Holiness advocates. We will identify the habits that have characterized our spiritual communities, and through dialogue, redraw their boundaries to include rather than exclude religious and spiritual others. By tapping into our shared humanity and heart, we will develop the foundation for deeper communication across religious and spiritual differences, tools that will benefit our lives in human community.

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Complimentary tea and coffee are available all morning downstairs in Room 9195 and upstairs in the Naropa Café.
WORKSHOP D: ROOM 9184

**Social Presencing Theater**  
*with Arawana Hayashi*

Social Presencing Theater is an awareness-based practice that enables a person, team, or organization to get a clearer sense of the relationships and deeper connections present but often hidden or “stuck” in our present situations. By attending to the feeling-sense of the individual body and the social space, practitioners can collectively gain insights that lead to creative and fresh ways of ensuring better, kinder, and more compassionate futures. This is not theater in the conventional sense, but does use simple body postures and movements to dissolve limiting concepts, to communicate directly, and to make visible both where we are now and where we want to go.

WORKSHOP E: ROOM 9176

**Rewilding Our Hearts**  
*with Marc Bekoff*

In wildlife conservation work, rewilding—to make wild once again—refers to the creation of corridors between preserved lands that allow declining populations to rebound. In this workshop Marc applies the concept of rewilding to human attitudes and personal transformation. Unless and until we rewild ourselves by undoing the unwilding that results from being alienated from nature and become profoundly reconnected to nature, our conservation efforts will have but limited impact. When we make the effort to not just see, but to empathically become “the seen,” our perspective on animals and their homes/habitats changes in profound ways. As we shift to acting from the inside out, our efforts move beyond simply reacting to current crises and become powerfully proactive. Ultimately, Rewilding Our Hearts invites people to become re-enchanted with our world, and by dissolving false boundaries, to truly connect with both nature and ourselves.

WORKSHOP F: ROOM 9235 (2ND FLOOR)

**Embodied Compassion in Action**  
*with Melissa Michaels & Ramon Gabrieloff-Parish*

Melissa Michaels and Ramon Parish weave a tapestry of diverse inner and outer resources that are relevant to compassionate action in the world. They have worked together for more than a decade creating ripples of peace through body-centered rites of passage programs serving youth from diverse communities around the world. Drawing upon their diverse perspectives, they will offer a moving experience illustrating how embodiment can be a powerful doorway into compassionate action across complex borders.

**COMPASSION IS “RADICAL” WHEN IT MOVES BEYOND “BEING NICE” OR GIVING TO OUR FAVORITE CHARITY, AND BECOMES THE **VERY FOUNDATION OF ALL OUR ACTIONS, THE SIGNATURE OF OUR SOCIETY. AS A CULTURAL IMPERATIVE, COMPASSION LAYS A PATH TO A FUTURE FREE OF SOME OF OUR SOCIETY’S GREATEST DOWNFALLS. IT IS THE ROOT OF SUSTAINABLE, POSITIVE CHANGE, AND THE KEY TO MEETING THE CHALLENGES OF VIOLENCE, FEAR, AND SUFFERING.**
7:30–9:30 p.m.

EVENING KEYNOTE / Nalanda Events Center

“Mindsight and Neural Integration: How Kindness and Compassion Shape Our Relationships and Our Brains”

with Dr. Dan Siegel

Dr. Dan Siegel offers insights from the field of interpersonal neurobiology and discusses the power of mindsight to promote compassion, kindness, and well-being in our personal lives, our relationships, and our communities. “Mindsight” is the ability to perceive our own mind, and that of others, thus freeing us from habitual, reactive patterns. At the neurological level, mindsight has been shown to promote the growth of integrative fibers in the brain. Neural integration—the linkage between differentiated aspects of the brain—allows for flexibility and adaptability, and expresses itself outwardly as harmony, kindness, and compassion. Dr. Siegel will share principles and practices that offer a bridge between the science of relationships and the brain and contemplative and spiritual traditions.

11:00 a.m.–12:30 p.m.

WORKSHOPS III: ‘OPEN HEART ACTIVISM’

(choose one, continued on next page)

WORKSHOP A: ROOM 9180

Effective Action for Environmental Justice:
An Intimate Gathering

with Vandana Shiva

Share conversation with recognized activist Vandana Shiva, renowned for her work with local communities in her native India and elsewhere to support cultural and biodiversity, bring about effective and long-term social and environmental sustainability, and contribute to a vision of ‘earth democracy.’

WORKSHOP B: NALANDA EVENTS CENTER

Lojong: Teachings and Practices for Compassion in Everyday Life

with Ringu Tulku Rinpoche

The 11th century Buddhist Lojong, or ‘mind training,’ teachings were designed for lay practitioners to apply wakefulness and compassion in the activities of daily life. At the heart of these teachings is the invitation to use every situation, however ordinary, difficult, or delightful, as an opportunity to become more fully present, release our agendas, and rise to the needs before us. Rinpoche will also teach tonglen, a simple breathing practice that fosters compassion for ourselves and others.

WORKSHOP C: ROOM 9184

Brilliant Sanity, Radiant Compassion: A View from Contemplative Psychotherapy

with Karen Kissel Wegela

The teaching of brilliant sanity, a term coined by Naropa’s founder, Chögyam Trungpa Rinpoche, proclaims that all of us are by nature wise and compassionate. In this workshop, we will explore both brilliant sanity and how we lose touch with it. “The Empty Mirror” exercise, a compassion practice originally designed by Naropa students in the MA Contemplative Psychotherapy program, will be introduced.

WORKSHOP D: ROOM 9189

Engineering with Soul: The Nuts and Bolts of Compassion in Action

with Bernard Amadei

Engineers without Borders founder Bernard Amadei shares stories and insights from his work on and off the ground, drawing on fifteen years of international development work. Bernard calls
on a new model of development engineering that is not just about technology; it is also about people, value, ethic, culture, commitment, engagement, passion, and other issues that are not traditionally associated with engineering education and practice. Only this way can we ensure that projects are not just done right but are the right projects and actually of benefit. He shares his vision of a new generation of global engineers and individuals who are not simply value-neutral experts, but rather engaged with creativity and innovation, authenticity and heart, recognizing their work as compassion in action.

WORKSHOP E: ROOM 9235 (2ND FLOOR)

Mindfulness and Bodyfulness Practices that Promote Compassion: Research and Applications with Christine Caldwell and Peter Grossenbacher

Wisdom traditions as well as modern research demonstrate that contemplative practice can contribute to the development of well-being, equanimity, and compassion. Two of Naropa’s researchers will offer scientific perspectives, experiential examples, personal suggestions, and new directions regarding both sitting and moving meditative practices, with an eye toward practical applications in daily life.

WORKSHOP F: ROOM 9176

Spiritual Radicals: Learning from Sacred Activists Across Traditions with Adam Bucko

Great spiritual and moral leaders such as Mahatma Gandhi, Martin Luther King Jr., Malcolm X, and Dorothy Day led many of the most influential social and political movements of the 20th century. The inception of these movements was rooted in personal transformation, as reflected in Gandhi’s quote: “Be the change you want to see in the world.” This workshop will explore the relationship between personal evolution and participation and leadership in movements for a more just and compassionate world. By deeply exploring the moments of transformation that brought these great leaders to their commitments to working for a better and more sacred world, we can develop a framework that helps us to reanalyze and reinterpret our own lives. Their stories can help us to name our own sacred stories and experiences and then build a strategy for how we ourselves can live in service of authenticity, compassion, and justice. This workshop will also include a great deal of lessons that Adam Bucko has learned from mentors, contemporary spiritual teachers, and activists who made a commitment to being spiritual radicals in the 21st century.

12:30–2:00 p.m.

LUNCH

2:00–3:15 p.m.

PLENARY KEYNOTE/ Nalanda Events Center

“Feeding Your Demons” with Lama Tsultrim Allione

The ultimate compassion is to nurture and love, rather than resist and destroy our enemies, obstacles, and demons. Lama Tsultrim Allione shares the teachings and practices of Feeding Your Demons, a 5-step process that enables one to compassionately engage with one’s demons, rather than continue the cycle of struggle and suppression.

3:45–4:45 p.m.

CONCURRENT DIALOGUES (choose one)

DIALOGUE I: NALANDA EVENTS CENTER

Spiritual Activism for a New Generation with Noah Levine & Adam Bucko; Moderated by Candace Walworth

DIALOGUE II: ROOM 9180

Compassionate Business with Jerry Colonna, Amy Hall & Tyler Norris; Moderated by Chuck Lief

5:00–5:30 p.m.

CONTEMPLATIVE PRACTICE SESSIONS (choose one)

SESSION I:

Embodied Listening: Inviting Intuitive Insight from the Body’s Deeper Knowing with David Rome / Room 9235 (2nd floor)

SESSION II:

Resting the Mind: Shamatha Meditation with Dale Asrael / Room 9184

SESSION III:

Movement Meditation with Diane Israel / Room 9176

SESSION IV:

Sensing the Limbs: Awakening the Presence Body with Zvi Ish-Shalom / Room 9189