



Greetings!



There are big changes at the Center. As Obama says, change you can believe in. Our new Executive Director Philip Snyder will arrive in September, bringing with him a remarkable set of skills and experience as well as the desire to make wisdom accessible within the existing culture, create spaciousness in busy lives, and help people and organizations contribute to solving ecological and planetary problems.

After a time of passing on the inner secrets of the organization, I will become a Senior Fellow in December. Still affiliated with the Center, I will work on special projects and take time to reflect and write about what we have learned. The "special projects" will include a pilot retreat for Army caregivers (chaplains and medical teams who are suffering from burnout) and a handbook on contemplative practices in higher education, drawing from the amazing work of our Contemplative Fellows and others. It will be the beginning of what Norman Fischer and Jon Kabat-Zinn are calling the "post-institutional life." Is there actually life beyond budgets and conference calls and board meetings? I'll let you know.

Contemplative wisdom teaches us that everything is changing all the time, and our work is to let go while being totally present, holding no expectations of what will come. Last week on Martha's Vineyard I was at the bedside of a dear friend who was dying, and that was just what was called for: letting go, being there, and expecting nothing, being ready for anything. I am entering my next phase in this spirit, inspired by my dear dying friend and by those of you who are revealing the path by walking it. Please stay in touch.

All blessings,

Mirabai

**Introducing Philip Snyder,
Our Next Executive Director**

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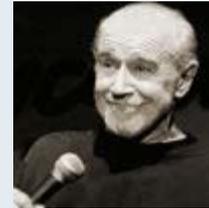
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"I put a dollar in one of those change machines. Nothing changed."

- George Carlin,
1937- 2008



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After almost two years of searching for our next Executive Director and interviewing many fine candidates, we are delighted to announce that we have selected Philip Snyder to succeed founding director Mirabai Bush.

Philip's experience in directing organizations combined with his deep interest and experience in contemplative practice make him an ideal director of the Center. With a doctorate from Cornell in anthropology, he has been the executive director of several complex non-profits, including a large, multifaceted center at Cornell (the Center for Religion, Ethics and Social Policy) and the International Office of the Global Ecovillage Network. He also taught anthropology and received a Senior Fulbright Fellowship in 1997 to coordinate the citizen conflict resolution program of the Fulbright Commission, in the divided island of Cyprus. Philip has had rich experience in all facets of organizational and program development.

His inner journey includes Zen Buddhism, a year in a Christian retreat and education center, and study with a Cypriot teacher and healer. Many other approaches also inform his ongoing inquiry and exploration.

Philip will join the Center on September 1, 2008, and will work together with Mirabai for a few months, during which he will be getting to know staff, board, advisors, supporters, and participants in our programs. Thereafter, Mirabai will be affiliated with the Center as a Senior Fellow, guiding special projects, and reflecting and writing about the work of the Center.

News

Announcing the Association for Contemplative Mind in Higher Education

For the past ten years, we have worked through our [Academic Program](#) to promote a culture of contemplation in higher education. The Association for Contemplative Mind in Higher Education is a new professional membership association which connects a network of leading institutions and academics committed to the recovery and development of the contemplative dimension of teaching, learning and knowing.

The ACMHE seeks to stimulate scholarship and research concerning contemplative pedagogy, methodology and epistemology within and across disciplines through retreats, meetings, conferences, and our annual [Summer Sessions](#).

Our e-newsletters and private social networking website allow members to share scholarly work, participate in discussion forums, search each others' profiles, and read uploaded papers and syllabi.

For more information and to join, visit <http://www.acmhe.org>.

The 2008-2009 Contemplative Practice Fellowships

This past year, The Center for Contemplative Mind in Society took over the complete selection process and administration of the [contemplative practice fellowship program](#), after ten years of working closely with ACLS (the American Council of Learned Societies). The competition was promoted widely to include proposals from the sciences and from Canada, and resulted in the greatest number of applications ever, almost twice as many as in previous years.

The increase in applications attests to the growing interest in integrating contemplative practice into the classroom and the field of contemplative studies, but made the selection process very difficult. Among very many applications worthy of recognition, [these](#) were the strongest. We extend a warm welcome to the 2008 Fellows.

[Application materials and instructions are now available for the 2009 competition.](#)

Now Available in our Online Store



Tree of Practices Print

\$8.00 plus shipping

The Tree of Contemplative Practices has long been the most popular page on our website, so we are pleased to finally have 11"x17" color prints of the Tree available for purchase in our online store.



The Love That Does Justice

Edited by Michael A. Edwards and

Stephen G. Post

\$9.95 plus shipping

"Spiritual activism" refers to a growing movement of individuals and organizations who cultivate an explicit connection between inner transformation and their work for justice in the world. This book contains statements by 21 of the leading voices in spiritual activism (including our own Mirabai Bush), complemented by 21 statements from well-respected scholars and researchers who reflect together on the phenomenon that Martin Luther King once called "the love that does justice." This unique book provides ideas, inspiration, and support to one of America's most significant emerging social-spiritual movements.

[Visit our online store](#)



A New Kind of Search at Google: "Search Inside Yourself: Mindfulness Based Emotional Intelligence"

At Google's request, the Center, supported by Advisory Board member

Dan Goleman, developed a workplace course using mindfulness practice and other contemplative techniques to develop the five essential competencies of emotional and social intelligence. This eight-session course, offered at the Google workplace in Mountain View, California, will be taught for the third time this fall. The pilot course, a big success, was taught by Center Board Member Norman Fischer and Mirabai Bush. It included instruction in mindful emailing. From Norman's teaching:

We find out that the more intimate we are willing to be with our own emotions (and this may not be easy--there may be unpleasant emotion, buried emotion, shameful or illicit emotion, emotion that threatens our lives as they now are), the more we are willing to connect with others: this is a visceral connection, not a cognitive one. It's as if we are hooked into another, connected, almost, in the breath. We are swimming together in the same emotional ocean.

Photo: Mirabai Bush with Chade-Meng Tan, Google University

Upcoming Events



Summer Session for Contemplative Curriculum Development

August 3-8, 2008
Smith College, Northampton, MA

The summer session prepares professors at 2- and 4-year colleges and universities to return to their classrooms with a deeper understanding of the practice of contemplative teaching and a fully developed course.

Sorry, the application deadline has already passed. Information on the 2009 Summer Session will be available this fall.



Retreat for Academics

November 13 - 16, 2008
Menla Mountain Center, Phoenicia, NY

We are pleased to offer our third retreat for academics.

Much of our time together will be spent in silence and engaged in a variety of contemplative practices, in addition to several sessions providing training in contemplative methods adapted for the classroom and discussions about the relationship of the contemplative perspective to teaching, learning, and knowing. The retreat is designed to appeal to participants with a wide range of experience in contemplative practice, from beginners to seasoned practitioners.

[Click Here to Register](#)

Retreat for Law Professionals

September 11-14, 2008



Menla Mountain Center, Phoenicia, NY
Co-sponsored by CUNY School of Law
4 hours of MCLE Credits

Mindfulness meditation can provide a practical tool for busy legal professionals to quiet the mind, enhance clarity and professional effectiveness, and restore a more peaceful balance to their lives. This program will include meditation instruction and practice, and will explore the interplay between contemplative and legal practices and the role meditation can play in the professional and personal lives of lawyers, judges, law professors, law students, and other legal professionals. There will be periods of silent meditation, lectures, and group discussions concerning skills training and the ethical practice of law.

[Click Here to Register](#)

Recent Events



Deep Replenishment and Connection: Meditations of Loving Communion and Presence for Social Justice Activism and Service

with Lama John Makransky
assisted by Leah Wise, MSW
July 18-20, 2008
Garrison Institute, Garrison, NY

This summer retreat took place at the Garrison Institute, Garrison, NY on July 18-20, 2008. 20 inter-generational activists, organizers, social workers, and therapists gathered in retreat with Lama John Makransky, a spiritual teacher in the Dzogchen tradition of Tibetan Buddhism, and Leah Weiss, his assistant, to explore the value of meditation of loving communion and wisdom and what it might offer them to maneuver a culture of work where fatigue and burnout are perceived as a rite of passage, a nonnegotiable in recovering justice for the communities they serve. And where holding a space to honor the fundamental goodness for the people and institutions perceived to responsible for the suffering and injustice they are working to reverse is not encouraged.

Retreatants participated in guided meditations, silence and deep dialogue. It was a space of mutual challenge, using the mind and spirit to make the abstract relevant, simple and practical to social action. Several retreatants, who have had the benefit of several years of consistent meditation learned at previous trainings and gatherings, achieved major breakthrough that were evident and visibly transformative.

**Shifting Metaphors:
Activism as a Path to Awakening**



with Rev. H. Ryumon Gutiérrez Baldoquín
June 13 - 15, 2008
Smith College, Northampton, MA

On June 13-15th, 50 activists, organizers and social work students met in retreat with Rev. Ryumon Hilda Gutiérrez Baldoquín, an ordained priest in the Soto Zen lineage of Shunryu Suzuki Roshi on the Smith College campus in Northampton, MA. Over the two days participants were asked to consider a different archetype for social justice activism. They were asked to shift the metaphor of an activist from being an individual devoted to a cause or an issue to one devoted to the welfare of all beings. From one who fixes the injustices of the world to one who is a witness and gives support to communities who themselves heal the tear in the world. The group discussed the importance of healing what was shattered in the activist as the first step.

This retreat offered retreatants the opportunity to enter into stillness, spaciousness and community as a way to explore these questions through the teachings and forms of Zen. The two days include zazen (sitting meditation), kinhin (walking meditation), dharma talks, authentic movement and wisdom circles.

Noble silence was observed. And although meditation experience was not required to attend, participants were asked to take on the practices for the duration of the retreat. A personal interview with the retreat leader was offered to each participant.

photo (c) Marcia Lieberman



Meditation Retreat for Law Professionals and Students

April 2-6, 2008
The Angela Center, Santa Rosa, CA

Practices at this 4-day retreat included sitting and walking meditation, yoga, qi gong, intentional conversation, and role-playing. Legal discussions were focused around ethics, communication, the elimination of bias, and working with emotions. 60 lawyers, mediators, judges, and students attended.

"I came away deeply moved, first, by the experience of going deeply within myself within the silence of the retreat, but perhaps even more lastingly, by having done that with 60 or so other lawyers, who shared their souls through either their words or their heartfelt silence.... Even though we have all gone our separate ways, I feel supported knowing that there are 60 others out there who are all working, separately and together, in their various parts of the legal profession to grow the seeds that we sprouted in the retreat."

- Law retreat participant



Mindfulness as a Foundation for Teaching and Learning

February 9, 2008
Sidwell Friends School, Washington, DC

160 teachers, mindfulness professionals, and practitioners attended this conference, co-sponsored by The Center for Contemplative Mind in Society and the Mindfulness in Education Network (MiEN), exploring how to cultivate a foundation of contemplative awareness for teaching and learning. Kimberly Post Rowe, David Levy, and Florence Meleo-Meyer offered presentations about mindfulness practices, opportunities to experience different practices and themes for discussion in the morning plenary session. Afternoon breakout sessions were led by presenters, planners, and other experienced contemplative educators.

Kimberly Post Rowe is the founder of [Five Seeds](#), an organization bringing mindfulness to health care and education. Her manual and curriculum guide, *A Settled Mind: Stress Reduction for the Classroom and Beyond* (2007), introduces practices to adolescents and is the basis for her "ridiculously popular" course "Teen Zen." David Levy, professor of Information Science at the University of Washington and Contemplative Practice Fellow, has written *Scrolling Forward: Making Sense of Documents in the Digital Age* (2001)) and the paper, "[No Time to Think](#)," a contemplative response to the climate of fragmented attention and information overload in schools. Florence Meleo-Meyer of the [Center for Mindfulness in Medicine, Health Care, and Society](#) at the University of Massachusetts Medical School, adapts Mindfulness Based Stress Reduction (MBSR) for teachers and teenagers developing capacities for open awareness, training of attention, sensitivity to interconnection, and enhanced self-knowledge and expressiveness.

Charlie Halpern, chair of The Center for Contemplative Mind in Society, gave welcoming remarks and introduced the presenters, and in addition to David Levy, five other [Contemplative Practice Fellows](#) were in attendance. The Center was pleased to support the conference and the vision of integrating contemplative practice into education it holds.

The next conference is scheduled for Saturday, February 14, 2009 at the University of Pennsylvania School of Medicine. Look for updated information as the time approaches.

News & Events from other organizations

Upaya Buddhist Chaplaincy Program Invites New Applicants

The Upaya Buddhist Chaplaincy Training is a visionary and comprehensive two-year certificated program for a new kind of chaplaincy intended to serve individuals, communities, the environment, and the world. The program focuses on altruistic and compassionate leadership and service, and on social transformation from a systems

perspective. It is intended to prepare people to have the skillful means to transform all forms of suffering, including suffering induced by structural violence.

Upaya is now accepting applications for the 2009 training cohort. Faculty for 2009 will include Roshi Joan Halifax, Margaret Wheatley, Fleet Maull, Stephen Batchelor, Richard Davidson, and many more. For more information, contact Maia Duerr, chaplaincy@upaya.org, and see <http://www.upaya.org/training/chaplaincy.php>

The 2008 "Nonviolence as a Way of Life" Conference

Sept. 11-14, 2008
at the University of Oregon, Eugene, Oregon

The 2008 Nonviolence as a Way of Life Conference will bring together nearly 2,000 people of all ages and backgrounds for four days of workshops, panels, dialogues, play-shops and other activities focusing on inspirational and practical applications of nonviolence in the following 14 areas of human life:

- Community & Culture
- Partnering, Parenting & Family
- Diversity & Equity
- Politics & Governance
- Economy & Labor
- Protection & Justice
- Education & Lifelong Learning
- Science & Technology
- Entertainment & the Arts
- Spirituality
- Health & Well-Being
- Sustainability
- Media & Information
- Youth

The common thread that weaves together each of the activities at the conference is the vision that the philosophy and practice of nonviolence can serve as a universal value for organizing all facets of human life.

Our aim is to provide conference attendees with a sense of hope, purpose, and meaning, rooted in the practical and useful applications of nonviolence.

This conference is being co-sponsored by:

[The Coalition for Nonviolent Living](#)

[The Oregon Network for Compassionate Communication](#)

[The Savage Endowment for International Relations and Peace](#)

For more information and to register, visit

<http://www.nonviolentliving.org/>.

Neuroscience & Spiritual Practices Transforming the Embodied Mind

An inter-religious conference exploring emerging understandings in neurospirituality

October 12-14, 2008
Claremont School of Theology
Claremont, California

What happens to the brain during spiritual practices? Recent neuroscientific studies suggest that meditation, contemplation, and prayer may change the brain and neurosystem in identifiable and possibly predictable ways. What are the implications of such findings for spiritual formation? For science? For theology and philosophy? For life?

In addressing such questions, this unprecedented conference will gather an international group of renowned scientists, philosophers, theologians, and contemplatives to probe the relationship between neuroscientific understandings and the contemplative practices of Buddhism, Christianity, Islam, and Judaism. The conference will offer presentations, conversations, and opportunities to engage in and reflect on spiritual practices from each of the religious traditions represented.

For more information and to register, visit
<http://neurospirituality.blogspot.com/>

To register or ask questions about registration, contact the Center for Process Studies: events@ctr4process.org or (909) 621-5330

With questions about the conference program and/or it's speakers, email:
info@neurospirituality.org

The conference is sponsored by The Claremont School of Theology Spiritual Formation Program and the Center for Process Studies, with major support from the Fetzer Institute.

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