Tenth Annual Summer Session on Contemplative Pedagogy

August 3-8, 2014
Smith College, Northampton, MA

The Summer Session on Contemplative Pedagogy is an intense week-long investigation led by pioneers in contemplative education. It prepares higher education professionals with resources to support innovation in curriculum development, course design, and the incorporation of contemplative awareness and practice within all aspects of higher education. Since 2005, over 450 individuals have attended the program, representing 300 different institutions from the United States and abroad.

In 2014, the Summer Session grew in size once again, with 93 participants and 13 faculty and staff attending. The event continues to draw from a diverse set of roles at academic institutions, including professors, administrators, graduate students, health professionals, and counselors. In order to provide more opportunities for personal interaction and subject-specific exploration, afternoon breakout groups were led by Summer Session faculty. Breakout group topics included racial and social justice, Authentic Movement, photography, general curriculum development, and an introduction to contemplative methods in higher education.

The Summer Session offers opportunities to explore ways of knowing through various forms of contemplative practice which complement lectures, discussions, and workshops about the application of practices and methods in the classroom or on campuses. Each day began and ended with a different contemplative practice led by Mirabai Bush and other Summer Session faculty members. Emphasis was also placed on somatic, embodied ways of knowing, with gentle yoga practices led each morning by Anna Passalacqua, and Authentic Movement sessions led by Paula Sager in the afternoons.
Presentations

Summer Session faculty gave morning and afternoon presentations exploring the use of contemplative practices to cultivate awareness and compassion in students; contemplative arts in the classroom; the role of assessment in contemplative pedagogy; and using contemplative methods to examine our social location (our race, class, gender, etc.) and sense of identity.

**Interiority and the Wider World**
*Daniel Barbezat, Professor of Economics, Amherst College*  
*Director, Center for Contemplative Mind in Society*

**Expanding Awareness Through Animal Tracking & Sign**  
*Presentation with James McNaughton, Founder/Director & Field Instructor, Adventure In/Adventure Out; and Frank Grindrod, Founder/Director & Field Instructor, Earthwork Programs*

**The Discipline of Authentic Movement: Cultivating the Witness**  
*Paula C. Sager, Co-Founder of Mariposa, Somatic Practice Teacher, and Director of Three Stone Studio*

**Seeing with the Possibility of Being Changed; Drawing as Meditation**  
*Bradford Grant, Professor, School of Architecture and Design, Howard University*

**Leap into the Abyss Wholeheartedly, Liberation Awaits**  
*Rose Sackey-Milligan, c-Integral*

**Demystifying Research in Contemplative Education: What Science Can and Cannot Teach Us**  
*B. Grace Bullock, Senior Research Scientist, Mind & Life Institute*

**Field Notes: Contemplation, Creativity and Connectedness**  
*Anne Beffel, Artist and Professor of Visual Arts, Michigan Technological University*

Daily Movement Practices

Each morning, instructor **Anna Passalacqua** led participants in gentle yoga, emphasizing body awareness, a focus on the breath, and self-compassion. A variety of poses and movements were offered so that participants with different levels of experience and ability would find the practice accessible.

In the afternoons, **Paula Sager** led small groups of participants in Authentic Movement—an exploration of direct experience through the embodiment of two roles—mover and witness. Many of the contemplative practices led by other faculty members throughout the week also incorporated movement and somatic awareness: standing and rooting the body, positioning oneself for the purpose of seeing, and a partnered drawing activity.
Additional Program Elements

A special visit was made on Tuesday by Trungram Gyaltrul Rinpoche, head of the Trungram lineage of Tibetan Buddhism and the first reincarnate lama to receive a PhD in the West. Speaking from the unique combination of his tradition and his experience studying at Harvard University, he spoke with participants on “The Three Moment Method”—a simple method of practicing mindfulness that helps the practitioner become aware of their sensory experiences, their emotions, and the thoughts that arise as a result of stimulus.

On Thursday evening, the group gathered for an informal Open Mic Night in the Carroll Room. Offerings included theatrical poetry, vocal and spoken word performances, and musical performances, including drumming.

Introductory Session
An introductory session was led by Katja Hahn D’Errico, Adjunct Professor of Social Justice Education and Faculty Director of the IMPACT! Service Learning Residential Academic Program in the Community Engagement and Service Learning Program (CESL) at the University of Massachusetts Amherst. Katja shared some of her teaching tools and experience with 20 participants during a three-part afternoon workshop.

Instructional Practice Session
Near the end of the week, participants were invited to take part in the “Just Like Me” practice led by Mirabai Bush. Many were deeply moved by the relational practice, which involves standing across from another person and silently repeating a series of phrases:

This person is just like me, in a body, going through life.
This person was once a little child, a little vulnerable child, just like me.
This person has had happy times in her life, just like me.
This person has loved someone, just like me.
Their heart has been broken, just like mine.
This person has also been sad in their life, just like me.
This person has been disappointed by life, just like me.
This person has been hurt by someone, just like me.
This person has been confused by life, just like me.
This person has done some things that he or she regrets, just like me.
This person has known physical pain and suffering, just like me.
This person wishes to be safe, and healthy, and loved, just like me.

I wish you strength and support in your life,
so that you can do the things that are right for you to do.
I wish that you be happy, because I know you want to be happy, just like me.
I wish that you may be free from all pain and suffering,
because I know that you are a fellow human being, just like me.

(And now, in whatever way feels appropriate, thank your partner for being there for you).
Summer Session Faculty Bios

**Daniel Barbezat** is Professor of Economics at Amherst College and Executive Director of the Center for Contemplative Mind in Society. Over the past decade, he has become interested in how self-awareness and introspection can be used in post-secondary education, economic decision-making and creating and sustaining well-being. With the support of a Contemplative Practice Fellowship in 2008, he has developed courses that integrate contemplative exercises designed to enable students to gain deeper understanding and insight. Along with experimental research on choice and awareness, he is currently editing a group of papers on examples of contemplative pedagogy across the disciplines with Arthur Zajonc. His latest book (co-written with Mirabai Bush), *Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning*, was released in 2013 by Jossey-Bass.

**Anne Beffel** is an artist and a Professor at Michigan Technological University. As an artist, she offers opportunities to project participants to pay attention to their surroundings and one another. Since earning degrees from the University of Michigan, the University of Iowa, and participating in the Whitney Museum of American Art’s Independent Studio Program in New York City, she has worked within contexts as diverse as the World Financial Center in Lower Manhattan; Saint John’s Benedictine monastery in rural Minnesota; and New York Downtown Hospital and surrounding streets, offices, and community centers. Her most recent projects have been at the Everson Museum in Syracuse, New York; the Gandhi statue in Union Square, New York; and Occidental Square Park in Seattle, Washington. Currently she is at work on a project at the intersection of kindness and color.

**B. Grace Bullock**, PhD is a scientist-practitioner with extensive experience in implementation science and clinical intervention in inpatient and outpatient behavioral health settings. She has served as an Investigator on a number of large, NIH-funded, longitudinal implementation trials, and has managed large, multidisciplinary teams for over 20 years. She is keenly interested in dynamic interface between evidence-based psychotherapy, affective neuroscience and contemplative education and practice. Grace specializes in the development of observational and audio-based coding systems, most notably the widely used Family Affective Attitude Rating Scale (FAARS). She has authored numerous peer-reviewed manuscripts, book chapters and journal articles, and has presented extensively at national and international scientific conferences. She is a Senior Research Scientist at the Mind and Life Institute, Contributing Editor for Research at YogaU Online, faculty at Integrated Health Yoga Therapy, and the former Editor-in-Chief of the International Journal of Yoga Therapy.

**Mirabai Bush** was a co-founder of the Center for Contemplative Mind in Society and served as Executive Director until 2008. Under her direction, The Center developed its programs in education, law, business, and activism and its network of thousands of people integrating contemplative practice and perspective into their lives and work. Mirabai holds a unique background of organizational management, teaching, and spiritual practice. A founding board member of the Seva Foundation, an international public health organization, she directed the Seva Guatemala Project, which supports sustainable agriculture and integrated community development. Also at Seva, she co-developed Sustaining Compassion, Sustaining the Earth, a series of retreats and events for grassroots environmental activists on the interconnection of spirit and action. She is co-author, with Ram Dass, of *Compassion in Action: Setting Out on the Path of Service*. She is editor of *Contemplation Nation: How Ancient Practices Are Changing the Way We Live*. Her latest book, co-written with Daniel Barbezat, is *Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning*.

**Bradford C. Grant**, Professor of the School of Architecture and Design at Howard University, is a registered architect with extensive experience in urban and community design, universal design, contemplative practices in design education and social, cultural and ethical factors in architecture. His community design work, research on the role of African American architects and his teaching on “Drawing as Meditation” has earned him the Universal Design Education Award, the Virginia Downtown Development Association Award, AIA Education Honor Award, the AIA Institute Honor for Collaborative Achievement and the Contemplative Practice fellowship. Grant is past president of the Association of Collegiate Schools of Architecture (ACSA), the Historic Black Colleges and Universities (HBCU) liaison to the board of the National Organization of Minority Architects.
Frank Grindrod, Wilderness Guide and Instructor, is the founder of Earthwork Programs and, since 1999, has been dedicated to teaching earth skills such as nature awareness, tracking, wilderness living skills and earth philosophy. He is a graduate of Greenfield Community College’s nationally-recognized Outdoor Leadership Program. Frank continues his education through studies with Tom Brown, Jon Young, Paul Rezendes and others. He has been trained as a Wilderness First Responder. As a certified facilitator for the Nurtured Heart Approach, Frank has trained with national trainers, including Gabrielli Lachiara, LSW, Lisa Bravo, Tom Grove and Howard Glasser, MA. He is recognized as an advanced trainer and coach with energy parenting and Howard Glasser’s The Inner Wealth Initiative and the Children’s Success Foundation. Frank is currently working as the lead facilitator of wilderness education programs and the Nurtured Heart Approach, as well as consulting for camps, museums, conferences, schools and environmental education centers throughout New England.

Katja Hahn d’Errico is Adjunct Professor of Social Justice Education and Faculty Director of the IMPACT! Service Learning Residential Academic Program in the Community Engagement and Service Learning Program (CESL) at the University of Massachusetts Amherst. A retired administrator with 20 years of experience teaching collective and cooperative business practices to undergraduate students, in addition to serving as an adjunct faculty member with SJE, Dr. Hahn d’Errico is currently on faculty with Commonwealth College, where she focuses on undergraduate service learning. She has taught EDUC 691E Social Justice Issues in Education and offers a 1 credit seminar (692Q) in which students explore theory and connections between social justice work, religion and spirituality in an experiential setting. She co-authored two chapters in Teaching for Diversity and Social Justice (2007) and contributed a chapter in Transforming Campus Life (2001).

James McNaughton founded Adventure In/Adventure Out in 1995 to bring about his vision of connecting people more deeply with the natural wonders of the Connecticut River Valley area, the community of people that surround them and to themselves. He is a ‘95 graduate of Greenfield Community College’s Outdoor Leadership Program. He has continued his passion for learning about the natural world with time spent tracking with Paul Rezendes, Sue Morse’s Keeping Track program, White Pine Program’s Tracking Apprenticeship, as well as dozens of other workshops and intensives. In 2011, James received a New England Track and Sign Level 3 certification from the Cybertracker Evaluation. James authored a newspaper column, “The Great Outdoors” which was published in four local papers, and then published his own newspaper, “The Outsider.” He is also the author of a hiking and canoeing guide for The Chicopee River Watershed Council. He completed The New Warrior Training with the Mankind Project and was a facilitator for “The Mythic Warrior” men’s empowerment training intensive. He is also a trained life coach through the Ford Institute for Integrative Coaching, and a recent volunteer and steering committee member of Boys to Men. His passion for reading, learning and mentoring often finds him sitting by the fire with a good book, wandering the local woods, rivers and wetlands alongside peers, students, family and friends.

Rose M. Milligan, PhD is a socio-cultural anthropologist, Program Officer and State Coordinator of various foundation-sponsored programs at the Massachusetts Foundation for the Humanities. She acquired thirteen years of experience in social change philanthropy as the former Director of Programs at the Peace Development Fund. As Director of the Social Justice Program at the Center for Contemplative Mind in Society and co-director of c-Integral, Inc., she organized opportunities in workshop and retreat settings for grassroots social change community leaders to explore and discover the qualities of a
transformational leader and how to achieve it through contemplative practices. She is an educator, and since 1995 has facilitated numerous workshops in self-analysis, leadership development and building self-esteem for African, Latino, Arab, Cape Verdean and Asian students on university campuses. Rose has studied and practiced the Afro-Cuban Yorùbá-derived Lùkùmí faith since 1992 and received full priesthood ordination in 1997.

Anna Neiman Passalacqua’s earliest memories date back to practicing yoga with her mom and the Siddha Yoga community. In her 20s she circled back to her yoga roots and discovered the power of a daily practice. Anna became certified in the Prana Yoga and Peaceful Weight Loss through Yoga methods. She is a devoted student and teacher inspired by the transforming qualities of yoga. She creates a supportive space for people of all sizes and abilities to align the body, open the breath, and calm the mind. In addition to teaching group yoga classes, make lifelong change. Based in Northampton, Massachusetts, Anna is the co-author of the 12 video series “At Home with Peaceful Weight Loss” and is also the co-director of Breathing Deeply with her husband Brandt. She was formerly an executive assistant at the Center for Contemplative Mind in Society.

Paula Sager has a degree in dance from Bennington College, is a certified Alexander Technique teacher and has practiced Authentic Movement for more than 20 years. In 1993, she co-founded and served, until 2006, as editor and writer for A Moving Journal, an international publication devoted to Authentic Movement. Working closely with mentors, Arthur Zajonc and Janet Adler, Paula has conducted research on the phenomenon of witness consciousness in the development of the individual.

Her long-time teaching practice focuses on the role of movement and sensory awareness in supporting cognition, creativity, and presence in a wide range of professional fields. Paula is a co-founder and president of The Mariposa Center, a non-profit organization that incorporates contemplative approaches to the teaching of early childhood education. Mariposa is one of the first state-wide program providers in Rhode Island to offer public Pre-K through the Rhode Island Department of Education.

“Most meaningful and beneficial to me was the opportunity to connect with people across disciplines, working in numerous capacities, who are all involved and evolving in their use and intentionality around aligning their values with their practice.

There was invaluable networking, support, and collegiality with new friendships and support systems to continue to cultivate, share in and develop. It was also beneficial to have my horizons expanded and to view contemplative practices and mindset in the context of global, environmental, economic and political arenas.”

- Donna Basik
2014 Summer Session Participant