

*PLEASE JOIN US FOR A SERIES
OF SPECIAL STANFORD EVENTS CELEBRATING*
CONTEMPLATION: THE POWER OF THE PAUSE



"Contemplation in Windhover" photo courtesy of Matthew Millman

NOVEMBER 4 - 12, 2015



CONTEMPLATION BY DESIGN (CBD) IS A CAMPUS-WIDE COLLABORATION INVITING THE STANFORD COMMUNITY TO ENJOY THE POWER OF THE PAUSE FOR THE PURPOSE OF RE-ESTABLISHING BALANCE, TRANQUILITY, COMPASSION, AND ENERGY TO SUPPORT OUR CREATIVE EXCELLENCE.

PLEASE JOIN US NOVEMBER 4 - 12 FOR FREE CBD EVENTS OFFERING RESEARCH ON THE NEUROSCIENCE OF CONTEMPLATION, SKILL-BUILDING OPPORTUNITIES AND REFRESHING EXPERIENCES FROM STANFORD'S NATURAL BEAUTY AND CAMPUS ARTS.

REGISTER AT [HTTP://STANFORD.IO/CONTEMPLATIONREGISTRATION](http://stanford.io/contemplationregistration)

WEDNESDAY CBD EVENTS (NOV. 4TH)



CBD: Introduction to Contemplation: The Power of the Pause for Calm, Compassionate Competence (CBD15W-1)

Sponsored by: Health Improvement Program (HIP), BeWell

Welcome to the 2015 Contemplation by Design (CBD) week. In this introductory session, we will begin to experience renewal, peace of mind and well-being by pausing to quiet the thinking mind, engage the senses, relax and replenish. We will explore the fundamental role of the contemplative pause in creating a life of sustained excellence, joy, compassion, wisdom and health — a life lived fully. Learn practical skills as well as the scientific evidence that supports the value of enjoying a daily contemplative pause.



Instructor: Tia Rich, PhD, Stanford Senior Specialist in Health Promotion, has been integrating mindfulness, compassion and meditation into stress management programs at the University and Medical Center since 1984. Her creation and leadership of the Contemplation by Design (CBD) program is an expression of her steadfast dedication to the resilience and well-being of the Stanford community.

Date: Wednesday, 11/4 Time: 12:30-1:30pm
LOCATION CHANGE TO: Cubberly Auditorium



CBD: Book Discussion of Jack Kornfield's *A Path With Heart*

Sponsored by: HIP, Medicine & the Muse, Medical School, Law School, Office for Religious Life (ORL), Religious Studies

On 11/4, join the campus-wide, faculty-led book discussions of Jack Kornfield's "A Path With Heart". Participate in a book discussion to enrich your experience and enjoyment of Jack Kornfield's keynote, "Inner Strength and Kindness: Practices for a Wise Life" in Memorial Church the following week on 11/10 (see page 8). Stanford faculty and senior teachers in Law, Medicine and Religion, will encourage meaningful discourse of the book's messages as well as explore ways to apply the messages in one's personal and professional life as a student, faculty or staff.

For each of the 3 discussion sessions, the first 14 people to register will receive the gift of a "gently read" copy of "A Path with Heart".

Date: Wednesday, 11/4 Time/Class options/codes: (Please register for ONE of the following.)



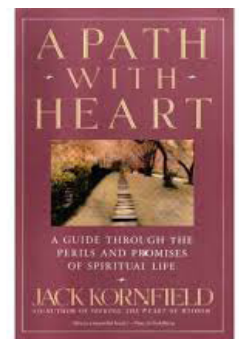
Medical Center, Alway Rm M114 Time: 5:30-6:45pm (CBD15W-2a)
 Dr. Mickey Trockel, Clinical Assistant Professor, Psychiatry & Behavioral Science
 Dr. Audrey Shafer, Professor Stanford School of Medicine



Stanford Law School, Rm 290 Time: 5:30-6:45pm (CBD15W-2b)
 Ron Tyler, Professor & Director of the Criminal Defense Clinic, School of Law
 Thomas Fenner, Deputy General Counsel



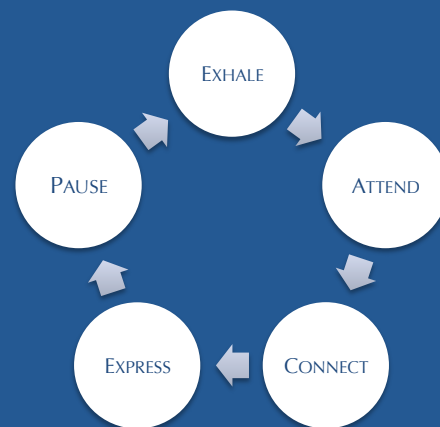
Main Quad, Bldg. 320, Rm 105 Time: 7:00-8:15pm (CBD15W-2c) (note 7pm start time)
 Paul Harrison, Professor of Religious Studies & Co-Director of the Ho Center for Buddhist Studies
 Rabbi Patricia Karlin-Neumann, Senior Associate Dean for Religious Life



2015 CBD COLLABORATORS INCLUDE BeWELL, BING CONCERT HALL, HEALTH & HUMAN PERFORMANCE, HEALTH IMPROVEMENT PROGRAM (HIP), HELP CENTER, HO CENTER FOR BUDDHIST STUDIES, iTHRIVE, JASPER RIDGE PRESERVE, LAW SCHOOL, LPCH, MEDICAL SCHOOL, MEDICINE & THE MUSE, OFFICE FOR RELIGIOUS LIFE (ORL), OFFICE FOR UNDERGRADUATE EDUCATION, OFFICE OF STUDENT AFFAIRS, RESIDENTIAL & DINING ENTERPRISES (R&DE), RELIGIOUS STUDIES, STANFORD ARTS, STANFORD STORYTELLING PROJECT, AND THE WORKLIFE OFFICE.

EACH EVENT IS DESIGNED TO BRING THE STANFORD COMMUNITY TOGETHER IN EXPERIENCING THE IMPORTANCE OF QUIETING THE THINKING MIND AND REFRESHING ONESELF THROUGH QUIET CONTEMPLATION.

BeWELL BERRY IS AWARDED TO FACULTY/STAFF FOR REGISTERED PARTICIPATION.



THURSDAY CBD EVENTS (NOV. 5TH)



CBD: Compassion in Management & Leadership (CBD15TH-1)

Sponsored by: HELP Center, HIP

All great leaders create suffering. The very best anticipate that fact and respond with compassion. Today, broad-based survey research reveals that our relationship with a direct manager is probably the primary influence on the quality of our workplace experience, yet many managers still overlook the centrality of compassion to their role. Join Monica Worline, compassion at work researcher, in a lively discussion of the new science of compassion and its implications for managerial practice, leadership excellence, and the new world of sustainable competitive advantage that is created through engagement, commitment, and innovation capability fueled by compassion.



Instructor: Monica Worline, PhD, is an organizational psychologist dedicated to research and teaching that brings forward courageous thinking, compassionate leadership, and creating environments that bring people alive in their work. Monica is currently a research scientist at the Center for Compassion and Altruism Research and Education in the Stanford School of Medicine.

Date: Thursday, 11/5 **Time:** 12:00-1:00pm

Location: Main Quad, Bldg. 320, Rm 105



CBD: Walking Meditation & Contemplation of Memorial Church Inscriptions (CBD15TH-2)

Sponsored by: ORL, HIP

Join us in the awe-inspiring tranquility of Memorial Church for a walking meditation. The event will be centered on the inscriptions carved in the sandstone interior walls of this beautiful sacred space. Assembled by Jane Stanford, these inscriptions represent a collection of instructive and inspirational quotes to nourish the soul and spirit.

Facilitator: The Rev. Joanne Sanders, Associate Dean for Religious Life at Stanford. Rev. Sanders preaches and presides regularly at services in Memorial Church. Under her leadership, she has brought contemplative practices such as Compline, an evening candlelit service of chanted song and the Labyrinth, an ancient guide for walking meditation and centering, to the Stanford and local community.



Date: Thursday, 11/5 **Time:** 5:30-6:45pm

Location: Memorial Church



CBD: Quiet Reflection Breaks For Stanford Students (CBD15TH-3)

Sponsored by: Office of Student Affairs (OSA), iThrive, ORL

(For students only) Students are invited to gather in the common room of their residence to enjoy a guided contemplation break facilitated by their Resident Assistants, iThrive peer health educators or Rathbun Fellows for Religious Encounter.

Date: Thursday, 11/5 **Time:** 9:00-10:00pm

Location: Residence Halls



CBD: Carillon Concert & Quiet Contemplation (CBD15F-1)

Sponsored by: BeWell, HIP

The Hoover carillon bells will ring to signal the university's commitment to emotional well-being. All members of the Stanford community are encouraged to pause, reflect and take time to unwind. You are invited to gather in Dohrmann Grove and/or the Oval Ear to share the concert and contemplative pause together as a community. You may also enjoy the experience by pausing wherever you are on or off campus.

Beginning at 11:40am, in Dohrmann Grove and the Oval Ear, there will be space to enjoy tai chi, gentle stretching, labyrinth walking, or simple relaxation. At noon, we invite you to sit back and enjoy the 20 minute carillon concert, which will then be followed by a 20 minute period of quiet contemplation. For people who are not on the main campus, the Carillon concert will be broadcast live on KZSU radio at 90.1FM and also streamed online at kzslive.stanford.edu. Tune in from 12:00-12:40pm for the full program.

REGISTRATION IS WELCOME AND APPRECIATED, YET NOT REQUIRED FOR PARTICIPATION.

Date: Friday, 11-6-2015 **Time:** 11:40-12:40pm

Location: Oval Ear and Dohrman Grove

HOOVER TOWER
CARILLON CONCERT

QUIET
CONTEMPLATION
AND
MUSIC

November 6, 2015 ★ 11:30AM - 12:45PM

11:30
RELAX, TAI CHI OR
GENTLE STRETCHING
12:00
CARILLON CONCERT
12:20
QUIET CONTEMPLATION
12:40
CLOSURE

GATHERING IN DOHRMANN GROVE & THE OVAL EAR
Bring a Mat or Beach Towel to Sit or Recline
Optional Gentle Stretching or TaiChi

Unwind and Thrive
 **BeWell.Stanford.edu**

SATURDAY CBD EVENTS (NOV. 7TH)



CBD: Hourly Nature Hikes - Docent Tours of Jasper Ridge Biological Preserve

Sponsored by: Health & Human Performance, Outdoor Education, HIP

Enjoy the gift of time in nature as catalyst for the CBD experience of PEACE: pausing, exhaling, attending, connecting and expressing. Delight in connecting with nature and enhancing your connection with yourself and with others. Observe first-hand what Stanford researchers Gregory Bratman and Gretchen Daily reported last June in the Proceedings of the National Academy of Science, namely that walking in nature can enhance emotional health.

Under the leadership of a Jasper Ridge docent you will learn about the natural history of the Santa Cruz Mountains, the Stanford research conducted on the majestic trails and animal life in Jasper Ridge, and have opportunities to pause, contemplate, and savor your experience in a variety of ecosystems.

NOTE: To minimize impact on Jasper Ridge, vans driven by the Outdoor Education program will carpool groups from campus to Jasper Ridge. CBD participants will meet at the parking lot at the intersection of Campus Drive West and Searesville Road to meet the vans.

Date: Saturday, 11/7

Time: 6 Options from 10:00am-3:00pm (Please register for ONE of the following.)

- Group 1 ~ meet on campus at 9:20am.....** (CBD15S-1a)
- Group 2 ~ meet on campus at 10:20am.....** (CBD15S-1b)
- Group 3 ~ meet on campus at 11:20am.....** (CBD15S-1c)
- Group 4 ~ meet on campus at 12:20pm.....** (CBD15S-1d)
- Group 5 ~ meet on campus at 1:20pm.....** (CBD15S-1e)
- Group 6 ~ meet on campus at 2:20pm.....** (CBD15S-1f)

Location: Parking lot near Campus Drive West & Searesville Road near the Central Energy Facility (meeting place for carpool to Jasper Ridge)

Please read: A tour is typically 2 hours. These hikes will be similar in the level of exertion called for when walking the DISH. Food is not allowed on the trails. Please bring water to carry with you. Please note children under 14 are not allowed in Jasper Ridge. No pets are allowed. Jasper Ridge is about a 20-minute car ride from the main Stanford University campus. Expect to return to your car on campus approximately 3 hours after your start meeting time.

Jasper Ridge information is available at <http://jrpb.stanford.edu/tours.php>



SUNDAY CBD EVENTS (NOV. 8TH)



CBD: University Public Worship (UPW), Memorial Church (CBD15Sun-1)

Sponsored by: ORL, HIP

Sermon on 11/8: *Contemplation, Meditation and Spiritual Freedom*

Memorial Church has historically been an important center of spiritual and ceremonial life at Stanford University since the church was dedicated in 1903. It is open to anyone, wherever you may be on your spiritual journey. Please join us at University Public Worship, Sunday morning at 10:00 am in this spectacular and sacred venue.

Guest preacher Gil Fronsdal is the guiding teacher of the Insight Meditation Center in Redwood City, and is on the Spirit Rock Meditation Center's Teachers Council. He was a Buddhist monk for ten years practicing in monasteries in the U.S., Japan, Thailand, and Burma. He did his doctoral work in Religious Studies at Stanford with a focus on Indian Buddhism.



Gil is the author of a number of books including a translation of the Buddhist classic, *The Dhammapada*. He lives in Redwood City with his wife and two sons.

Date: Sunday, 11/8 Time: 10:00-12:00pm

Location: Memorial Church



CBD: Labyrinth Walk in Memorial Church

Sponsored by: ORL, HIP

Walk your way to a healthier outlook on life. If life has you wandering in circles, embark on a personal journey that has stood the test of time for thousands of years. Enter the labyrinth and discover that intentionally walking in a circular pattern can actually put direction back in your life – that the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration.

Experience the serenity of walking the labyrinth in the candle-lit, sacred ambiance of Memorial Church. Enjoy peaceful and meditative music as you walk solo or with others on the labyrinth. It may be just the path you need to follow after a week of work, classes or the rhythm of daily life. Trained labyrinth facilitators (from ORL and HIP) will be available to assist and enhance your labyrinth experience.

Date: Sunday, 11/8

Time: 3 Options (Please register for ONE of the following.)

1. 12:00-12:20pm... (CBD15Sun-2a)

2. 12:20-12:40pm... (CBD15Sun-2b)

3. 12:40-1:00pm.....(CBD15Sun-2c)

Location: Memorial Church



CBD: Contemplation & Compline, Memorial Church (CBD15Sun-3)

Sponsored by: ORL

Compline (pronounced "komp-lin") - Join us for a quiet, reflective, contemplative 30-minute service of hymns, anthems and chants. Enjoy the music of the Stanford Early Music Singers in the tranquil candlelit ambiance of Memorial Church. Reverend Joanne Sanders will provide an introduction to the compline tradition to open this service.



Facilitator: The Rev. Joanne Sanders, Associate Dean for Religious Life at Stanford. Rev. Sanders preaches and presides regularly at services in Memorial Church. Under her leadership, she has brought contemplative practices, such as Compline and the Labyrinth, to the Stanford and local community.

Date: Sunday, 11/8 Time: 9:00-10:00pm

Location: Memorial Church

MONDAY CBD EVENTS (NOV. 9TH)



CBD: Guided Meditation in Windhover

Sponsored by: ORL

10am: *Contemplating the body and the breath* - a guided meditation with instruction. Meditation can quiet the mind and open the heart through simple awareness, letting the sensations of body and breath reveal our own intuitive wisdom. Instruction will be given, with time for questions at the end.

4pm: *Contemplating emotions, opening to compassion and forgiveness* - a guided meditation with instruction. Meeting our own emotions with mindfulness, care and compassion frees our heart. To see emotions calmly and clearly can change how we experience ourselves and others. Instruction will be given, with time for questions at the end.



Instructor: Max Erdstein teaches meditation at the Insight Meditation Center in Redwood City. He has practiced Vipassana and Zen Buddhism in Asia and America for 15 years. He graduated from Stanford with an A.B. in History in 1999.

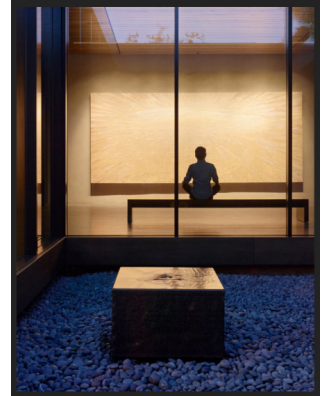
Date: Monday, 11/9

Time: 2 options (Please register for ONE of the following.)

1. 10:00-11:00am.... (CBD15M-1a)

2. 4:00-5:00pm..... (CBD15M-1b)

Location: Windhover



CBD: V. Provost Harry J. Elam, Dean Jane Shaw & Professor Alia Crum Discuss the Role of Contemplative Practices in Teaching & Learning (CBD15M-2)

Sponsored by: Office for Undergraduate Education, HELP Center, Health & Human Performance, HIP

Contemplative practices are being incorporated into education at all levels, kindergarten through college. Over the last 15 years, the term “contemplative pedagogy” has emerged to refer to educational methods that support development of student attention, concentration, emotional balance, empathetic connection, creativity, compassion and altruistic behavior. Panelists will discuss their experiences with contemplation, as teachers, researchers and practitioners of contemplative practices. In conversation with the audience, panelists will explore the potential of contemplative practices to:

- facilitate transformative learning and augment transmissional and transactional learning,
- empower students to integrate theory with direct experience,
- promote physical and emotional health,
- foster emotional intelligence,
- sustain compassion, courage, and commitment to well-being for self and others,
- support full engagement with complex moral, spiritual, and social challenges, and
- cultivate wisdom in addition to cognitive, intellectual knowledge.

Note: Feel free to send questions to the panelists before the discussion, by Thursday 10/29, to <http://stanford.io/panelquestions>



Panelists: V. Provost for Undergraduate Education Harry Elam, Dean for Religious Life Rev. Professor Jane Shaw, Assistant Professor of Psychology Alia Crum, Associate Director Health & Human Performance, Chris Pelchat. Moderated by: Tia Rich, Ph.D., Director of Contemplation by Design.

Date: Monday, 11/9 **Time:** 12:30-1:30pm

Location: Braun Music Center, Campbell Recital Hall



CBD: Labyrinth Walk

Sponsored by: ORL, HIP

Walk your way to a healthier outlook on life. Enter the labyrinth and discover that intentionally walking in a circular pattern can enhance direction in your life – the rhythm and simplicity of following a clear path can quiet your mind, help you find balance, pray, facilitate meditation, insight and celebration. Come join us at the Windhover contemplative center to walk the labyrinth based on the one at the Cathedral of Notre Dame in Chartres, France.

Date: Monday, 11/9

Time: 3 Options (Please register for ONE of the following.)

1. 9:00-9:20pm..... (CBD15M-3a)

2. 9:20-9:40pm..... (CBD15M-3b)

3. 9:40-10:00pm... (CBD15M-3c)

Location: Windhover





CBD: Om Under the Dome (yoga) in Memorial Church (CBD15T-1)

Sponsored by: ORL, HIP

Rejuvenate the body, mind and spirit as we perform sacred gestures in the special space of Memorial Church. The space and light this architecture offers to visitors is awe inspiring and memorable. Please BRING YOUR YOGA MAT.

This event will be led by yoga instructor Rebecca Snowball.

Date: Tuesday, 11/10 Time: 12:00-1:00pm

Location: Memorial Church



The Office For Religious Life (ORL), HIP, BeWell, the Department of Religious Studies & the Ho Center for Buddhist Studies invite you to join them for a special evening.

Inner Strength & Kindness: Practices for a Wise Life

with Jack Kornfield

Wise education includes the heart as well as the mind. Modern neuroscience confirms the power of training in mindfulness and compassion: to foster emotional balance, increase focus, promote self-care and well-being, reduce stress and transform your life. Please join us for an evening of stories, trainings and practices that can serve you in every circumstance.

***SPECIAL REGISTRATION REQUIRED**

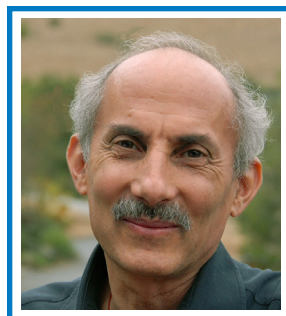


<https://jackkornfield-cbd.eventbrite.com>

Jack Kornfield PhD is one of the foremost teachers of mindfulness in the West. Trained as a Buddhist monk, he is also a psychologist, founder of Spirit Rock Center, and author whose books have sold over a million copies.

Date: Tuesday, 11/10 Time: 7:00-9:00pm

Location: Memorial Church



WEDNESDAY CBD EVENT (NOV. 11TH)



CBD: Guided Meditation (multiple locations, see codes below)

Sponsored by: HIP, BeWell

As a follow-up to CBD's special evening in Memorial Church with Jack Kornfield, we invite you to join us for a morning of PEACE. Please join us to Pause (unwind), Exhale (breathe), Attend (awaken to your senses), Connect (to the present moment) and Express (by joining us for this group meditation practice) at one of eight Stanford locations. At each location, an experienced mindful meditation instructor will gently guide you in a breath-based sitting meditation practice that will offer the gifts of sharing silent meditation in community. Feel free to come and sit for some or all of the time. All levels of meditation experience are welcome.

Date: Wednesday, 11/11 Time: 7:45-8:30am

Location: 8 Options (Please register for ONE of the following.)

1. Arrillaga Family Dining, Wellness Rm, Carole Pertofsky.....(CBD15W2-1a)
2. 4100 Bohanon, Rm 120, David Perls..... (CBD15W2-1b)
3. Landau Econ. Bldg., Lucas Conf. Cntr, Rm 134A, Sarah Meyer..... (CBD15W2-1c)
4. Medical School, Alway, Rm M112, Mark Abramson..... (CBD15W2-1d)
5. 3172 Porter Dr, Rm 1512, Tia Rich..... (CBD15W2-1e)
6. Ricker Dining Hall, Green Rm, Donovan Yisrael..... (CBD15W2-1f)
7. SHC Redwood City; OPC; B-2 Conf. Cntr, Patty McLucas..... (CBD15W2-1g)
8. SLAC, Arrillaga Gym, Katie Sutherland..... (CBD15W2-1h)



CBD: Children's Health & Well-being: Contemplative Practices in the Schools (CBD15W2-2)

Sponsored by: WorkLife, HELP Center, Lucille Packard Children's Hospital (LPCH), HIP

The benefits and feasibility of children learning mindfulness practices in a school-based program will be presented by Dr. Carrion. He will share information about the instruction provided in the classrooms as well as the outcomes observed to date in his project for 800 3rd and 5th graders at Ravenswood City School District in East Palo Alto. His 2012 pilot study found participants developed better interpersonal relationships and self-esteem and had lower social stress, and less anxiety and depression. Dr. Carrion and his research colleagues are evaluating if mindfulness practices grounded in yoga can improve children's ability to pay attention and to emotionally self-regulate. This talk will include time for Q&A.

Instructor: Victor G. Carrion, MD, is the Associate Chairman and Professor of Psychiatry and Behavioral Sciences as well as Director of the Stanford Early Life Stress and Pediatric Anxiety Program (ELSPAP) at Lucile Packard Children's Hospital. Dr. Carrion's research on the behavioral, academic, emotional, and biological effects of early trauma has led to the development and implementation of effective new interventions, including mindfulness, for treating children who experience traumatic stress.



Date: Wednesday, 11/11 Time: 12:00-1:15pm

Location: Clark Auditorium



CBD: Storytelling Workshop: Authentic Expression, Deep Listening & Contemplation (CBD15W2-3)

Sponsored by: The Stanford Storytelling Project, WorkLife, HELP Center, HIP

Stories and storytelling have long been a vehicle for creating greater presence to ourselves, others, and our world. In this workshop you'll explore how to turn your encounters with stories into contemplative practices, with many of the same benefits of mindfulness and compassion meditation practices. Join us to discover how to use stories and storytelling to reflect deeply and create more intimacy in all of your relationships.

Through his engaging storytelling, Jonah will illuminate the narrative voice and the essentials of conscious communication skills; and their relationship with contemplative practices.

Instructor: Professor Jonah Willihnganz is the Bruce Braden Lecturer of Narrative Studies at Stanford and Director of the Stanford Storytelling Project, an arts program that sponsors courses, grants, an acclaimed event series, and the award-winning radio program State of the Human. He is also co-founder of Stanford LifeWorks, an initiative that supports students' natural capacities for courage, resilience, compassion, and deep attention.



Date: Wednesday, 11/11 Time: 5:30-6:45pm

Location: Alway, Rm M112



THURSDAY CBD EVENT (NOV. 12TH)



CBD: Silent Yoga in Windhover (CBD15TH2-1)

Sponsored by: ORL, HIP

Mindfulness and breath are central to yoga. They are also central to Stanford's beautiful contemplative space, Windhover. Begin your morning in the serenity of Windhover; join us for a silent yoga practice. The practice will begin with sun salutations, and flow into standing and floor poses while helping you to listen to your body, and compassionately and wisely respect your capabilities. Suitable for all levels. Transitions will be signaled by a meditation bell.



Instructor: Tia Rich, PhD, Stanford Senior Specialist in Health Promotion, has been integrating mindfulness, compassion and meditation into stress management programs at the university and medical center since 1984. The Contemplation by Design (CBD) program is the continuation of her dedication to the resilience and well-being of the Stanford community.

Date: Thursday, 11/12 Time: 8:15-9:15am

Location: Windhover



CBD: Contemplative Concert at Bing (CBD15TH2-2)

Sponsored by: Stanford Arts, Bing Concert Hall, HIP, BeWell

Through music, dance and song, experience PEACE: Pause, Exhale, Attend mindfully, Connect with nature/yourself/others and Express. The concert includes Professor Steve Sano playing slack key guitar, Tyler DeVigal '16 playing cello, student services employee Karin Moriarty sharing expressive dance, School of Medicine employee Akila Rao and Company performing Classical Indian Dance, and Ladidi Garba '14 singing, with special performances by Jessica Anderson '14 and Stanford Talisman.

Faculty and Staff will earn a Health Enrichment berry by attending this concert.

Date: Thursday, 11/12 Time: 12:00-1:00pm

Location: Bing Concert Hall



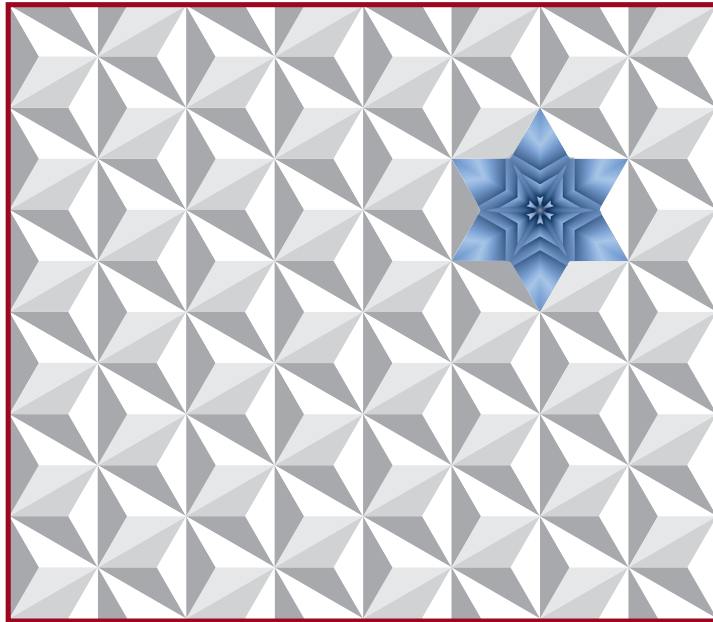
Empathy, A Cantor Arts Center Exhibit

"Empathy" entered the English language via aesthetics and psychology in the late 19th century. Today, empathy is discussed not only in the arts and humanities, but also in Silicon Valley, Stanford's d.school, and the latest neuroscience. We share a deep need to walk in the shoes of another. This exhibition traces the meaning and practice of empathy through artistic representations of Buddhist compassion; Christianity's commandment to love our neighbor; Enlightenment moral philosophy; and Civil Rights-era photography. It accompanies the "Thinking Matters" course taught by Jane Shaw, professor of religious studies.

Ongoing every day from August 12- January 25, 2016, 11:00 am – 5:00 pm

CONTEMPLATION BY DESIGN

STANFORD 2015



NOVEMBER 4 - 12

For your November calendar: Learn about & enjoy **Contemplation...**

- WED. 11/4 12:30PM Introduction to Contemplation: The Power of the Pause for Calm, Compassionate Competence**
5:30PM **Book Discussions of Jack Kornfield's *A Path with Heart***
- THU. 11/5 12:00PM Compassion in Management & Leadership**
5:30PM **Walking Meditation & Contemplation of Memorial Church Inscriptions**
9:00PM **Quiet Reflection Breaks in Student Residences**
- FRI. 11/6 12:00PM Carillon Concert & Community-wide Contemplative Pause**
- SAT. 11/7 10AM-3PM Hourly Nature Hikes: Docent Tours of Jasper Ridge Preserve**
- SUN. 11/8 10:00AM University Public Worship in Memorial Church: Sermon by G. Fronsdal on *Contemplation, Meditation & Spiritual Freedom***
12:00PM **Labyrinth Walk in Memorial Church**
9:00PM **Contemplation & Compline in Memorial Church**
- MON. 11/9 10:00AM Guided Meditation in Windhover**
12:30PM **Vice Provost H. Elam, Dean J. Shaw, Prof. A. Crum, & C. Pelchat Discuss the Role of Contemplation in Teaching & Learning**
4:00PM **Guided Meditation in Windhover**
9:00PM **Labyrinth Walk at Windhover**
- TUE. 11/10 12:00PM Om Under the Dome (yoga) in Memorial Church**
7:00PM **Jack Kornfield teaches in Memorial Church, Inner Strength & Kindness: Practices for a Wise Life**
- WED. 11/11 7:45AM Guided Meditation (multiple locations)**
12:00PM **Children's Health & Well-Being: Contemplation in Schools**
5:30PM **Storytelling Workshop: Authentic Expression, Deep Listening & Contemplation**
- THU. 11/12 8:15AM Silent Yoga in Windhover**
12:00PM **Contemplative Concert in Bing Concert Hall**

Co-Sponsors: BeWell, Bing Concert Hall, Health & Human Performance, Health Improvement Program (HIP), HELP Center, Ho Center for Buddhist Studies, iThrive, Jasper Ridge Preserve, Law School, LPCH, Medical School, Medicine & the Muse, Office for Religious Life (ORL), Office for Undergraduate Education, Office of Student Affairs, Residential & Dining Enterprises (R&DE), Religious Studies, Stanford Arts, Stanford Storytelling Project, and the WorkLife office.

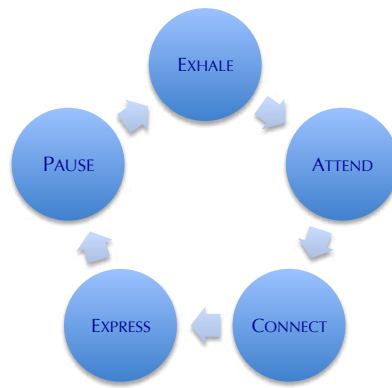
*All events are **FREE!***

Registration begins September 9th: bewell.stanford.edu/campus-contemplation

BeWell berry is awarded to faculty/staff for registered participation.

LEGEND:
BeWell Berries
2015





CONTEMPLATION: THE POWER OF THE PAUSE

Pause.

Unwind. Quiet the thinking mind.
Stretch, move gently with a teacher or on your own.

Exhale.

Breathe. Exhale completely. Inhale deeply. Relax.
Delight in your body's physical sensations by sequentially focusing on each part from head to toe, palm to palm.

Attend.

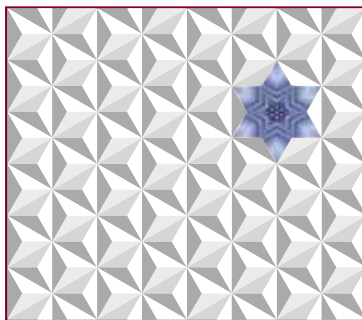
Awaken to what you see, hear, taste, smell, touch.
Listen to nature sounds, or silence.
Rest your mind. Watch a thought. Let it go.
Observe a feeling. Take care of yourself. Renew.

Connect.

Experience what is happening now. Discern what is right for you.
Notice the positive in your life.
Feel your membership in this community.

Express.

Authentically express your feelings. This may include dancing, singing, writing, or giving yourself or another person compassion, or giving a friend a hug, an acquaintance a thank you, a stranger help, or volunteering.



CONTEMPLATION BY DESIGN

November 4 - 12, 2015

bewell.stanford.edu/campus-contemplation