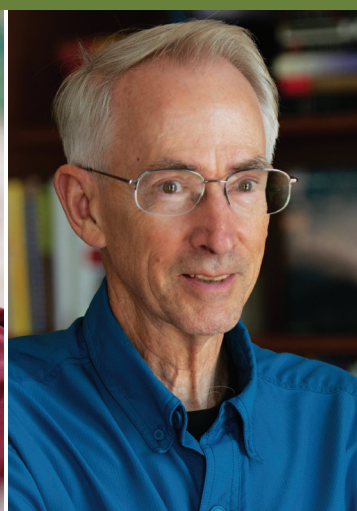


# MIND & LIFE

## CONVERSATIONS

**with His Holiness the Dalai Lama**



Conversations on Compassion,  
Interconnection, and Transformation

**Dharamsala, India**  
**October 30 & November 1, 2019**



## Welcome

I am so pleased to welcome you to the Mind & Life Conversations with His Holiness the Dalai Lama, here in Dharamsala, India.

Building on our history of rich interdisciplinary discourse and open inquiry, this year we are hosting two unique conversations between the Dalai Lama and special guests evolutionary biologist David Sloan Wilson and social scientist and clinical psychologist Pumla Gobodo-Madikizela. Together we will explore important issues for individual and societal flourishing including compassion, interconnection, and transformation.

We are grateful to you for joining us here and sharing your own insights and perspectives on these crucial topics.

**Susan Bauer-Wu**

President, Mind & Life Institute



**MIND & LIFE**  
I N S T I T U T E

*Bridging science and contemplative wisdom  
to illuminate our shared humanity and inspire action.*

Since 1987, the Mind & Life Institute has been at the forefront of contemplative studies, beginning a series of Dialogues between our co-founder the Dalai Lama and Western scientists and scholars.

Mind & Life Conversations continue that tradition with each of our presenters sharing key aspects of their life's work related to critical issues of the day.

The issues in this Conversation—compassion, interconnection, and transformation—are central to Mind & Life's work, as we explore the many facets of our shared humanity.

The Dalai Lama has had a keen interest in science since childhood and has become an iconic figure for his inclusive interdisciplinary approach to understanding complex topics and pursuing positive change.

Mind & Life follows his example by stimulating inquiry that inspires compassionate action.

**Learn more at [mindandlife.org](http://mindandlife.org).**

**OUR VALUES:**



**COMPASSION**



**INTEGRITY**



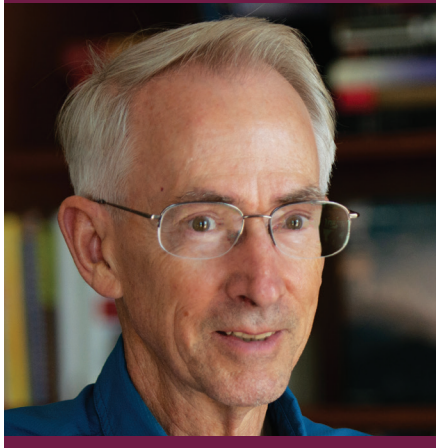
**CURIOSITY**



**INCLUSION**



**EXCELLENCE**



## David Sloan Wilson

David Sloan Wilson (SUNY Binghamton University, USA) has made foundational contributions to Darwin's theory of evolution. His work expands the horizon of evolutionary thinking beyond genetic evolution to include all

of the fast-paced changes taking place around us (cultural evolution) and within us (each individual as an evolving entity). This expansion allows evolutionary theory to be related to religious and spiritual traditions more than ever before, including the necessity of an ethics for the whole world. Wilson's most recent book, and the one most relevant to his conversation with the Dalai Lama, is *This View of Life: Completing the Darwinian Revolution*.



## Pumla Gobodo-Madikizela

Pumla Gobodo-Madikizela (Research Chair in Historical Trauma and Transformation, Stellenbosch University, South Africa) is a social scientist and clinical psychologist. She served as a member of South Africa's Truth and Reconciliation

Commission, which formed the basis of her research and book, *A Human Being Died That Night: A South African Story of Forgiveness*, a perspective that integrates psychoanalytic and social psychological concepts to understand extreme forms of violence committed during the apartheid era. At the heart of her work is interdisciplinary and transnational inquiry of global questions. She was a speaker at Mind & Life's Dialogue on *ubuntu* in Botswana in 2017.



**Moderator**

**Susan Bauer-Wu**

President,  
Mind & Life Institute



**Discussion Leader**

**Richie Davidson**

Chief Scientific Advisor,  
Mind & Life Institute  
Director,  
Center for Healthy Minds



**Interpreter**

**Thupten Jinpa**

Board Chair,  
Mind & Life Institute  
Founding Faculty,  
Compassion Institute



**Moderator**

**Aaron Stern**

Board Member,  
Mind & Life Institute  
Founder & President,  
Academy for the Love of Learning





## Wednesday, October 30

**9:00 am - 10:00 am**

Mind & Life Conversations with the Dalai Lama  
with David Sloan Wilson, moderated by Susan Bauer-Wu

**10:00 am - 10:30 am**

Tea Break

**10:30 am - 11:30 am**

Discussion, moderated by Richie Davidson

**Location:** Residence of His Holiness, Main Temple complex

## Friday, November 1

**9:00 am - 10:00 am**

Mind & Life Conversations with the Dalai Lama  
with Pumla Gobodo-Madikizela, moderated by Aaron Stern

**10:00 am - 10:30 am**

Tea Break

**10:30 am - 11:30 am**

Discussion, moderated by Richie Davidson

**Location:** Residence of His Holiness, Main Temple complex



# MIND & LIFE

## I N S T I T U T E

210 Ridge McIntire Road, Suite 325  
Charlottesville, VA 22903

### Gratitude

These Mind & Life Conversations are possible thanks to the generous support of the Hershey Family Foundation and the George Family Foundation. We also sincerely appreciate the Dalai Lama Trust, India for supporting the livestream and hosting this event. We are humbly grateful to all of our community who make our work possible.

**[mindandlife.org](http://mindandlife.org)**