



MIND & LIFE
EUROPE

POWER
&
CARE

PROGRAM

A MIND & LIFE DIALOGUE

with His Holiness the Dalai Lama

September 9 - 11, 2016

BOZAR Center for Fine Arts-Brussels

PROGRAM OVERVIEW

FRIDAY, September 9th

Session 1 9:30 - 11:30 Henry Le Boeuf Hall

WELCOME REMARKS

Sander Tideman, MD, Mind & Life Europe
Pierre Gurdjian, President, ULB

PERSPECTIVES FROM ETHOLOGY, ANTHROPOLOGY AND ECOLOGY

H.H. the Dalai Lama
Thupten Jinpa, Ph.D. (Interpreter)
Matthieu Ricard, Ph.D. (Moderator)
Prof. Frans B. M. de Waal, Ph.D.
Prof. em. Sarah Blaffer Hrdy
Prof. Johan Rockström
Leymah Gbowee

LUNCH 11:30 - 13:00

Session 2 13:00 - 15:00 Henry Le Boeuf Hall

PERSPECTIVES FROM PSYCHOLOGY, ENDOCRINOLOGY AND NEUROSCIENCE

H.H. the Dalai Lama
Thupten Jinpa, Ph.D. (Interpreter)
Roshi Joan Halifax, Ph.D. (Moderator)
Prof. Dr Alexandra M. Freund
Prof. Dr Markus Heinrichs
Prof. Dr Tania Singer
Prof. Richard C. Schwartz, Ph.D.

BREAK 15:00 - 15:30

Workshops 15:30 - 17:00 Friday AND Saturday

- 1 Working with the Power-Oriented and Care-Taking Parts of Ourselves**
Prof. Richard C. Schwartz, Ph.D. - *Rehearsal room NOB*
- 2 Awareness-Based Social Technologies for Social Change: What Does it Take to Lead from the Future as it Emerges?**
Martin Kalungu-Banda - *Banquet Hall Ravenstein*
- 3 Practising the Language of Nonviolent Communicationsm**
Godfrey Spencer, MA (Cantab.) - *Studio*
- 4 The Art of the Fugue and the Art of Meditation**
Maria João Pires; Matthieu Ricard, Ph.D. - *Henry Le Boeuf Hall*
- 5 Experiencing Power and Care through Contemplative Practice Across Traditions**
Br. Thierry-Marie Courau, o.p.; R. Joan Halifax, Ph.D. - *Chamber Music Hall (Salle M)*
- 6 Caring about your Body and Mind: Yin Yoga**
Rafael Ebner - *Errera +1*
- 7 Caring about your Body and Mind: Ashtanga Vinyasa Yoga**
Ryan Spielman - *Errera -1*
- 8 Puppets: The Elusive Shift of Power and Care in Artistic Creation**
Julian Crouch; Saskia Lane - *Oval Lounge*

BREAK 17:00 - 18:00

Performance 18:00 - 19:00 Henry Le Boeuf Hall

"Birdheart"

by Julian Crouch and Saskia Lane
Piano recital by Maria João Pires

SATURDAY, September 10th

Session 3 9:30 - 11:30 Henry Le Boeuf Hall

PERSPECTIVES FROM SPIRITUAL AND RELIGIOUS TRADITIONS

H.H. the Dalai Lama
Thupten Jinpa, Ph.D. (Interpreter)
Roshi Joan Halifax, Ph.D. (Moderator)
Pauline Tangjora, J.P., Q.S.O., Q.S.M.
Matthieu Ricard, Ph.D.
Rabbi Avraham Soetendorp
Brother Thierry-Marie Courau, o.p.
Alaa Murabit, M.D.

LUNCH 11:30 - 13:00

Session 4 13:00 - 15:00 Henry Le Boeuf Hall

PERSPECTIVES FROM ECONOMICS AND SOCIETY

H.H. the Dalai Lama
Thupten Jinpa, Ph.D. (Interpreter)
Dr Uwe Jean Heuser (Moderator)
Prof. Dennis James Snower, Ph.D.
Prof. Sir Paul Collier
Dr Vandana Shiva
Theo Sowa

BREAK 15:00 - 15:30

SUNDAY, September 11th

Session 5 9:30 - 11:30 Henry Le Boeuf Hall

PERSONAL COMMITMENT AND GLOBAL RESPONSIBILITY

H.H. the Dalai Lama
Thupten Jinpa, Ph.D. (Interpreter)
Theo Sowa (Moderator)
Olafur Eliasson
Dr Scilla Elworthy
Frédéric Laloux
Prof. Dr Tania Singer

CLOSING REMARKS

Prof. Dr Tania Singer



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POWER & CARE

Towards Balance for our Common Future -
Science, Society and Spirituality in Dialogue

“One of the great problems of history is that the concepts of love and power have usually been contrasted as opposites, polar opposites (...). Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.”

Martin Luther King, Jr., August 16th, 1967

WHY THIS CONFERENCE ON POWER AND CARE ?

While the notion of power can be seen as a neutral concept, neither harmful nor beneficial by definition, the western historical perspective links it to concepts such as domination, instrumentalization, or sovereignty. This idea of power as *power over* is apparent in political, societal and interpersonal spheres, as indicated by problems such as the wealth gap, racial and gender inequality, and countless others.

At the other end of the spectrum is the notion of *caring for*, an enabling force in the service of individual and social transformation. Care evokes concepts such as altruism, compassion, interdependence and responsibility and is customarily seen as incompatible with the notion of power.

How might we understand the relations between these primal forces that shape human development on both the individual and collective levels? A deeper understanding of their function and dynamics will lead us to see how they can be conscientiously and fruitfully allied, and engender projects and actions that promote the flourishing of living beings and of our environment.

OUR AIM

Power & Care is a two and a half day Mind and Life Dialogue of leading experts with His Holiness the Dalai Lama. Mind & Life Europe has conceived a program that comprehensively examines the nature of these two fundamental forces, their expressions and the relations between them. Because they manifest in both the natural and social realms, the Dialogue will include the perspectives of the natural sciences, anthropology, psychology, politics, economics and the world’s contemplative traditions.

Mind & Life Europe hopes that this conference will be a significant catalyst for the formulation of new research ideas and for imagining societal and governance structures that will contribute to a better world.

THE SESSIONS

Session 1
PERSPECTIVES FROM ETHOLOGY, ANTHROPOLOGY AND ECOLOGY

Session 2
PERSPECTIVES FROM PSYCHOLOGY, ENDOCRINOLOGY
AND NEUROSCIENCE

Session 3
PERSPECTIVES FROM SPIRITUAL AND RELIGIOUS TRADITIONS

Session 4
PERSPECTIVES FROM ECONOMICS AND SOCIETY

Session 5
PERSONAL COMMITMENT AND GLOBAL RESPONSIBILITY

Program subject to change



Session 1

PERSPECTIVES FROM ETHOLOGY, ANTHROPOLOGY AND ECOLOGY

Friday, September 9th, 2016
9:30 – 11:30
Henry Le Boeuf Hall

WITH



TENZIN GYATSO
His Holiness the Dalai Lama

This session will present the big picture, from the complex interactions of power and care in animals, primates in particular, through early ages of human history up to the present impact of power and care on the state of the planet and on the fate of future generations.



THUPTEN JINPA, PH.D.
Interpreter for H.H. the Dalai Lama

The impulse to dominate and the desire to weave and maintain bonds with others are the two fundamental forces prevailing in both non-human and human relationships. In both groups, parental care is the template for altruism, the caring that is extended beyond offspring to non-related individuals.

MODERATOR



MATTHIEU RICARD, PH.D.
Buddhist monk, photographer, humanitarian, and author Shechen Monastery, Nepal

During this session we will explore continuities between the animal and human worlds, as well as their deep differences. We will hear about primate “politics” regarding both care and power, and about bonds and support in family structures. We have entered the age of the “anthropocene”, in which humans and their activities have become the major agents of change, determining the living conditions of future generations of humans and other animals. We will discover the impact of fragile and disrupted ecosystems on both.

SPEAKERS



PROF. FRANS B. M. DE WAAL, PH.D.
*C. H. Candler Professor of Psychology, Emory University, U.S.A
Director, Living Links Center at the Yerkes National Primate Research Center, Emory University, U.S.A
Distinguished Professor, University of Utrecht, The Netherlands*



PROF. JOHAN ROCKSTRÖM
*Executive Director, Stockholm Resilience Centre, Sweden
Professor in Environmental Science, Stockholm University, Sweden*



PROF. EM. SARAH BLAFFER HRDY
Professor emerita, University of California-Davis, U.S.A



LEYMAH GBOWEE
*Founder and President, Gbowee Peace Foundation Africa, Liberia
2011 Nobel Peace Laureate*

Session 2

PERSPECTIVES FROM PSYCHOLOGY, ENDOCRINOLOGY AND NEUROSCIENCE

Friday, September 9th, 2016

13:00 – 15:00

Henry Le Boeuf Hall

WITH



**TENZIN
GYATSO**

*His Holiness
the Dalai Lama*



**THUPTEN
JINPA, PH.D.**

*Interpreter
for H.H.
the Dalai Lama*

MODERATOR



ROSHI JOAN HALIFAX, PH.D.

*Abbot, Upaya Zen Center,
Santa Fe, U.S.A.*

The second session will focus on the psychological, endocrinological, and neuro-scientific bases of power and care.

From the perspective of motivational psychology, humans are equipped with different “motives” that influence our behavior and interaction with others. Power and achievement, care and affiliation, count among the prominent driving forces examined by social and motivational psychology. Each of these motives can be distinguished by its evolutionary objectives, and on the basis of its effects on perception, emotions, thoughts and action tendencies, including interactions with others.

These motivational systems have been associated with specific neurotransmitters in our brains. The hormones most closely associated to care and power are oxytocin and testosterone respectively. Nonetheless, some research also suggests that oxytocin fosters altruism only toward in-group members, and that testosterone can also play a role in the display of greater helping behavior. Recent findings in neuroscience have suggested that altruism and compassion can indeed be developed through training, leading to brain plasticity and increased pro-social behavior. Such findings have contributed to our understanding of the complex relationship between the brain, body and social interactions. How can psychology and neuroscience contribute to the formulation of new models of global cooperation and responsibility?

SPEAKERS



PROF. DR ALEXANDRA M. FREUND

*Professor of Psychology,
University of Zurich, Switzerland*



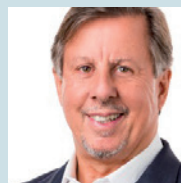
PROF. DR TANIA SINGER

*Director, Department of Social
Neuroscience
Max Planck Institute for Human Cognitive
and Brain Sciences, Leipzig, Germany*



PROF. DR MARKUS HEINRICHS

*Department of Psychology, Laboratory
for Biological and Personality Psychology,
University of Freiburg, Germany
Freiburg Brain Imaging Center,
University Medical Center,
University of Freiburg, Germany*



PROF. RICHARD C. SCHWARTZ, PH.D.

*Developer of the Internal Family
Systems Model
Teaching Associate,
Department of Psychiatry,
Harvard Medical School, U.S.A.*

Session 3

PERSPECTIVES FROM SPIRITUAL AND RELIGIOUS TRADITIONS

Saturday, September 10th, 2016
9:30 – 11:30
Henry Le Boeuf Hall

WITH



TENZIN GYATSO
His Holiness the Dalai Lama



THUPTEN JINPA, PH.D.
Interpreter for H.H. the Dalai Lama

MODERATOR



ROSHI JOAN HALIFAX, PH.D.
Abbot, Upaya Zen Center, Santa Fe, U.S.A.

Religious and spiritual institutions are influential forces that promote peace and compassion and are concerned with the cultivation of an ethical existence. Yet at the same time, they wield vast power that has often been used for divisive and destructive purposes, and are profoundly implicated in the economics and government of societies, past and present.

The founding scriptures of major religions convey a message of love. According to theistic religions, self and other are created by God and in his image; therefore love of God must be extended to love of all other creatures. In non-theistic religions like Buddhism and Jainism, altruism and compassion are at the center of the spiritual path. Religions are regulative institutions, which have promoted good works and translated their ideal of love into bringing benefit to others, but they have also been agents of coercion, conquest and destruction.

Given the influence of religious discourse, the ways that it formulates and disseminates views on care are crucial in today's world of environmental and economic crisis. How can we work with organized religion's doctrinal concepts of good and evil to understand what motivates belief-based conflict, particularly on the part of theologies that promote loving kindness and inclusive care? What is the relationship between the rise of fundamentalism and literalist readings of scripture to economic and social conflict? How can the world's religions transform themselves and channel their immense power in order to remain viable agents of positive change?

SPEAKERS



PAULINE TANGIORA, J.P., Q.S.O., Q.S.M.
*Maori elder from the Rongomaiwahine Tribe, New Zealand
Justice of the Peace*



BROTHER THIERRY-MARIE COURAU, O.P.
Dean of the Theologicum – Faculty of Theology and Religious Studies, Institut Catholique de Paris (Catholic University of Paris), France



MATTHIEU RICARD, PH.D.
*Buddhist monk, photographer, humanitarian, and author
Shechen Monastery, Nepal*



ALAA MURABIT, M.D.
*Founder, The Voice of Libyan Women, Libya
Advisor, UN Security Council Resolution 1325 Global Study
Advisor, UN Women Global Civil Society Advisory Group*



RABBI AWRAHAM SOETENDORP
Founder and President, Jacob Soetendorp Institute for Human Values, The Netherlands

Session 4

PERSPECTIVES FROM ECONOMICS AND SOCIETY

Saturday, September 10th, 2016
13:00 – 15:00
Henry Le Boeuf Hall

WITH



**TENZIN
GYATSO**
*His Holiness
the Dalai Lama*

Politics and economics are the quintessential arenas for the expression of power in the social realm. Since political-economic reasoning dominates our social and cultural lives, how can motivations belonging to the “care constellation” be introduced into economic thinking and therefore into the societal structures that regulate human relations? Indeed, there are other models and behaviors that can create equilibrium between these elements that determine so much of our daily existence.



**THUPTEN
JINPA, PH.D.**
*Interpreter
for H.H.
the Dalai Lama*

The age-old struggle between power and care is of particular relevance in financial and economic systems. Attaining a balance between these seemingly opposed principles may very well determine the future of our global social and economic circumstances. In addition to making critical changes in institutional design and law, our ability to transform our own motivations from self-centeredness to altruism has become crucial to building more sustainable and collaborative societies.

MODERATOR



DR UWE JEAN HEUSER
*Head, Economic Department
of the German weekly “Die Zeit”
Professor, Leuphana University
of Lüneburg, Germany*

Such views, however, are not yet part of mainstream economic models. The neoclassical notion of the self-serving “homo-economicus” still dominates, and prevailing analyses are based on the concept of stable and observable preferences focusing on optimizing self-interest rather than on motives such as affiliation and care. Furthermore, inequality is increasing in industrialized countries and the problem of the wealth gap is worsening. It is only relatively recently, and prompted by the financial crisis of the past years, that alternative models involving notions of sustainability, cooperation and care, and varied human motivational systems, have started to be taken seriously. We will look at models currently being formulated that are inspired by principles of care and a vision of a more caring economy.

SPEAKERS



PROF. DENNIS JAMES SNOWER, PH.D.
*President, Kiel Institute for
the World Economy, Kiel, Germany
Professor of Economics,
Christian-Albrechts University,
Kiel, Germany*



DR VANDANA SHIVA
*Author, activist, pioneer,
and scientific advisor
Founder of Navdanya, India
Board member, International Forum
on Globalization, World Future Council*



PROF. SIR PAUL COLLIER
*Professor in Economics and Public
Policy, Blavatnik School of Government,
University of Oxford, U.K*



THEO SOWA
*CEO, African Women’s
Development Fund, Ghana*

Session 5

**PERSONAL
COMMITMENT
AND GLOBAL
RESPONSIBILITY**

**Sunday, September 11th, 2016
9:30 – 11:30
Henry Le Boeuf Hall**

WITH



**TENZIN
GYATSO**
*His Holiness
the Dalai Lama*

Empowerment, as an element of personal and collective engagement, and care, as an expression of responsibility for our planet in times of strife, forced migration, gender and other inequalities and distress at the individual and societal levels, will provide the focus for this session.



**THUPTEN
JINPA, PH.D.**
*Interpreter
for H.H.
the Dalai Lama*

Compassion and empowerment are rooted in our capacity to perceive ourselves as being in relationship with others. So often, this capacity is challenged by profound inequalities – gender, socio-economic, and organizational to name a few – which separate us and obscure our bonds of interdependence. We must avail ourselves of all possible means to recover the knowledge of our radical interdependence.

MODERATOR



THEO SOWA
*CEO, African Women's
Development Fund, Ghana*

The vital role of the arts as a vehicle for creating direct personal experiences and illustrating major social and environmental issues will be portrayed. Gender activism will be discussed as another force of transformation at the individual and structural level of society. Further, we will explore new models for organizations and governance that maximize collaboration, transparency and horizontal structures as alternatives to classical hierarchical power-dominated structures. Finally, we will conclude by integrating the perspectives presented in the conference and explore how each of us can step into the global responsibility so urgently needed in our times.

SPEAKERS



OLAFUR ELIASSON
*Artist
Studio Olafur Eliasson, Germany*



FRÉDÉRIC LALOUX
*Adviser in new organizational systems,
Belgium
Author*



DR SCILLA ELWORTHY
*Founder, Oxford Research Group, U.K
Founder, Peace Direct, U.K
Co-Founder, Rising Women Rising World,
U.S.A
Councillor, World Future Council*



PROF. DR TANIA SINGER
*Director, Department of Social
Neuroscience
Max Planck Institute for Human Cognitive
and Brain Sciences, Leipzig, Germany*

THE WORKSHOPS

Workshop 1

WORKING WITH THE POWER-ORIENTED AND CARE-TAKING PARTS OF OURSELVES

Workshop 2

AWARENESS-BASED SOCIAL TECHNOLOGIES FOR SOCIAL CHANGE:
WHAT DOES IT TAKE TO LEAD FROM THE FUTURE AS IT EMERGES?

Workshop 3

PRACTISING THE LANGUAGE OF NONVIOLENT COMMUNICATION SM

Workshop 4

THE ART OF THE FUGUE AND THE ART OF MEDITATION

Workshop 5

EXPERIENCING POWER AND CARE THROUGH CONTEMPLATIVE PRACTICE
ACROSS TRADITIONS

Workshop 6

CARING ABOUT YOUR BODY AND MIND – YIN YOGA

Workshop 7

CARING ABOUT YOUR BODY AND MIND – ASHTANGA VINYASA YOGA

Workshop 8

PUPPETS: THE ELUSIVE SHIFT OF POWER AND CARE IN ARTISTIC CREATION

Workshops subject to change



Workshop 1

WORKING WITH THE POWER-ORIENTED AND CARE-TAKING PARTS OF OURSELVES

Friday, September 9th and Saturday, September 10th, 2016
15:30 - 17:00
Rehearsal Room NOB

We all have an inner striving for power, an assertive tendency pushing us to think of ourselves first, have others do what we want, and accumulate money and things to feel safe and proud. We also have an inclination to care for others and to try to put their interests ahead of our own, urging us to be collaborative, helpful and well liked. Both impulses are valuable assets when they are balanced.

For various reasons, however, one or the other may become extreme and polarize with the other, creating inner battles over how to lead our lives.

In this workshop, participants will be invited to explore both tendencies within themselves and see whether they are balanced or not. They will locate them in their bodies, and begin to learn their motives, protective role, and attempts to keep them safe. In this process of separating and listening to each tendency, participants will enter a mindful and compassionate state called the Self, enabling them to negotiate a new inner relationship between the two parts. This process helps people create new inner relationships that lead to greater balance and harmony between the forces of power and care that can be extrapolated to communities and countries.

Workshop 2

AWARENESS-BASED SOCIAL TECHNOLOGIES FOR SOCIAL CHANGE: WHAT DOES IT TAKE TO LEAD FROM THE FUTURE AS IT EMERGES?

Friday, September 9th and Saturday, September 10th, 2016
15:30 - 17:00
Banquet Hall Ravenstein

There are times when the past does not have good enough equivalents for us to learn from so that we can deal with current and emerging challenges. In such moments, we need a different learning cycle. To sense and actualize the future that is seeking to emerge requires us to shift the inner place from which we operate. This inner shift is at the core of all deeper leadership work today. It's a shift that requires us to expand our thinking from the head to the heart. It is a shift from an ego-system awareness that cares about the well-being of me to an eco-system awareness that cares about the well-being of all, including myself. When operating with ego-system awareness we are driven by the concerns and intentions of our small ego self. When operating with eco-system awareness we are driven by the concerns and intentions of our emerging or essential self — that is, by a concern that is informed by the well-being of the whole. What practices and ways of being does it take to bring about such a transformation? This session shares a process and stories of how to sense and actualize this shift enabling our highest future possibility.



PROF. RICHARD C. SCHWARTZ, PH.D.
*Developer of the Internal Family Systems Model
Teaching Associate, Department of Psychiatry, Harvard Medical School, U.S.A*



MARTIN KALUNGU-BANDA
Core-Faculty, Presencing Institute, Zambia and U.K

Workshop 3

PRACTISING THE LANGUAGE OF NONVIOLENT COMMUNICATIONSM

Friday, September 9th and
Saturday, September 10th, 2016
15:30 - 17:00
Studio

In this workshop, we will explore how communication with oneself and with third parties, if based on our deep-seated motivations and needs, can strengthen and sustain quality relationships, within and without. Nonviolent CommunicationSM (NVC), developed by Marshall Rosenberg, is based on the historical principles of non-violence by which we learn to hear our own deeper needs and those of others. Although many have heard of NVC, few are acquainted with the powerful symbols of NVC: the Giraffe and the Jackal. This workshop will provide the opportunity to examine these symbols and what it means to see ourselves, and the world around us, through the eyes of the Giraffe or the Jackal. Once enemy images are transformed using NVC consciousness, we start to live in a different world: a world of compassion and caring. Through continuing reactions among participants, supported by the facilitator, we will appreciate how greatly a focus on universal needs, unattached to specific strategies or outcomes, can spawn trust and thereby channel human behaviour towards greater care and a form of power grounded in synergy.

**GODFREY SPENCER, MA (CANTAB.)**

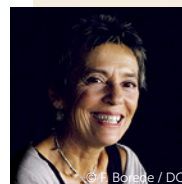
*Former Director, CNVC Board
Outgoing Chairman,
Belgian NVC Association, Belgium*

Workshop 4

THE ART OF THE FUGUE AND THE ART OF MEDITATION

Friday, September 9th and
Saturday, September 10th, 2016
15:30 - 17:00
Henry Le Boeuf Hall

In this workshop, participants will alternately hear various pieces of music played by pianist Maria João Pires followed by guided meditation by Buddhist monk Matthieu Ricard. Maria João Pires will play five preludes and fugues from the well-tempered Clavier of J.-S. Bach. Before the first piece, in between the pieces, and at the end, Matthieu Ricard will take the audience through a series of short meditations on attentive presence, loving-kindness, compassion, celebration of goodness, equanimity, and pure awareness. With the music and meditation, each deepening the other, the wonder and contemplative openness from both will lead to an experience of the fullness of the present moment and a focus on altruism and compassion.

**MARIA JOÃO PIRES**

*Pianist
Queen Elisabeth Music Chapel, Belgium*

**MATTHIEU RICARD, PH.D.**

*Buddhist monk, photographer,
humanitarian, and author
Shechen Monastery, Nepal*

Workshop 5

EXPERIENCING POWER AND CARE THROUGH CONTEMPLATIVE PRACTICE ACROSS TRADITIONS

Friday, September 9th and
Saturday, September 10th, 2016
15:30 - 17:00
Chamber Music Hall (Salle M)

Two contemplatives from different traditions share principles and practices from their respective backgrounds in an exploration for the 21st century.

We experience power and care in us and around us every day. In an increasingly complex and interdependent world, ethics-based perspectives and contemplation need to go together, informing each other, in order to foster a healthy relationship with both power and care. Our strength in adjusting ourselves to the reality of suffering matures from the deep understanding of our human capacity for love and compassion. Spiritual traditions offer contemplative practices for preparing the mind, the heart and the hands to integrate a principled and compassionate attitude toward power and care. Through the encounter of the two traditions, Buddhist and Christian, each one in her singularity, participants will be invited to explore the values, narratives, and views that foster wisdom and enhance resilience as we address the reality of our world in crisis. In the course of this program, we will work with inquiry, story, and contemplative practices.



BROTHER THIERRY-MARIE COURAU, O.P.

Dean of the "Theologicum" –
Faculty of Theology and Religious Studies,
Institut Catholique de Paris (Catholic
University of Paris), France



ROSHI JOAN HALIFAX, PH.D.

Abbot, Upaya Zen Center, Santa Fe, U.S.A

Workshop 6

CARING ABOUT YOUR BODY AND MIND – YIN YOGA

Friday, September 9th and
Saturday, September 10th, 2016
15:30 - 17:00
Errera +1

In this workshop, participants will be invited to explore a gentle, quiet and at the same time subtle and powerful approach to yoga - Yin Yoga. The intention of this practice is to specifically address deeper layers of the body by sustained, low intensity stretches in uncomplicated yoga asanas. We will be using comparatively long holding times (3 to 5 minutes) to allow the body to find its own individual way into the postures, thus providing beneficial stimulation for the connective tissues underneath our muscular costume. Yin Yoga postures work using gravity and leverage on the body, so the practitioner can relax into the pose rather than having to work to achieve it. The characteristic long stretches, combined with a gentle approach, an exploration of our Yin side, promote a sense of stillness and connection to the sensations inside, and the flow of energy/chi/prana through our system.

Caution:

The gentle approach of Yin Yoga can be deceptive. This practice goes quite deep, and is not suitable if you have acute injuries or medical conditions. It is recommended that participants consult their trusted medical practitioner before joining the practice. Beginners will have an easier time if they bring a meditation cushion and a blanket for this workshop.



RAFAEL EBNER

Yin Yoga Teacher, Austria

Workshop 7

CARING ABOUT YOUR BODY AND MIND – ASHTANGA VINYASA YOGA

Friday, September 9th and
Saturday, September 10th, 2016
15:30 - 17:00
Errera -1

This workshop will provide the opportunity to explore an energising yoga series for all levels. Participants will be taken through a flowing sequence of postures linked together via the breath to create a gentle and dynamic moving meditation experience. Through this introduction to the Ashtanga Yoga system participants will get a taste of the power and presence of mindful movement coupled with intelligent posture sequencing that will leave them feeling enlivened and at ease.



RYAN SPIELMAN
Ashtanga Yoga Teacher, U.K

Workshop 8

PUPPETS: THE ELUSIVE SHIFT OF POWER AND CARE IN ARTISTIC CREATION

Friday, September 9th and
Saturday, September 10th, 2016
15:30 - 17:00
Oval Lounge

The workshop will explore the use of live animation and puppetry techniques. Focussing on the use of ordinary paper and simple movement qualities, the workshop will demonstrate how to bring the inanimate to life through collaborative improvisation. The workshop will examine in detail the elusive and shifting balance of power and care as it relates to artistic creation, and how both are essential - the power of decision and certainty, and the love and care of following what is happening in the moment. Part meditation, part performance, the workshop will be a safe collaborative environment where only the paper is required to perform.



JULIAN CROUCH
Director, designer, writer, U.S.A



SASKIA LANE
Musician, composer, educator, U.S.A

ART AT POWER & CARE



© Jill Steinberg

ARTISTIC PERFORMANCE

Friday, September 9th, 2016

18:00 – 19:00

Henry Le Boeuf Hall

“Birdheart”

by Julian Crouch and Saskia Lane

“Birdheart” is a stunning piece of animated theatre with a series of images built in front of the audience’s eyes from a sheet of brown paper and a box of sand. A show about transformation, loneliness, and the urge to fly, “Birdheart” holds a hand-mirror up to humanity and offers it a chair.



© Martin Belling

Piano recital by Maria João Pires

In addition to her concerts, Ms. Pires recorded for Editions Erato for fifteen years and has recorded for Deutsche Grammophon for twenty years. For Power & Care, she will play Beethoven’s Piano Sonata No.32 in C minor, Op.111.

ART BY OLAFUR ELIASSON

Friday, September 9th

to Sunday, September 11th, 2016

Henry Le Boeuf Hall



© Olafur Eliasson

Olafur Eliasson’s artistic contribution to Power & Care will be a geometrical light sculpture powered by the rays of the sun. Suspended from the auditorium’s ceiling, the sculpture will transform daylight – captured by a solar panel on the roof – into light emitted from LEDs on the work’s rotating inner core. This light shines out through the myriad panes of colour-effect-filter glass that form the work’s outer shell. Casting a moving, variegated pattern of light upon the surroundings, the artwork will serve as a shared point of reference for the speakers and the listeners alike.



The generous planet, 2015; photo © Jens Ziehe 2015



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THE PRESENTERS



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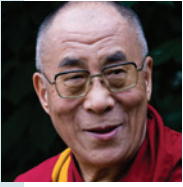


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Presenters subject to change

THE PRESENTERS
**TENZIN GYATSO***His Holiness the Dalai Lama*

Tenzin Gyatso, the 14th Dalai Lama, is the leader of Tibetan Buddhism, and a spiritual leader revered worldwide. He was born on July 6, 1935, in a small village called Taktser in northeastern Tibet. Born to a peasant family, he was recognized at the age of two, in accordance with Tibetan tradition, as the reincarnation of his predecessor, the 13th Dalai Lama. The Dalai Lamas are manifestations of the Buddha of Compassion, who choose to reincarnate for the purpose of serving human beings. Winner of the Nobel Prize for Peace in 1989, he is universally respected as a spokesman for the compassionate and peaceful resolution of human conflict. He has traveled extensively, speaking on subjects including universal responsibility, love, compassion, and kindness. He also has a vigorous interest in learning the newest developments in science, and brings to bear both a voice for the humanistic implications of the findings, and a high degree of intuitive methodological sophistication. He is a co-founder of the Mind & Life Institute.

**BROTHER THIERRY-MARIE COURAU, O. P.***Dean of the Theologicum – Faculty of Theology and Religious Studies, Institut Catholique de Paris (Catholic University of Paris), France*

Brother Thierry-Marie Courau, a French Dominican priest, is Professor of Fundamental Theology at the Institut Catholique de Paris in France. A former engineer and financial officer, he joined the Dominican Order in 1990. He presented a thesis in Catholic Theology, focusing on the study of the three *Bhavanakrama* of Kamalashila, at the University of Strasbourg in France in 2004. After a year of travels in Buddhist regions, he began teaching at the Institut Catholique de Paris and became Director of the Institute of Science and Theology of Religions, and then Dean of the *Theologicum*. His publications focus on dialogue between irreducible singularities, Buddhism, religions, Christian salvation, and management. His latest book, *Les fontaines de l'éveil* (The Fountains of Enlightenment), is a novel on Buddhist and Christian dialogue. Brother Thierry-Marie Courau is also President of the Conference of Catholic Theological Institutions of the International Federation of Catholic Universities, and member of the Council for Interreligious Relations of the Bishops' Conference of France. He is Vice-President of *Concilium* International Journal for Theology.

**PROF. SIR PAUL COLLIER***Professor in Economics and Public Policy, Blavatnik School of Government, University of Oxford, U.K*

Paul Collier is Professor of Economics and Public Policy at the Blavatnik School of Government; a Professorial Fellow of St Antony's College; he was the founding Director of the Centre for the Study of African Economies. From 1998–2003 he took Public Service leave during which he was Director of the Research Development Department of the World Bank. He also serves on the Economic Advisory Board of the International Finance Corporation and is a Director of the International Growth Centre. His research covers the causes and consequences of civil war; the effects of aid and the problems of democracy in low-income and natural-resources rich societies. In 2014, Paul received a knighthood for services to promoting research and policy change in Africa.

**JULIAN CROUCH***Director, designer, writer, U.S.A*

Julian Crouch is an independent director, designer, writer, maker, teacher, illustrator and musician, whose career has spanned theatre, opera, ballet, film and television. Initially a mask and puppet maker and with much of his life based in London, in the mid- 1990's he co-founded London's Improbable Theatre Company. Improbable's productions have gained far-reaching national and international recognition. Julian co-created, co-directed and designed the multi-award winning *Shockheaded Peter*. His opera work has included set design and associate direction for *Satyagraha* at the ENO and The Met Opera, and staging the *125th Gala* for the Met. On Broadway Julian designed *The Addams Family Musical* and *Big Fish*. More recently Julian co-directed and designed *Jedermann* for the Salzburg Festival. His recent set design for *Hedwig And The Angry Inch* on Broadway earned him a Tony Nomination. This year he designed *The Merry Widow* for the Met Opera, *Le Petit Prince* for Lausanne Opera and *Mackie Messer* for the Salzburg Festival.

THE PRESENTERS

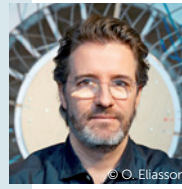


RAFAEL EBNER

Yin Yoga Teacher, Austria



Rafael Ebner is a yoga teacher working independently in Vienna, Austria. He has previously worked as a lawyer and event-manager. He started out practicing Hatha Yoga in Vienna 1990, and explored the Ashtanga Yoga style as an avid practitioner for the next decade. In 1999, he received his first yoga teacher certification by David Swenson, and started teaching groups and individuals. Rafael's first contact with Yin Yoga happened in 2005 and marked a distinct change in his yoga practice, a transition from the dynamic and powerful Ashtanga style to the gentle and subtle approach characteristic to Yin Yoga. In 2011 and 2012 he received training and certification by Paul Grilley and Bernie Clark, both leading proponents of Yin Yoga and since then practices and teaches this approach to yoga. In addition to teaching yoga, Rafael is part of the NGO "Hands with Hands" supporting self-sustainable help projects in Nepal, and is involved in several projects in the areas of meditation, self-exploration and alternative living.



OLAFUR ELIASSON

*Artist
Studio Olafur Eliasson, Germany*



Olafur Eliasson (IS/DK), born in 1967, works in a wide range of media, including installation, painting, sculpture, and photography. Since 1997, his critically acclaimed solo shows have appeared in major museums around the world, such as the Museum of Modern Art, New York; Tate Modern, London; and the Venice Biennale. Eliasson's projects in public space include *The New York City Waterfalls*, 2008, and *Cirkelbroen* (The Circle Bridge), Copenhagen, Denmark, 2015. Established in 1995, his Berlin studio numbers today about ninety craftsmen, specialised technicians, architects, archivists, administrators, and cooks. In July 2011, Eliasson hosted the "How to Train Compassion" seminar, conceived and developed by Prof. Dr Tania Singer, at his studio in Berlin. Together with engineer Frederik Ottesen, in 2012 Eliasson founded Little Sun, a social business that produces the Little Sun solar lamp for use in off-grid communities and spreads awareness about the need to expand access to sustainable energy to all.



DR SCILLA ELWORTHY

*Founder, Oxford Research Group, U.K
Founder, Peace Direct, U.K
Co-Founder, Rising Women Rising World, U.S.A
Councillor, World Future Council*



Scilla Elworthy, Ph.D., founded the *Oxford Research Group* in 1982 to develop effective dialogue between nuclear weapons policy-makers worldwide and their critics, work which included a series of dialogues between Chinese, Russian and western nuclear scientists and military, for which she has been three times nominated for the Nobel Peace Prize. She founded *Peace Direct* in 2002 to fund, promote and learn from local peace-builders in conflict areas; Peace Direct was voted "Best New Charity" in 2005. Scilla was awarded the Niwano Peace Prize in 2003, and was adviser to Peter Gabriel, Archbishop Desmond Tutu and Sir Richard Branson in setting up "*The Elders*". She co-founded Rising Women Rising World, advises the leadership of selected international corporations and teaches young social entrepreneurs; her latest book is *Pioneering the Possible: awakened leadership for a world that works* (North Atlantic Books, 2014), and her TED talk on non violence has been viewed by over 1,000,000 people.



PROF. DR ALEXANDRA M. FREUND

*Professor of Psychology, University of Zurich,
Switzerland*



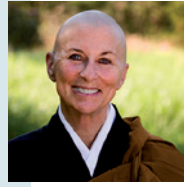
Alexandra M. Freund is a Professor of Psychology at the University of Zurich. She studied psychology at the University of Heidelberg and the Free University Berlin, where she also received her Ph.D. She was a post-doctoral fellow at Stanford University and returned to Germany to co-direct a project on developmental regulation with Paul B. Baltes at the Max Planck Institute for Human Development in Berlin for seven years. After that, she was an assistant professor and later an associate professor at Northwestern University. Since 2005, she is a full professor at the University of Zurich. Alexandra M. Freund was elected a founding member of the Young Academy of Sciences. In 2013, she received a mentoring award, and in 2015 the Humboldt-Research Award. Since 2010, she is associate editor of the APA-journal *Psychology and Aging*. Central research interests are successful aging, developmental regulation, and motivation across the life span.

THE PRESENTERS
**LEYMAH GBOWEE**

*Founder and President, Gbowee Peace Foundation Africa, Liberia
2011 Nobel Peace Laureate*



2011 Nobel Peace Laureate Leymah Gbowee is a Liberian peace activist, trained social worker and women's rights advocate. She is Founder and current President of the Gbowee Peace Foundation Africa. She also founded the Liberia Reconciliation Initiative and is Co-Founder and former Executive Director of Women Peace and Security Network Africa. Leymah currently serves as a member of the High-Level Task Force for the International Conference on Population and Development. Leymah's leadership of the Women of Liberia Mass Action for Peace – which brought together Christian and Muslim women in a nonviolent movement that played a pivotal role in ending Liberia's civil war in 2003 – is chronicled in her memoir, *Mighty Be Our Powers*. After receiving the Barnard College Medal of Distinction, she was named a Distinguished Fellow in Social Justice and a Visiting Transnational Fellow at the Center for Research on Women. She is a proud mother of seven children.

**ROSHI JOAN HALIFAX, PH.D.**

Abbot, Upaya Zen Center, Santa Fe, U.S.A



Roshi Joan Halifax, PhD, is a Buddhist teacher, anthropologist, and author. She is co-founder of the Mind & Life Institute, founded the Ojai Foundation, the Prajna Mountain Buddhist Order, is Abbot and Head Teacher of Upaya Zen Center, and is a co-founder of the Zen Peacemaker Order. She is a pioneer in the end-of-life care field, and is well known internationally for her work in engaged Buddhism. She is a Board Member of various institutions, including Mind & Life International and Mind & Life Europe. She was an Honorary Research Fellow at Harvard University and a Distinguished Visiting Scholar at the Library of Congress.

**PROF. DR. MARKUS HEINRICHS**

*Department of Psychology, Laboratory for Biological and Personality Psychology, University of Freiburg, Germany
Freiburg Brain Imaging Center, University Medical Center, University of Freiburg, Germany*



Markus Heinrichs studied psychology at the University of Würzburg and the University of Bonn, and received his Ph.D. from the University of Trier (Germany). After a postdoctoral fellowship at the University of Zurich (Switzerland), he was an Assistant Professor of Clinical Psychology and Psychobiology at the University of Zurich. Since 2009, Markus Heinrichs has been Chair of the Department of Psychology and Professor for Biological and Personality Psychology at the University of Freiburg (Germany). Since 2010, he has headed the Social Neuroscience research group at the Freiburg Brain Imaging Center and has directed the Outpatient Clinic for Stress-Related Disorders. He has pioneered a new field, demonstrating that the neurohormone oxytocin is a key mediator in the regulation of human social cognition and behavior, as well as establishing oxytocin as a target for novel treatment approaches.

**DR. UWE JEAN HEUSER**

*Head, Economic Department of the German weekly Die Zeit
Professor, Leuphana University of Lüneburg, Germany*



Dr. Uwe Jean Heuser is Head of the Economics department of the German weekly newspaper *Die Zeit*. He studied Economics in Bonn and Berkeley (USA), did his Ph.D. in Köln, and achieved an MBA at Harvard. He is one of Germany's most renowned business journalists and non-fiction authors. His book *Humanomics*, in which he describes the revolution of economic thinking, was named "Business Book of the Year 2008". In addition to his work with the editorial staff at *Die Zeit*, Dr. Heuser has extensively lectured at the University of St. Gallen, and now teaches at the Leuphana University of Lüneburg. In 2004, he received the Herbert Quandt Media Award for his collection of articles *Creator and Destroyer*. In 2011, Dr. Heuser was awarded the Dietrich-Oppenber-Media Prize by the Lesen Foundation.

THE PRESENTERS



PROF. EM. SARAH BLAFFER HRDY

Professor emerita, University of California-Davis, U.S.A



Evolutionary Anthropologist Sarah Blaffer Hrdy is professor emerita at the University of California-Davis. She is a former Guggenheim fellow elected to the National Academy of Sciences, the American Academy of Arts and Sciences, the California Academy of Sciences and the American Philosophical Society. Her books include *The Langurs of Abu: Female and Male Strategies of Reproduction*; *The Woman that Never Evolved*; *Mother Nature* and most recently, *Mothers and Others: The Evolutionary Origins of Mutual Understanding*, an exploration of the cognitive and emotional implications of humankind's long legacy of shared child-rearing which received both the 2012 J.I. Staley Prize from the School of Advanced Research and the Howells Prize at the American Anthropological Association. In 2014 she was awarded the National Academy of Sciences award for scientific reviewing. A mother and grandmother, she lives in northern California where she and her husband, Dan, combine habitat restoration with growing walnuts.



THUPTEN JINPA, PH.D.

President, Institute of Tibetan Classics, Montreal, Canada
Adjunct professor, Faculty of Religious Studies, McGill University, Canada
Chair, Mind & Life Institute, U.S.A



Thupten Jinpa, Ph.D., holds a Geshe Lharam degree from the Shartse College of Ganden Monastic University, South India, as well as a B.A. Honors in philosophy and a Ph.D. in religious studies from Cambridge University. Jinpa has been the principal English translator to H.H. the Dalai Lama since 1985 and has translated and edited numerous books by the Dalai Lama, including The New York Times' best-seller *Ethics for the New Millennium*. His own publications include numerous works in Tibetan and English, and translations of major Tibetan works. His latest book is *A Fearless Heart: How the Courage to be Compassionate Can Transform Our Lives*. He is the main author of CCT (Compassion Cultivation Training), an eight-week formal program developed at the Center for Compassion and Altruism Research and Education (CCARE), Stanford University. Jinpa is an adjunct professor at the Faculty of Religious Studies at McGill University, the founder and president of the Institute of Tibetan Classics, and the chairman of the board of the Mind & Life Institute.



MARTIN KALUNGU-BANDA

Core-Faculty, Presencing Institute, Zambia and U.K



Martin Kalungu-Banda is a consultant in organization and leadership development; a designer and facilitator of innovation and organization change processes; a trainer, coach and author. He serves as Core-Faculty Member of the Presencing Institute, the HSBC Next Generation Development Programme, and the HRH Duke of Edinburgh's Commonwealth Study Conference Leaders Programme. He has been visiting faculty for the University of Cambridge Institute for Sustainability Leadership, the Copenhagen Business School and the Blekinge Institute of Technology. Martin serves as an advisor to the Africa Governance Initiative. Between March 2005 and May 2008, he served as Special Consultant to the President of Zambia. He is the author of the bestseller *Leading Like Madiba: Leadership Lessons from Nelson Mandela* (2006); *It's How We End That Matters: Leadership Lessons from an African President* (2009) and *On the Wings of Others: How to Access Life's Greatest Opportunities* (2015). Martin holds professional qualifications in Organization Development and Coaching; and academic qualifications in Public Affairs, Philosophy, Development Studies and Anthropology.



FRÉDÉRIC LALOUX

Adviser in new organizational systems, Belgium
Author



A former Associate Partner with McKinsey & Company, Frédéric Laloux holds an MBA from INSEAD, and a degree in coaching from Newfield Network in Boulder, Colorado. He has traveled widely and speaks five languages fluently. Frédéric Laloux works as an adviser, coach, and facilitator for corporate leaders who feel called to explore fundamentally new ways of organizing. His work draws on two strands: his deep understanding of the inner workings of organizations, and his longstanding fascination with the topic of human development and his own joyful journey of personal and spiritual growth. His research in the field of emerging organizational models, published in his book *Reinventing Organizations*, has been described as "groundbreaking" and "a leap in management thinking" by some of the most respected scholars in the field of human development and management. The book focuses on how a currently emerging, new form of consciousness is bringing forth a radically more soulful, purposeful, and productive management paradigm.

THE PRESENTERS
**SASKIA LANE**

Musician, composer, educator, U.S.A



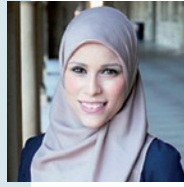
Saskia Lane is a Julliard-trained bassist, composer, performer and educator. Since 2010, Saskia has been a member of the noted theater company Checkov at Lake Lucille, as performer and composer. She also worked for several years with the British-based Improbable Theatre Company on *The Devil and Mister Punch*, which toured internationally. She regularly tours with kids' favorite Dan Zanes & Friends along with her own much-lauded jazz pop trio The Lascivious Biddies. Her original compositions have been commissioned for several productions, including José Rivera's *Massacre*, the Asolo Repertory Theater's staging of *Macbeth*, and Lake Lucille's renditions of *Ivanov* and *The Seagull*. She has leveraged her songwriting expertise since 2008 in her work with Carnegie Hall's Musical Connections Program, an outreach and education organization that brings music to New York's homeless and incarcerated populations. Saskia and The Biddies also created The Itty Biddies, a children's music education program, in collaboration with and commissioned by Carnegie Hall.

**MARIA JOÃO PIRES**

*Pianist
Queen Elisabeth Music Chapel, Belgium*



Maria João Pires, born in 1944 in Lisbon, played in public for the first time in 1948 and went on to study with Campos Coelho and Francine Benoît, and later with Rosl Schmid and Karl Engel. In addition to her concerts, she recorded for Editions Erato for fifteen years and has recorded for Deutsche Grammophon for twenty years. Ms. Pires devotes herself to the consideration of art's influence on life, the community, and education, seeking to discover new ways to implement these teaching methods in society through new forms of transmission that respect the development of the individual and of cultures. She created the Centre for the Study of the Arts in Belgais in 1999, and promoted this philosophy in Salamanca and Bahia in Brazil. In 2012, she joined the Queen Elisabeth Music Chapel and developed the Equinox project, devoted to the creation and development of choirs of children from underprivileged environments, and the Partitura Project, to create an altruistic dynamic between artists of different generations.

**ALAA MURABIT, M.D.**

*Founder, The Voice of Libyan Women, Libya
Advisor, UN Security Council Resolution 1325
Global Study
Advisor, UN Women Global Civil Society
Advisory Group*



Alaa Murabit, M.D., founded The Voice of Libyan Women (VLW) in 2011 at the age of 21. With a strong focus on challenging societal and cultural norms and utilizing traditional and historical role models, Murabit champions women's participation in peace processes and conflict mediation. Her programs, such as the groundbreaking "Noor Campaign", are replicated internationally. Murabit acts as advisor to numerous international security boards, think tanks and organizations. She was nominated to the UN Security Council Resolution 1325 (Women, Peace and Security) Global Advisory Board, to the UN Women Global Advisory Board, and to Harvard University's "Everywoman, Everywhere" initiative. In March 2015, Murabit was selected as the inaugural civil society speaker at the official Commission on the Status of Women opening session. Murabit's TED Talk, released in July 2015, "What my religion really says about women" was selected as the TED Talk of the Day and one of four moving TED Talks you should watch right now by *The New York Times*.

**MATTHIEU RICARD, PH.D.**

*Buddhist monk, photographer,
humanitarian, and author
Shechen Monastery, Nepal*



Matthieu Ricard is a Buddhist monk at Shechen Monastery in Nepal. He received a Ph.D. in Cellular Genetics at the Institut Pasteur in France under Nobel Laureate Francois Jacob. He has lived in the Himalayas since 1972, studying with Kangyur Rinpoche and Dilgo Khyentse Rinpoche, two respected Tibetan spiritual masters. Since 1989, he has served as French interpreter for H.H. the Dalai Lama. He is the author of *The Monk and the Philosopher* (with his father, French thinker Jean-Francois Revel), *The Quantum and the Lotus* (with astrophysicist Trinh Xuan Thuan), *Happiness, A guide to Developing Life's Most Important Skill and Altruism: The Power of Compassion to Change Yourself and the World*. He has translated several books from Tibetan, including *The Life of Shabkar*. As a photographer, he has published several albums, including *The Spirit of Tibet* and *Motionless Journey*. He donates all proceeds from his books and much of his time to 140 humanitarian projects in Tibet, Nepal and India, through his charitable association Karuna-Shechen.

THE PRESENTERS



PROF. JOHAN ROCKSTRÖM

*Executive Director, Stockholm Resilience Centre, Sweden
Professor in Environmental Science, Stockholm University, Sweden*



Johan Rockström is a professor in Environmental Science with emphasis on water resources and global sustainability at Stockholm University, and the Executive Director of the Stockholm Resilience Centre. He is an internationally recognized scientist on global sustainability issues, where he, e.g., led the recent development of the new Planetary Boundaries framework for human development in the current era of rapid global change. He is a leading scientist on global water resources and strategies to build resilience in water scarce regions of the world, with more than 15 years' experience from applied water research in tropical regions, and more than 100 research publications in fields ranging from applied land and water management to global sustainability. He serves on several scientific committees and boards, e.g., as the vice-chair of the science advisory board of the Potsdam Institute for Climate Impact research.



PROF. RICHARD C. SCHWARTZ, PH.D.

*Developer of the Internal Family Systems Model
Teaching Associate, Department of Psychiatry,
Harvard Medical School, U.S.A*



Richard Schwartz, Ph.D., is on the faculty of the Department of Psychiatry at Harvard University. He developed the Internal Family Systems (IFS) model of psychotherapy in response to clients' descriptions of various extreme "parts" or sub-personalities within themselves. He used his background as a systems-oriented family therapy to understand and change these inner networks of parts in clients. He also discovered that when clients' parts relaxed, a state he called the Self would emerge spontaneously and when in that state, clients related to themselves with compassion and confidence that would help their parts transform. While designed as an approach to psychotherapy, IFS has expanded to inform a wide variety of contemplative practices and spiritual traditions, and is used for conflict resolution. It is taught throughout the USA, Europe, and Israel. Dr. Schwartz lives in Brookline, MA.



DR VANDANA SHIVA

*Author, activist, pioneer, and scientific advisor
Founder of Navdanya, India
Board member, International Forum
on Globalization, World Future Council*



Dr. Vandana Shiva trained as a physicist at the University of Punjab, and completed her Ph.D. at the University of Western Ontario, Canada. She later shifted to inter-disciplinary research in science, technology and environmental policy, which she carried out at the Indian Institute of Science and the Indian Institute of Management in Bangalore, India. In 1982, Dr. Shiva founded the Research Foundation for Science, Technology and Ecology in Dehra Dun, dedicated to independent research to address the most significant ecological and social issues of our times. In 1991, she founded Navdanya, an Indian national movement to protect the diversity and integrity of living resources and to promote organic farming and fair trade. Dr. Shiva teaches at universities worldwide, and she is a Board member of the International Forum on Globalization and serves on Prince Charles's expert group on Sustainable Agriculture. Through her books *Biopiracy*, *Stolen Harvest* and *Water Wars*, Dr. Shiva has made visible the social, economic and ecological costs of corporate-led globalization.



PROF. DR TANIA SINGER

*Director, Department of Social Neuroscience
Max Planck Institute for Human Cognitive and
Brain Sciences, Leipzig, Germany*



Tania Singer is the Director of the Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig since 2010. After receiving her Ph.D. in Psychology at the Max Planck Institute for Human Development in Berlin, she became a Post-doctoral Fellow at the Wellcome Department of Imaging Neuroscience, and at the Institute of Cognitive Neuroscience in London. In 2006, she went to the University of Zurich as Assistant Professor and later became Co-Director of the Laboratory for Social and Neural Systems Research. Her research focuses on the foundations of human social behavior and on the neuronal, developmental, and hormonal mechanisms underlying social cognition and emotions. She investigates the psychological and neuroscientific longitudinal effects of compassion and mental training on brain, mind, health, and cooperation (The *ReSource Project*), and holds a cooperation with Prof. Snower from the Kiel Institute for the World Economy on the topic of *Caring Economics*. They investigate how biology and psychology can inform new economic models.

THE PRESENTERS
**PROF. DENNIS JAMES SNOWER, PH.D.**

*President, Kiel Institute for the World Economy, Kiel, Germany
Professor of Economics, Christian-Albrechts University, Kiel, Germany*



Dennis J. Snower is President of the Kiel Institute for the World Economy and Professor of Economics at the Christian-Albrechts University of Kiel. He is Director of the Global Economic Symposium and Research Fellow at the Center for Economic Policy Research (London), at IZA (Institute for the Future of Work, Bonn), and CESifo (Munich). Dennis J. Snower earned a BA and MA from New College, Oxford University, an MA and a PhD at Princeton University. He is an expert on labor economics, public policy and inflation-unemployment tradeoffs. As part of his research career, he originated the “insider-outsider” theory of employment and unemployment with Assar Lindbeck, the theory of “high-low search” with Steve Alpern, and the “chain reaction theory of unemployment” and the theory of “frictional growth” with Marika Karanassou and Hector Sala. He has been a visiting professor at many universities around the world, and has advised a variety of international organizations and national governments on macroeconomic policy, employment policy and welfare state policy.

**THEO SOWA**

CEO, African Women’s Development Fund, Ghana



Theo Sowa is an independent advisor and consultant, specializing in international social development with a particular emphasis on rights and protection issues. She is currently the CEO of the African Women’s Development Fund. Her work includes advisory roles to African and other international women and children’s rights activists and leaders, plus policy development and advocacy with a variety of international agencies and organizations. Theo is a trustee of Comic Relief and Chair of Comic Relief’s International Grants Committee; a member of the African Advisory Board of the Stephen Lewis Foundation; a Patron of Evidence for Development; a board member of the UBS Optimus Foundation and a board member of the Graça Machel Trust. She has authored many publications, including being a contributing editor to *The Impact of War on Children*; a contributing author and co editor of a Harvard Law School/UNICEF Innocenti publication on “Children and Transitional Justice”; and co author of *Groupwork and Intermediate Treatment*.

**RABBI AWRAHAM SOETENDORP**

Founder and President, Jacob Soetendorp Institute for Human Values, The Netherlands



Rabbi Awraham Soetendorp is an award winning human rights advocate, lecturer, writer, environmental activist and champion of civil society worldwide. Born in 1943 in Amsterdam, the Netherlands, Rabbi Soetendorp was saved by a righteous couple. He received his ordination from Leo Baeck College of London in 1967 and was instrumental in the reestablishment of Jewish communities in the Netherlands. Rabbi Soetendorp is the founder and president of the Jacob Soetendorp Institute for Human Values in the Netherlands, a founding member of Green Cross International, and the founder and chair of the Day of Respect Foundation, as well as the Hope for Children Fund. He serves as an Earth Charter Commissioner and a Millennium Development Ambassador, and is a founding member of the Islam and the West dialogue group of the World Economic Forum. He has received the Peacebuilders Award from The Alliance for International Conflict Prevention and Resolution, and the “Peace Through Dialogue”, Interfaith Gold Medallion from the International Council of Christian and Jews.

**GODFREY SPENCER, MA (CANTAB.)**

*Former Director, CNVC Board
Outgoing Chairman, Belgian NVC Association, Belgium*



Communication lies at the heart of Godfrey Spencer’s career. He read linguistics, philosophy and history at the University of Cambridge and became a senior bilingual interpreter at NATO. An NLP master practitioner, he also trained with ITIM. IBM Europe retained him for a period of fifteen years in a six-strong *International Effective Communication team*. Since 1997, he has specialized in *Nonviolent Communication*sm (NVC). He was appointed an expert to APM (Association Progrès du Management, Paris) and currently leads seminars for the Commission of the European Communities, the European Central Bank, the European Space Agency... He was awarded a year-long consultancy contract at the European Investment Bank. His 18-month program with Record Bank was nominated for an ING award. In Senegal, he mediates between rebel leaders as well as members of government and military chiefs. He is also called upon to coach, mediate and teach mediation and negotiation skills. In 2004, he was appointed to the Board of Directors to CNVC.

THE PRESENTERS
**RYAN SPIELMAN***Ashtanga Yoga Teacher, U.K*

Ryan Spielman has been practicing and teaching Ashtanga Vinyasa Yoga since 1995. He runs workshops, retreats and teacher trainings in London and around the world. Almost entirely self-taught, he has completed the first four series in the Ashtanga Vinyasa system, which means he's pretty bendy. Ryan has spent many hours a day for many years moving and breathing soulfully and mindfully. He's also a good teacher with a lot of patience, care and a delightful ability to meet his students wherever they are and help them discover the places they want to go. Ryan is a dedicated spiritual enthusiast, a lover of the great contemplative traditions and a devoted midwife for the sacred world to come. In addition to his life as a yoga and meditation teacher, he also writes and performs spiritual comedy songs.

**PAULINE TANGIORA, J.P., Q.S.O., Q.S.M.***Maori elder from the Rongomaiwahine Tribe, New Zealand
Justice of the Peace*

Pauline Tangiora J.P., Q.S.O., Q.S.M., is a Maori elder from the Rongomaiwahine Tribe on the East Coast of the North Island of Aotearoa/New Zealand. She also has affiliations to many other tribes. She is a Justice of the Peace, a former President and currently Vice President of Women's International League for Peace and Freedom Aotearoa, the former Regional Women's Representative for the World Council for Indigenous Peoples and a former Earth Charter Commissioner. She is currently an Ambassador to the Earth Council International, an Ambassador to the 13 International Indigenous Grandmothers' Council and a member of the World Future Council. She is a life member of the Maori Women's Welfare League and a Patroness of the Peace Foundation. She has represented Aotearoa at many international fora and was a Consultant to the International Steering Committee of the World Court Project.

**PROF. FRANS B. M. DE WAAL, PH.D.***C. H. Candler Professor of Psychology,
Emory University, U.S.A
Director, Living Links Center, Yerkes National
Primate Research Center, U.S.A
Distinguished Professor, University of Utrecht,
The Netherlands*

Dr. Frans B. M. de Waal is a biologist and primatologist known for his work on the behavior and social intelligence of primates. His first book, *Chimpanzee Politics* (1982) compared the scheming of chimpanzees involved in power struggles with that of human politicians. De Waal draws parallels between primate and human behavior, from peacemaking and morality to culture. His scientific work has been published in hundreds of articles in journals such as *Science*, *Nature*, *Scientific American*, and outlets specialized in animal behavior. His latest books are *The Bonobo and the Atheist* (2013), and *Are We Smart Enough To Know How Smart Animals Are?* (2016). De Waal is C. H. Candler Professor in the Psychology Department of Emory University and Director of the Living Links Center at the Yerkes National Primate Research Center, in Atlanta, Georgia. He has been elected to the (US) National Academy of Sciences, the American Academy of Arts and Sciences, and the Royal Dutch Academy of Sciences.

MIND & LIFE EUROPE

Mind & Life Europe (MLE) is a charitable, non-profit organization that supports pathways for knowledge as the basis to increase human well-being, ethical responsibility and compassion in order to more effectively confront global problems.

MLE is dedicated to bridging contemplative wisdom and practices with western scholarship in the arts and sciences, in order to generate, disseminate and translate that knowledge. It does so with a particular focus on how the mind can cause or alleviate suffering.

MLE was established in Switzerland in 2008 to expand related activities in Europe of the Mind and Life Institute, USA (MLI). MLI was founded in 1987 by the 14th Dalai Lama, neuroscientist Francisco Varela, and entrepreneur Adam Engle.

Activities

Pursuing the Mind and Life approach of bridging the divide between contemplative study and scientific research, MLE serves a convening, hosting, research and information function, including the development of related programs or initiatives. MLE organized a Mind and Life Dialogue with H.H. the Dalai Lama in 2010 (Zurich), a European Symposium on Contemplative Studies in 2013 (Berlin), and three residential European Summer Research Institutes (Chiemsee, Germany) in 2014, 2015, and 2016.

www.mindandlife-europe.org



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*P&C Planning Committee
Director of the Department
of Social Neuroscience
Max Planck Institute for
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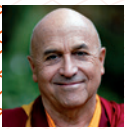
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*Decorations
Tibetan Lama Art*

THANK YOU

MIND & LIFE EUROPE EXTENDS SPECIAL THANKS TO OUR CONFERENCE SPONSORS:

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Power & Care is a non-profit event. Mind & Life Europe is deeply grateful to the presenters and artists for contributing their participation without fees.

We would also like to thank the staff, vendors and partners, the volunteers, and Bozar Center for Fine Arts for their engagement and support.

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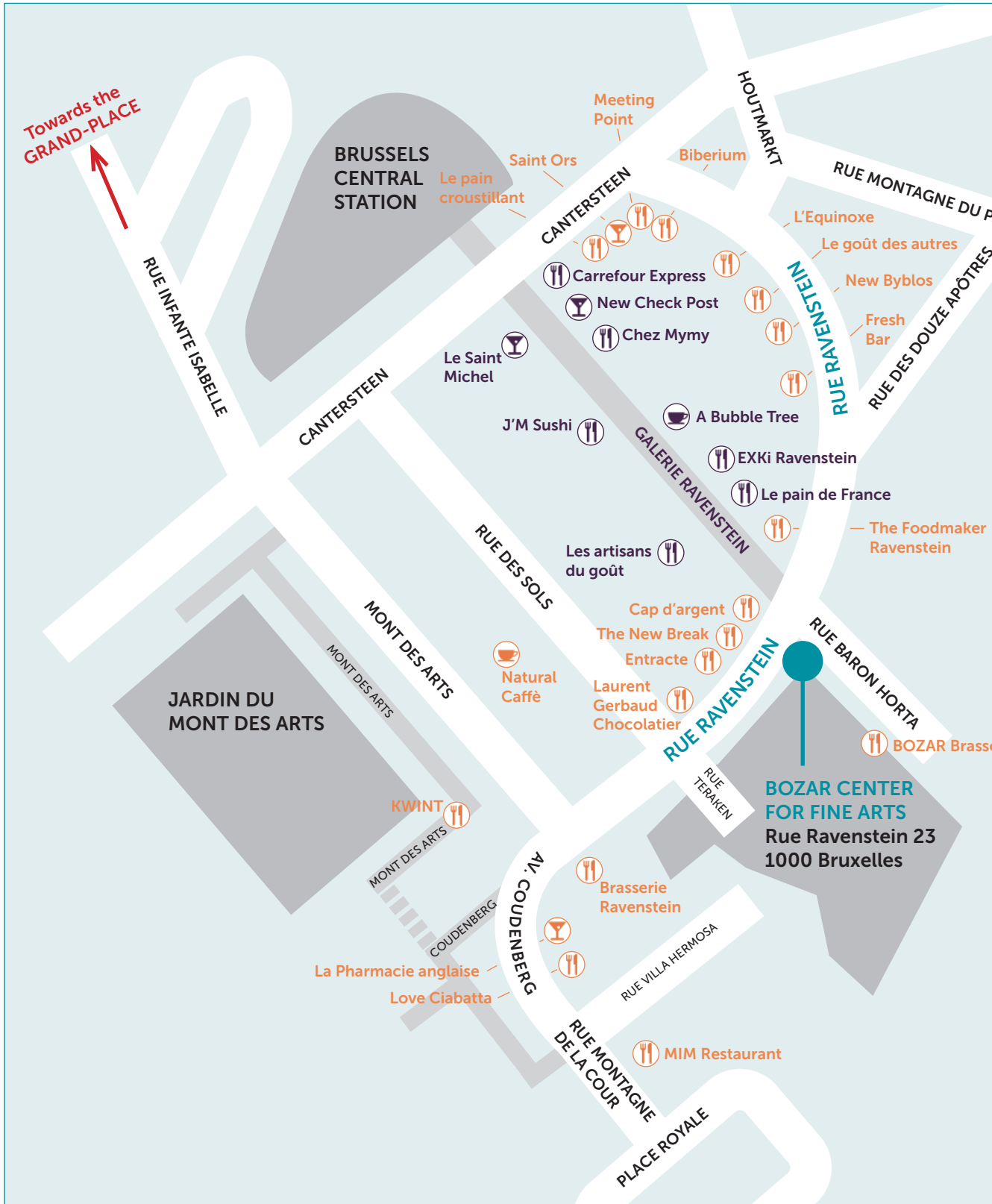
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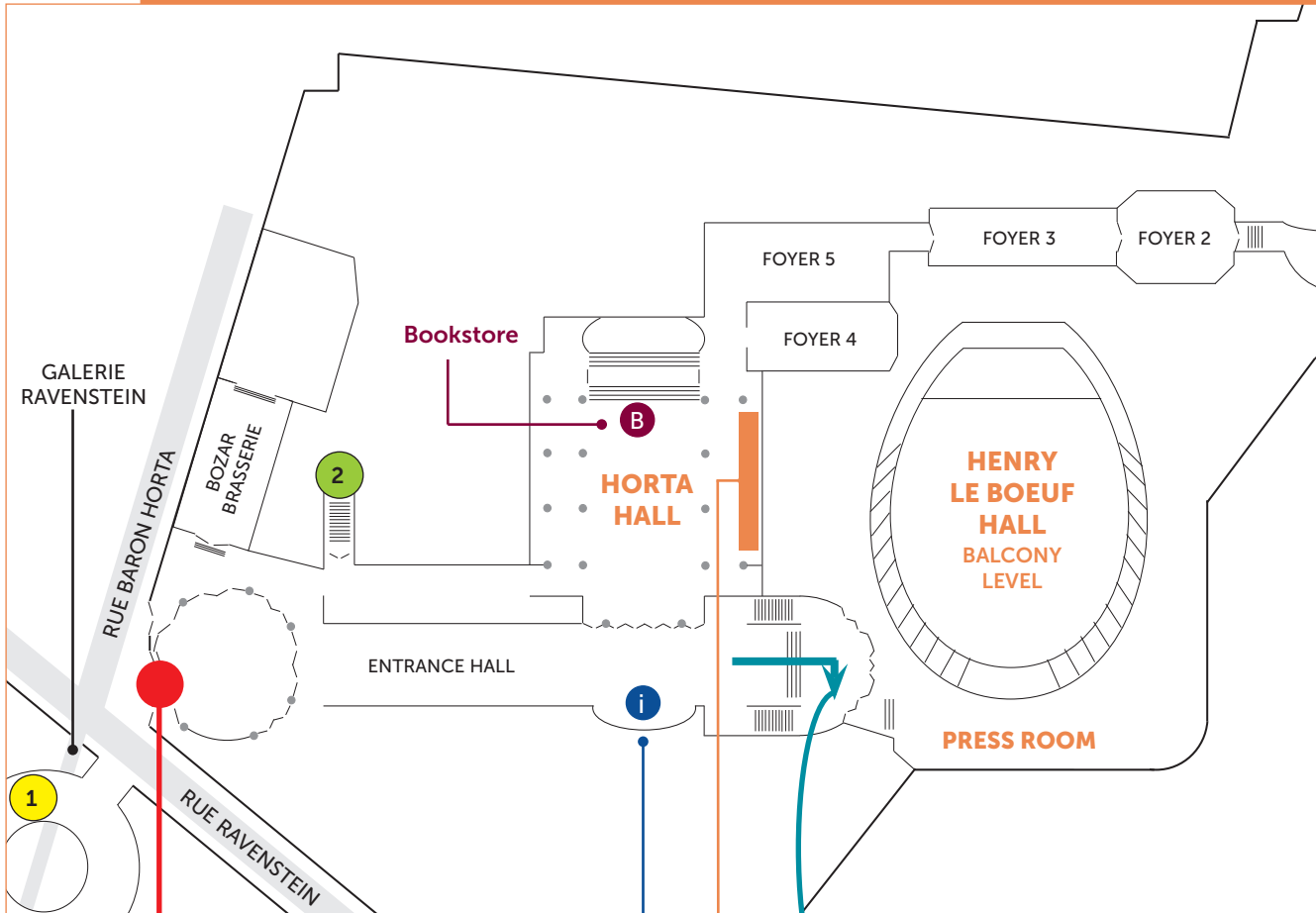
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Saint Ors

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GROUND FLOOR



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Ground Floor
Information
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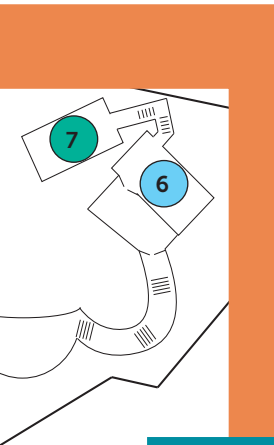
DOWN TO LOWER LEVEL

HORTA HALL FRIDAY & SATURDAY AFTERNOON
ASSEMBLY POINTS TO BE TAKEN TO THE FOLLOWING WORKSHOPS:

- 1 **Workshop: Working with the Power-Oriented and Care-Taking Parts of Ourselves**
Prof. Richard C. Schwartz, Ph.D. - *Rehearsal room NOB*
- 2 **Workshop: Awareness-Based Social Technologies for Social Change: What Does it Take to Lead from the Future as it Emerges?**
Martin Kalungu-Banda - *Banquet Hall Ravenstein*
- 6 **Workshop: Caring about your Body and Mind: Yin Yoga**
Rafael Ebner - *Errera +1*
- 7 **Workshop: Caring about your Body and Mind: Ashtanga Vinyasa Yoga**
Ryan Spielman - *Errera -1*

3

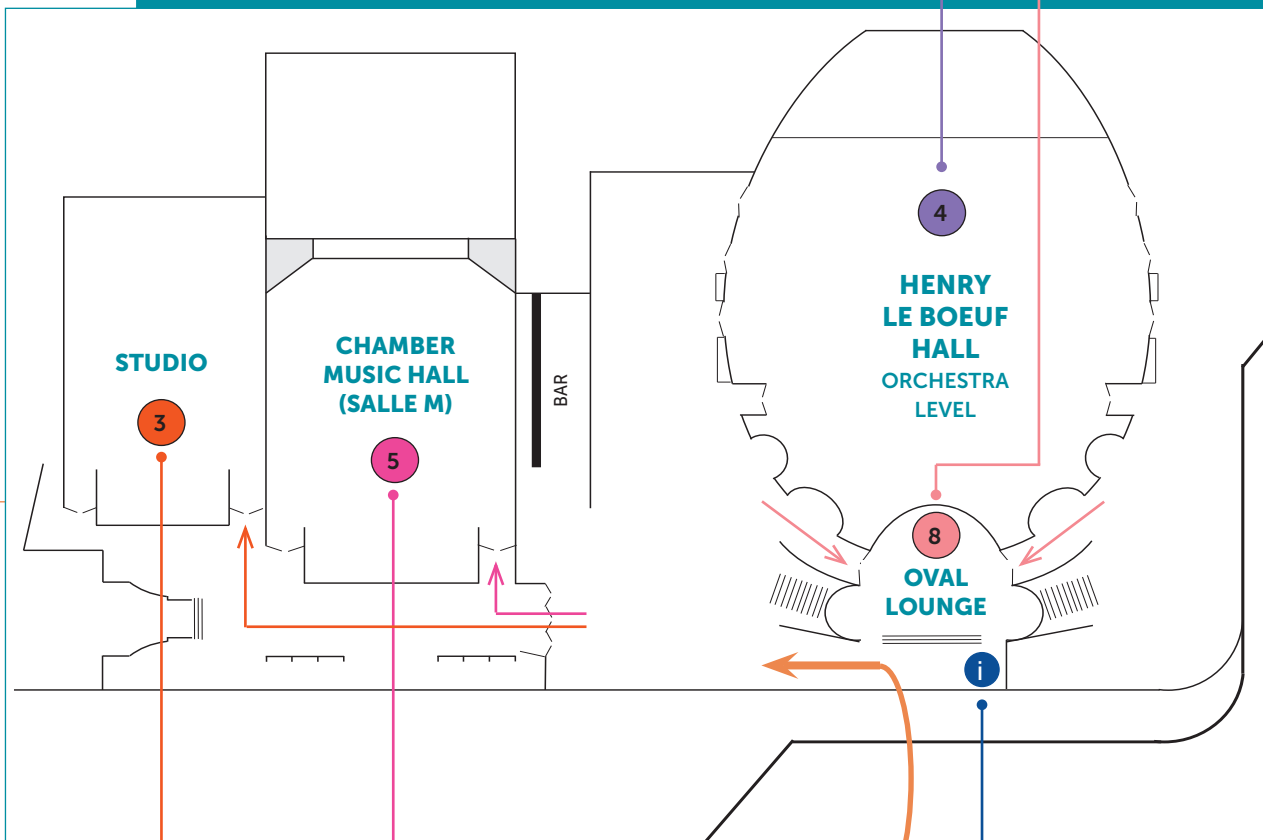
BOZAR



8 **Workshop: Puppets: The Elusive Shift of Power and Care in Artistic Creation**
Julian Crouch ; Saskia Lane
 - **Oval Lounge**

4 **Workshop: The Art of the Fugue and the Art of Meditation**
Maria João Pires; Matthieu Ricard, Ph.D.
 - **Henry Le Boeuf Hall**

LOWER LEVEL

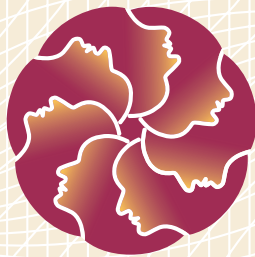


Workshop: Practising the Language of Nonviolent Communicationsm
Godfrey Spencer, MA (Cantab.)
 - **Studio**

UP TO GROUND FLOOR

**Lower Level
 Information
 Point**

5 **Workshop: Experiencing Power and Care through Contemplative Practice Across Traditions**
Brother Thierry-Marie Courau, o.p.; Roshi Joan Halifax, Ph.D.
 - **Chamber Music Hall (Salle M)**



MIND & LIFE
EUROPE

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