

The Power of the Mind

Communities of Practice

Humanistic Buddhist Response to Modern Crises

Monday 28th January 2019



Lunch Options

Karma Cafe @ NTI (Pre purchase at Registration Required)

9. Dew Drop Inn (Karma Tea House)

10. Dining Hall

Register for the next Communities of Practice

Sunday 3rd March 2019 - Healing an Anxious Society

Easter Monday 22nd April 2019 - We Can Make a Difference

Thank you for your support of the Communities of Practice

<http://communities.nantien.edu.au>

email@thebbep.org



Scan for our feedback form

Time	Activity	Speaker/Facilitator	Venue
8:30 am	Registration		Nan Tien Temple Reception
9:30 am	Mindful Movements	Louise Zaslowski	Temple Courtyard
10:00 am	Welcome	A / Professor Chris Zaslowski	Temple Conference Room
10:10 am	Keynote	Prof. Bill Lovegrove	Conference Room
10:30 am	Panel, Q & A	Panellists	Conference Room
11:15 am	Lunch		See Map
12:30 pm	Workshops	Panellists	Nan Tien Institute
2:00 pm	Meditation	Ven Miao You	Nan Tien Institute
2:50 pm	Report	Panellists	Temple Conference Room
3:40 pm	Closing Door Prizes	A / Professor Chris Zaslowski	Temple Conference Room

Workshop Topics

Mario Fernando
 Leading by caring: Authenticity for 'right' decision-making

Are you who you want to be? What is your Ideal Self? How can you be your Ideal Self? Through a discussion on leading by caring, we will try to develop an action plan on how we can use authenticity to become who we want to be.

Tom Halbert
 Turning Points

Stories that we tell are eye opening, inspiring and encouraging. This workshop brings the Turning Points project and our Communities of Practise initiative together to help us communicate how we are responding and adapting to the modern crises. The gift is your story from first facing the challenge of modern crisis, experiencing the ah-ha moment of insight, and of going forth with a changed heart and mind. We will write our stories, and if so inclined, share them on the day and to the wider community.

Meg Hart

Conflict transformation – using the power of the mind to harness our capacity to turn conflict into possibility and lead with wisdom

In our richly diverse and interdependent world, differences of experience and opinion are unavoidable. What matters is how we work with these conflicting energies both within ourselves and with others. How do we harness the deep innate clarity of our minds so that habitual tendencies to fight, flight or freeze don't take over first? In this experiential workshop, we will explore our potential to act mindfully, communicate compassionately and develop reliable skills in challenging circumstances – whether at work, home or in our community – so as to lead ourselves and others with wisdom.

Stephen Hill

Using the Power of the Mind to Care: Basis of a Resilient Community

In guiding discussion I intend to anchor this theme in my own sociological understanding of the self and meaning as social constructs, together with my current work with colleagues in Kyoto on asserting humanity as the necessary 21st Century platform for 'sustainable' global economics and society - for which the central role of social connectedness and community resilience are essential. Capturing 'the power of the mind' to 'care' is the foundation for effective action.

Jane Qiu
 Mindfulness at work: benefits, risk, sacrifice and solutions

Mindfulness practice is increasingly adopted by businesses but little is known about the potential challenges of such practice. This workshop invites you to discuss topics such as: Is the "mindfulness mode" (focusing on the present moment, letting go, and compassion for others) compatible with the "workplaces mode" (endless planning for the future, constant tracking of individual KPIs, and being obsessed with competition with others)? What can we do when we are stuck in between the two modes? Do we need to sacrifice one for the other? What are the solutions for us to more effectively integrate mindfulness practice AND spirit with our career?

David Rooney
 Aligning Values with Behaviour

Many of us acknowledge the problems associated with enacting our values and any gaps between what we believe is right and how we act in specific situations. We can become better at aligning our behaviours with our values. In this session we will explore ways of doing this by understanding how our subconsciously held system of values, assumption, and habits shape our behaviour and how mindfulness can enable us to access that subconscious system to change it and to create new values-driven habits.

Juwei Shi
 An Invitation to Kindness and Self-Discipline

Have you ever wished that you were kinder to yourself, people near you, or Mother Earth? Have you felt that theory is easier than practice? The Buddha taught a form of prajñā wisdom using reflection. In this workshop, we will explore this form of wisdom to help us unveil the power of our mind using daily episodes, from the inside out, so that we can gain insight into our true nature. We will develop action plans to nurture a kindness habit loop and use self-discipline to automate our willpower for transformation. Let us together build the habit of kindness while we can.