



COMPASSION IN ACTION

A Conversation with the Dalai Lama

Members of the Contemplative Sciences Center staff and select Dalai Lama Fellows traveled to Dharamsala, India to meet with his Holiness the Dalai Lama for a conversation about compassionate leadership. During the four-day meeting over the week of March 18, Fellows had the opportunity to seek wisdom and guidance from His Holiness to support their social change efforts.

Trip participants also included faculty, staff, and students from UVA's Batten School, the Renée Crown Institute at Boulder University, the Leeds School of Business, and the Stanford Office of Religious & Spiritual Life. All are affiliated with the Dalai Lama Fellows program, which offers emerging social innovators a rigorous, interdisciplinary, and deeply contemplative program to reimagine leadership as involving self-awareness, personal sustainability, genuine compassion for others, and the capacity to skillfully navigate complex systems at multiple levels.

In addition to meeting with the Dalai Lama, the group participated in various learning opportunities: They met with Thupten Jinpa, the long-time primary English translator for His Holiness the Dalai Lama, for an informal talk about Tibetan culture; they engaged in a traditional kora—a walk around a sacred path—to the Dalai Lama Library; and studied a teaching on Buddhist practices of compassion anchored in the Compassion Cultivation Training program.

View the program at the link below for an inspirational window into the Dalai Lama Fellows program. More on the Dharamsala meeting is forthcoming!

[READ PROGRAM](#)

(Pictured: The Dalai Lama with Anthony DeMauro, UVA's Dalai Lama Fellow program alumni, and the Dalai Lama Fellows of the University of Colorado Boulder.)



Contemplative Commons Nears Completion

CSC Staff Moves In!

On March 20, Contemplative Sciences Center staff moved into their new office space on the 2nd floor of the Contemplative Commons. The 57,000 square foot building will be completed in phases over the next couple of months with an official opening in Fall 2024. Watch the video below and stay tuned!



CONTEMPLATIVE COMMONS: DAY ONE!

Our Student Intern's First Impression

CSC intern, Mai Hukuoka, gives us a brief overview of the Contemplative Commons on staff move-in day. Much more to come!



SERIES: "What is Contemplation?"

Journal of Contemplative Studies

CSC's *Journal of Contemplative Studies* interviewed Martijn van Beek, an associate professor of Anthropology at Aarhus University in Denmark: van Beek's main interest is, he says, "How do we bring in lived experience, contemplative life as a life lived rather than just techniques...." The interview series focuses on how scholars from different contemplative traditions understand practices and experiences of contemplation.

[READ THE INTERVIEW](#)



STUDENT ADVISORS SELECTED!

Innovation and Creativity Rule the Day

CSC has selected 12 students for its student advisory team to help design and innovate student-focused programming taking place in the Contemplative Commons. While the building is under construction, the Contemplative Commons Student Advisors (CCSA) are piloting programs at the Morven Sustainability Lab's Student Days: April 11, April 16, and May 1, 2024. We'll spotlight CCSA team members throughout the year and highlight their innovations.

[LEARN MORE](#)



TOM TOM FESTIVAL PANELS

Psychedelics & Meditation; Science of Psychedelics

APRIL 20

2:30-3:30pm (ET)

CSC and UVA faculty are collaborating on two panels at the 12th annual Tom Tom Festival's Together Conference: "Psychedelics & Meditation: Philosophical & Cultural Perspectives" and "Science of Psychedelics: What's Next In Charlottesville."

[LEARN MORE](#)

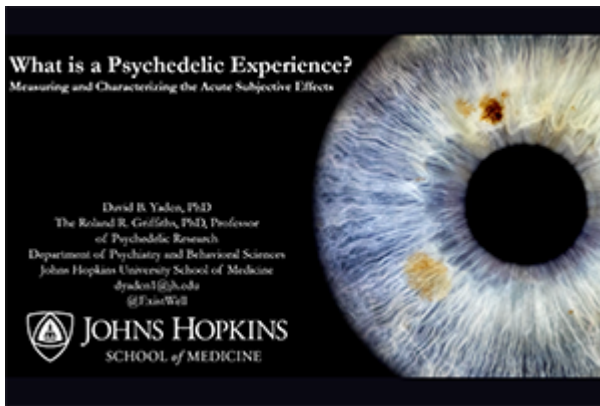


BRITT WRAY CLIMATE ACTION EVENT:

Fear to Action

Nearly 200 UVA students, staff, and faculty attended "From Fear to Action: Thriving in a Changing Climate," featuring guest speaker, Britt Wray. Wray offered ways to find purpose in an age of climate anxiety at the event co-hosted by CSC and UVA's Environmental Institute. Read the detailed account at the link below (*Photo by Tony Davis*)

[LEARN MORE](#)



VIDEO POSTED

What is a Psychedelic Experience?

David Yaden's talk, "What is a Psychedelic Experience? Measuring and Characterizing the Acute Subjective Effects," is now available along with a talk transcript. The event was co-sponsored by the Finan Lab, UVA SOM Department of Anesthesiology.

[VIEW VIDEO](#)

Make a gift to support the Contemplative Sciences Center!

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CALENDAR

UPCOMING EVENTS

April 11, 26, & May 1 - Morven Student Days
Learn more

April 20 - Tom Tom Festival
Psychedelics & Meditation: Philosophical & Cultural Perspectives
Learn more

April 20 - Tom Tom Festival
Science of Psychedelics: What's Next In Charlottesville
Learn more

CONTEMPLATIVE CLASSES

Monday-Thursday - Night Owl Yoga
Learn more

Monday-Friday - Ashtanga Yoga: Mysore-Style
Learn more





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