



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY *of* VIRGINIA



2023
DALAI LAMA FELLOWS



MEET THE 2023 DALAI LAMA FELLOWS

New Cohort of Social Innovators

Dalai Lama Fellows (DLF) has selected a new group of emerging changemakers for its 2023 fellowship program. The 15 young leaders from 10 different countries are working on a diverse array of social innovation projects that promote the flourishing of their communities. Project themes include youth mental health advocacy in El Salvador, domestic violence prevention in Iraq, and democracy education in India.

The fellowship will help these young leaders cultivate self-awareness, resilience, and compassion; broaden their cultural perspectives; engage in efficacious ways with complex systems; and situate their work within local communities in sustainable ways. Fellows will integrate contemplation and intentional personal transformation with efforts to bring about positive change in the human and more-than-human world.

Since its inception in 2010, DLF has served 229 social innovators from 56 different countries. It is co-stewarded by the University of Virginia's Contemplative Sciences Center, the University of Colorado Boulder's Renée Crown Wellness Institute, and Stanford University's Stanford Flourishing Project.

[LEARN MORE](#)

Make a gift to support flourishing around the world today!

DONATE \$25

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Generative Contemplation Symposium: The Art and Science of Effortless and Self-Emergence Contemplative Practices

April 20 & 21, 2023

**Harrison Institute and Small
Special Collections Library Auditorium**

SYMPOSIUM EXPLORES CONTEMPLATIVE BUDDHIST PRACTICES

From Mindfulness and Dreams to Dzokchen

The Generative Contemplation Symposium being held April 20 & 21, 2023 at UVA's Harrison-Small Auditorium will convene a global group of scientists, scholars, philosophers, and teacher-practitioners to explore the tension between effort and effortlessness within Indian and Tibetan Buddhism.

The event promises to catalyze transdisciplinary research collaborations to advance a collective understanding of the underlying dynamics of contemplative practices.

The four panels being led by experts from around the world will explore: (I) Cognitive Effort and Control Practices, (II) Nondual Practices, (III) Dream and Illusion Practices, and (IV) Self-Emergent Visionary Practices. In conjunction with the symposium, the film *Tukdam: Between Worlds* will be screened on April 20 at 7pm at Charlottesville's Violet Crown Cinema.

[LEARN MORE & REGISTER](#)



FILM EXPLORES LIFE, DEATH, AND CONSCIOUSNESS

In what Tibetans call tukdam, deceased meditators show no signs of death for days, or even weeks. *Tukdam: Between Worlds*, the documentary exploring this phenomenon, will be shown at the Violet Crown Cinema in Charlottesville on April 20 at 7pm in concert with the Generative Contemplation Symposium. Tickets are included with symposium registration and are also available to the public. Popcorn and beverages will be provided.

[LEARN MORE](#)



EARTH DAY CELEBRATIONS AT UVA

Each April, UVA Sustainability partners with organizations across Grounds and the Charlottesville community to host a month-long Earth Day celebration. The roster this year includes botanical garden events, litter clean-up days, a bird walk, art-making opportunities, and cooking demos.

[LEARN MORE](#)

CALENDAR

UPCOMING EVENTS

April 20 - *Tukdam: Between Worlds*

[Learn more](#)

April 20 & 21 - Generative Contemplation Symposium: The Art and Science of Effortless and Self-Emergence Contemplative Practices

[Learn more](#)

All April - "Earth Day Every Day" Events

[Learn more](#)

CONTEMPLATIVE CLASSES

Monday-Thursdays - Night Owl Yoga

[Learn more](#)

Monday-Fridays - Ashtanga Yoga

[Learn more](#)

Fridays - Mindfulness Meetup

Learn more



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