CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY *of* VIRGINIA

CSC SYMPOSIUM ATTRACTS DIVERSE AUDIENCE TO EXPLORE CONTEMPLATION

Mindfulness, Dreams, & Tibetan Meditation

The Generative Contemplation Symposium convened 150 scientists, scholars, philosophers, and practitioners from around the world to explore the complex relationships between effort and effortlessness within Indian and Tibetan Buddhism. Throughout the sessions, philosophers, neuroscientists, and Buddhist practitioners engaged with one another in an attempt to unravel the dimensions of a variety of contemplative practices and emergent experiences.

The two-day event highlighted four contemplation-themed sessions: cognitive effort; nondual awareness; dreams and illusions; and self-emergent experiences. Panelists focused on various topics such as hindrances to meditative concentration, the role of perception in the sensation of pain, and using virtual reality technology to aid contemplation. For a full description tap the link below.

LEARN MORE

CITIZEN LEADERS FELLOWSHIP FLOURISHES

Supporting Compassionate, Collaborative Leaders

CSC congratulates the 22 UVA international students and student-athletes who participated in the 2022-2023 Citizen Leaders Fellowship program. During the fellowship year, students identify a specific, pressing challenge to the well-being or flourishing of others within their communities and design and implement projects to address those challenges. They receive coaching on how to utilize evidence-based tools such as mindfulness meditation and other contemplative practices.

On April 18 and May 3, students from this years' cohorts gathered to present their projects to fellow students, faculty, coaches, and administrators. Projects included improving international student orientation; hosting festive meals for international students; mentoring area high school football players; advocating for cheerleading to be recognized as an official sport; and helping advise UVA's Honor Committee. We are grateful for program support from the Ivy Foundation, International Scholars & Studies Program, and Office of Student-Athlete Development.

* Citizen Leaders and Sports Ethics Community Impact Fellowship
* International Student Citizen Leaders Fellowship

Make a gift to support Citizen Leader Fellows and the Compassionate Schools Project!

DONATE $25 | DONATE $50 | DONATE $100

COMPASSIONATE SCHOOLS PROJECT TEACHES KIDS LESSONS FOR LIFE

Local station WHAS11 TV interviewed Louisville Mayor Craig Greenberg at his recent visit to Gutermuth Elementary. The school is one of 18 in the area implementing the Compassionate Schools Project (CSP) curriculum. “I think it helps kids develop in a unique way. It helps them become more well-rounded people… more caring about others,” It makes them

better people," said Greenberg.
WATCH VIDEO

FOR SCHOLARS:
CSC Launches Contemplative Forum

The Journal of Contemplative Studies announced the creation of an academic listserv to facilitate scholarly exchanges in Contemplative Studies. The free forum promotes humanistic and transdisciplinary scholarship and research in Contemplative Studies and connects a global community of scholars, researchers, practitioners, and educators.
SIGN UP & LEARN MORE

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, was shown in connection with CSC's Generative Contemplation Symposium. Viewing options are provided at the link below.
VIEW THE FILM

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