

Change Your Mind Day Schedule 2018

Welcome

1:00 – 1:20 Introduction, Logistics, Arriving on the Cushion

Karen Beetle and Sam Trumbore

Community
Hall

Workshop Session #1

1:30 – 2:15 1) Buddhism 101 - Buddhism Basics

Mindfulness meditation comes from the Buddhist tradition of spiritual practice. The purpose of the meditation goes beyond just calming down the mind and gaining clarity and insight. There are core truths about reality mindfulness validates. The Buddha named them the Four Noble Truths. This talk will define them and their vast reach throughout the experience of living beings.

Sam Trumbore is minister at the Albany UU. He has been meditating in the Vipassana tradition for many years.

Sanctuary

2) Managing Our Mind : Journey to Inner Health

We will explore the nature of the mind / thoughts and share ways in which we can redirect the mind in an elevated direction and attain peace and contentment in our lives.

Aarti Pappu has been with the Brahma Kumaris for the past 28 years, she also wears the hat of being a Physician Assistant at Albany Medical Center. Her interests are dance, acting, music and loves being in nature. She believes that 'when I change the world changes'.

B-8

3) Shamanism ~ Karma ~ Mindfulness

Healing potential of shamanism for the individual, the dwelling, and the pets. Plus how karma influences us and the importance of living a mindful life.

Grace M Tuma, MA, is an initiated Inca Energy Medicine Shaman. She has completed the Four Directions of the Medicine Wheel, and has been initiated in the 9 Rites. She holds a master's in Transpersonal Psychology from Naropa University. She also teaches Ashtanga yoga as a certified instructor.

Community
Hall

4) Being Present: The Practice of Contemplative Photography

The purpose of this workshop is to help participants develop a deeper connection to the beauty that exists within themselves and throughout the world around them. This course challenges students to remain present, focused and tune into their innate creative ability. By incorporating simple mindfulness techniques into our photographic practice we will learn to take simply stunning photographs.

Pilar Arthur-Snead is a photographically based artist with her MFA in Fine Art photography, living and working in the Capital Region of New York State. She owns a photography studio and gallery in Troy, NY and has had her work exhibited in the Capital Region, Chicago and Los Angeles. She has been a practicing Buddhist for over 10 years.

B 3-4

5) Chi-Gong; Do It Yourself Healing for Body, Mind and Spirit

Chi-Gong takes us beyond the standard paradigm of "receiving help from the outside, given by someone else". It empowers us to become active participants in our own healing, whether physical, mental or emotional. Rather than be at the grace of others, we learn how to reclaim our power to deal with the challenges in our lives and get well.

Oded Ben-Ami is a mystic, Chi-Gong teacher, mentor, writer, and musician. He dedicates his time to the exploration of the non-physical realm, its effect on our physical world and the means by which it can be affected by the mind.

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Workshop Session #2

2:30 – 3:15

1) Chair Yoga

Community
Hall

Yoga is a centuries-old practice designed to reconnect the body, mind and spirit through gentle movements, breath, and deep relaxation. No previous yoga experience is needed to take part in this workshop. All movements will be done seated or standing with a chair for support. All are welcome to enjoy the benefits of this practice – regardless of physical ability or limitations.

Judi England, RN, LMT, professionally certified Kripalu Yoga instructor. Judi has offered programs in wellness, meditation and stress management for over 20 years throughout the Capital Region. She currently serves as Senior Health Education Coordinator for Jewish Family Services of NENew York, and as an independent Health Educator for businesses and organizations.

2) Breathwork for Mindfulness: Deepening Insight and Receptivity

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In part one we will begin by using touch and a focus on the out-breath bringing calm to the body. Then we switch the focus to being with present moment experience. In part two we move into deeper breathing and movement to activate the prana. Then transition into feeling the bodily energies/emotions laying down, surrendering and receiving experience similar the end of a yoga session.

Victor Anderson has practiced Insight meditation in Burma and in the IMS tradition long term. He is a certified Somatic Breathworker through the Power of Breath Institute in NH. He leads breath workshops, teaches basic mindfulness and does private breathwork sessions locally.

3) Being with Dying -Cultivating Presence, Compassion and Equanimity with People in End of Life Care

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The training will focus on patient centered care and restorative aspects of serving people with catastrophic illnesses and life changing needs. The program will offer contemplative and insight based practices to cultivate presence and avoid top down driven relationships. Participants will explore obstacles and trouble spots in care giving. To avoid moral distress and burn out risks, tools for self care will be offered in order to alleviate the burden of weariness or secondary trauma. Special meditations will be presented.

Pierre Zimmerman, MS, is an Ordained Buddhist chaplain and Mindful Practices Teacher for many different populations, Pierre worked in corporate healthcare in many different capacities for thirty five years in the USA and Canada. He presently manages One Big Roof Center for contemplative practices and is the marketing director for One Roof Holistic Center.

4) Breaking New Ground – Stability and Insight in Meditation Practice

B 3-4

With meditation practice the landscape of everyday mind can take new shape. In this workshop, we will explore strategies for stabilizing the mind and body to support the growth of insight and clarity.

Karen Beetle, LMHC, has been practicing meditation since she took the Mindfulness-Based Stress Reduction eight-week course in 1995. She is a therapist in private practice and a teacher of MBSR. She practices in the Vipassana tradition and regularly sits ten day retreats and wilderness retreats with a variety of teachers.

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Workshop Session #3

3:30 – 4:15 **1) Buddhism 101 - “Heart” of Buddhism: The 4 Immeasurables** Sanctuary

An exploration/contemplation of the role of the 4 Immeasurables: loving kindness, compassion, joy, and equanimity, in cultivating happiness and meaning in one’s life. This will include practical suggestions and approaches for nurturing each of these qualities.

Joan Atkins is an active member and former director of Albany KTC Tibetan Buddhist Meditation Center located at Doane Stuart School, 199 Washington Ave., in Rensselaer, NY.

2) What is Coherence? And Why Would I Want To Alter My Meditation to Achieve It? B 3-4

Most meditative wisdom traditions offer wonderful tools to help focus the mind. These Wisdom traditions also teach skills for “brightening” the mind, however these skills are often not highlighted in modern practices. Ironically, we can meditate a lot, and still only achieve a very “focused” depressed mind! We need to have a broader understanding of the landscape of the mind if we are going to gain the amazing benefits of meditation. In this talk, will help us take a broader look at the intricacies of the mind, including inner chatter, how the mind interfaces with the heart, and how our bodies “eavesdrop” on everything we think. EmWave Software by Institute of Heartmath will be demonstrated as to how to use your heart to facilitate “coherence” in your nervous system to skillfully brighten the mind...and feel “happy for no good reason.”

Bethany Gonyea is founder of NUMINOUS the non-profit sponsoring the Global Peaceful Cities Project.

3) Meditation Practice Q and A: Where You Get Stuck or Why You Never Started 26

Despite a huge body of research documenting the multiple benefits of a regular meditation practice, practice is challenging. In this workshop, we will dialogue with you about where the rubber hits the road in meditation practice. Whether you can’t get going or you have been practicing for years, we welcome your questions and observations about meditation practice itself.

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Gail Zinberg, LICSW, has been a psychotherapist in private practice since 1999. Gail has been a dedicated practitioner of Vipassana meditation since 1983 and has completed numerous silent retreats over the decades. She currently teaches MBSR in Pittsfield, MA.

4) Coming Home to Who We Are B 8

To experience our genuine heart and awakened nature, in this experiential workshop we will connect with the three traditional gates: body, speech and mind through mindful movement, sitting meditation instruction and practice, and the art of conversation. Suitable for beginning and experienced meditators.

Shastri Ellen Rook Shambhala Meditation Center of Albany, encountered the Shambhala teachings in upstate New York in 1980. She has studied with both Chogyam Trungpa Rinpoche and Sakyong Mipham Rinpoche. For many years, Shastri Rook served as Director of the Shambhala Meditation Center of Albany, and was appointed by Sakyong Mipham to the position of Shastri, or seniorteacher, in 2012.

Workshop Session #3 Continued on next page

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Workshop Session #3 *Continued*

3:30 – 4:15	I) Dances of Universal Peace Dances of Universal Peace are spiritual practice in motion drawing on the sacred phrases, scripture and poetry of the many spiritual traditions of the Earth. The dances are transformative spiritual practice, invoking an embodied sense of unity, compassion and touching the spiritual essence of ourselves. <i>Farid Gruber and Dahlia Bartz Cave are leaders of Dances of Universal Peace and teach regularly throughout the Hudson Valley.</i>	Community Hall
4:30 – 5:00	Mindful Mingling Ikebana Demonstration <i>with Ellen Rook</i>	Channing Hall
4:30 – 5:00	Silent Meditation	Community Hall
5:00 - 5:45	CLOSING Dance of Universal Peace <i>with Farid Gruber</i> Avalokiteshvara Chanting <i>with Kingfisher Sangha</i> Loving Kindness Practice <i>with Karen Beetle</i> Na Mu Myo Ho Ren Ge Kyo Drumming <i>with Grafton Peace Pagoda</i>	Community Hall

Ongoing: Food, Tabling, Expressive Arts (Mural)