



Mind and Culture

UF Mindfulness Day 2017

Sept. 25, 2017

Reitz Union, UF campus
Room 3315 and 3320

Organized by the UF Mindfulness Team.

Contributions by the UF Center for Spirituality and Health, UFHR, World Peace Buddhist-Soka Gakkai International-USA UF student club, MOR Meditation UF student club, River Phoenix Center for Peacebuilding and the Gainesville Retreat Center.

Times	Reitz Union Room 3315	Reitz Union Room 3320
<p>Support UF Mindfulness with a donation: https://mindfulness.ufl.edu/ or https://www.uff.ufl.edu/OnlineGiving/FundDetail.asp?FundCode=020531. Teachers, speakers, facilitators and organizers of the UF Mindfulness Day offer their time, expertise and service for free in the spirit to bring mindfulness to the UF community.</p>		
8:20 – 8:30 am	<p>Warm welcome to the 2017 UF Mindfulness Day. Nancy Lasseter, M.Ed., Ed.S., Licensed Mental Health Counselor. Core Member of UF Mindfulness.</p>	<p>Warm welcome to the 2017 UF Mindfulness Day. Sabine Grunwald, Ph.D., Director UF Mindfulness and Professor, CALS.</p>
8:30 – 9:20 am	<p>Gratitude and love: Nourishing our lives together. Nancy Lasseter, M.Ed., Ed.S., Licensed Mental Health Counselor. Core Member of UF Mindfulness. <i>Abstract:</i> Shifting our attention to acknowledgement and sharing of what is positive in our lives.</p>	<p>Morning Yoga. Kim Holton, RYT, Ph.D., Health Promotion Specialist, UFHR. Member of UF Mindfulness. <i>Abstract:</i> Experience the practice of yoga as meditation. This experiential session, appropriate for any level of experience, will guide you through a series of postures with a focus on breath and bodily sensations to anchor the mind in the present.</p>
9:35 – 10:25 am	<p>Self-transformation and Buddhism. Rakshit Sinha, President and Katsutoshi (Toshi) Mizuta, Vice President of the World Peace Buddhist-Soka Gakkai International-USA, UF student club. Abe Uccello, World Peace Buddhist-Soka Gakkai International-USA. <i>Abstract:</i> Self-transformation achieved through Buddhist practice involves breaking the shackles of our ego-centered “lesser selves” and revealing our “greater selves,” wherein we experience deep compassion evoking joyfully taking action for the sake of others, and ultimately, all humanity.</p>	<p>Mindfulness and political discourse: How do <i>Red</i> and <i>Blue</i> have a conversation? * Jan M. Snyder, Ph.D., Clinical Psychologist. Member of UF Mindfulness. <i>Abstract:</i> Most all of us in the U.S. have felt challenged recently to know how to engage in discussion with people who have opposing political views. Anger, frustration and judgment seem to pervade our discourse, and make it difficult to know how to truly engage. We lapse into “We are good, they are bad” thinking, which leaves us in a stalemate, isolated from one another. In this discussion, we take a look at a practice called “Opponents Practice” which can offer a way out of this dualistic model.</p>
10:40 – 11:30 am	<p>Multicultural mindfulness: Compassion for self and others. Emi Lenes, UF Doctoral Candidate, PACE Counselor/Site Host. Member UF Mindfulness and Ana Puig, Ph.D., Scholar & Research Director, College of Education; Core member UF Mindfulness <i>Abstract:</i> With everything happening in our shared world right now, this is a crucial time to heighten our multicultural consciousness. Wisdom can emerge when we cultivate inward and outward compassion, while</p>	<p>Cultural digital paranoia and mania – How can we find silence in a world of noise? * Sabine Grunwald, Ph.D., Director UF Mindfulness and Professor, CALS. <i>Abstract:</i> Are we hooked to the machine? Smartphones, social media, online chats, and 24/7 checking of incoming text messages and emails. We live in a digital world that imposes a grip on us. Digital amnesia in the</p>

embracing the vastness of various perspectives. Participants will be engaged in a self-reflective group process where we can cultivate intra as well as interpersonal cultural awareness. An experiential mindfulness meditation will be shared, and participants will have the opportunity to creatively express responses. No previous art and meditation experience is needed. We will invite our inner critics (our fierce inner protectors) to relax with us in a courageous and sacred space.

classroom has become a new normalcy because we can google things anytime. There is paranoia we may miss a message online and we are curious to seek news churning through endless digital feeds for more. This kind of digital mania and overload impact relationships, how we relate to ourselves, working memory and neurological patterns in our brains. It can lead to disembodiment of our experience, which subsequently changes learning and meaning making. In this session we will explore mindful pathways to be fully present in a digital world, attentive to content, and aware of how we use digital media, which allows us to change unhealthy patterns that do not serve us.

11:45 – 12:35 pm

Awakened living.

David Raya Contreras, President of the MOR meditation UF student club.

Abstract: What does it mean to live an awake life? How can we practice being awake and mindful in the world, at school, and home? Many times we are “not-so-awake” and distracted by the media, fast-paced living, stress in the classroom, cultural change, and the list is long. In this student facilitated session we will explore how meditation practice supports awakened living.

Mindful forgiveness: How letting you go sets me free. *

Ana Puig, Ph.D., Scholar & Research Director, College of Education; Core member UF Mindfulness and **Emi Lenes**, UF Doctoral Candidate, PACE Counselor/Site Host. Member UF Mindfulness.

Abstract: Forgiveness is difficult, especially when we have been deeply wounded. This session will invite participants to engage in a group process of self-reflection and exploration of the ways that mindful forgiveness and non-forgiveness impact our body, mind, and spirit and ultimately serve to preserve our personal integrity. Each of us can grow in self-awareness and awareness of others related to the quality of our relationships and our need to forgive, or not forgive. Experiential techniques will include: Guided meditation, music, and letter writing. Handouts will be provided via email to interested participants.

12:50 – 1:40 pm

Mindful parenting.

Shana Smith, M.S., Author "Meditation for Moms & Dads," Director Gainesville Retreat Center and **Ana Puig**, Ph.D., Scholar & Research Director, College of Education; Core member UF Mindfulness.

Abstract: Meditation and mindfulness practices have long been the domain of the child-free seeker. Time and again, fellow parents lament about their lack of time to do even basic self-care, never mind meditation. This sense of lack feeds into the concept that a sincere, regular, mindfulness practice cannot co-exist with parenthood. This session will turn such a concept upside down with a fresh attitude: mindfulness is a wonderful and essential tool for navigating the dynamic journey of parenting, both on and off the cushion. This session will explore how a subtle shift in approach can bring mindfulness back into your life even as a busy parent/caregiver, offer tools for establishing or re-establishing your practice, and leave time for parents to ask questions and share personal stories and wisdom.

12:50 – 1:05 pm

Mindfulness and UF campus culture.

Joe Glover, Provost UF.



1:55 – 2:45 pm

Building community resiliency through mindfulness

Teresa Drake, JD. Director, Intimate Partner Violence Assistance Program Virgil Hawkins Civil Clinic Visiting Legal Skills Professor, University of Florida Levin College of Law

Abstract: The Community Resiliency Model (CRM) involves 3-6 mindfulness skills, rooted in science that help individuals and communities rebalance in body and mind.

1:05 – 2:45 pm

Workshop: Choosing love: Finding peace within the eye of the storm.

In this workshop we will explore peaceful pathways for community development seen through different lenses – politics, local and regional communities (Gainesville, Florida and southeastern U.S.), UF faculty and staff, and UF students. How can we bring love and peace into “stormy” and antagonistic conversations in times of profound changes in higher education, financial and social systems, health care, global climate change, and more.

4 Community Conversations:

- 1) Politics of Peace: Moderator – Robert Hutchinson**, County Commissioner Alachua County (*invited*)
- 2) Community Peacemaking: Moderator – Katie Fields**, River Phoenix Center for Peacebuilding (*invited*)
- 3) UF/ UF Health Faculty Peace: Moderator – Monika Ardel**, Ph.D., Professor, CLAS and Core Member of UF Mindfulness.
- 4) UF Students Peace: Moderator – Philip Daniels**, Ph.D. student (*invited*)

3:00 – 3:50 pm

Socially-engaged mindfulness.

Carol Lewis, Ph.D. MPH CPH, Clinical Associate Professor, UF Department of Psychiatry.

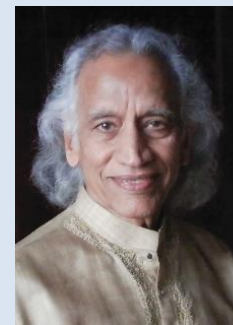
Abstract: Research evidence shows us that engaging in mindfulness practices on a regular basis produces many benefits in body and mind. Are these benefits being shared and taught across diverse cultures within our communities? In this session, we will explore issues such as who is practicing mindfulness, efforts to promote diversity in exposure to mindfulness skills, and how to take these practices out into our world. We will problem-solve about ways to promote social justice within the mindfulness community to create socially-engaged mindfulness practitioners.

3:00 – 4:55 pm

Two hour Intensive Mindful Practice of Patanjali’s Ashtanga Yoga. *

Invited Guest Teacher – Gurudev Shri Amritji (Yogi Amrit Desai).

Abstract: Bringing mindfulness to the practice of Patanjali’s Ashtanga Yoga aids in the removal of stress, which is what prevents us from accessing



clarity of mind, intuitive insights and efficiency. The subtle root cause of stress remains invisible, only to surface visibly in the form of physical, mental, and emotional health problems. The mindful practice of yoga helps remove the toxic root cause, empowering us to manifest our dreams and desires into reality. This workshop will include a lecture, Q&A and meditative experience.

Since 1960, Gurudev Shri Amritji (Yogi Amrit Desai) has been repeatedly honored for playing a most

4:05 – 4:55 pm

Embodied meditation.

Roberta Seldman, Ph.D., Licensed Psychologist, UF Counseling and Wellness Center and **Tina Tannen**, Ph.D., Licensed Mental Health Counselor, UF Counseling and Wellness Center.

Abstract: Healing through psychotherapy and meditation. This workshop will focus on the healing dynamic of meditation and therapy and how they work hand in hand to foster deep personal growth and healing.

distinguished role in bringing yoga to the west on a wide scale. He is founder of the largest yoga and health centers in North America including the Yoga Society of Pennsylvania, Kripalu Yoga Center, and the Amrit Yoga Institute in Florida. For his outstanding contributions to the global yoga community, Gurudev has been recognized with the titles “International Grand Yoga Master,” “Doctor of Yoga,” “Jagadacharya,” “Maharishi,” and many more. He has been awarded the “Global Service Award,” “The Patanjali Award,” and the “Vishwa Yoga Ratna” presented by the President of India. A globally revered spiritual leader, Gurudev Shri Amritji has reached millions through his international trainings, workshops, seminars, and conferences. In 2000, Gurudev established the Amrit Yoga Institute, a thriving Yoga and Ayurveda center in Salt Springs, Florida. His recent publications, *Ancient Wisdom, Modern Master* (2012), *Love and Bliss: Meditations on the Art of Living* (2014), and *The Yoga of Relationships* (2015) have earned a total of fifteen literary awards from London, Paris, New York, Hollywood, Southern California, Nautilus, the Great Midwest, and Florida book festivals.

5:10 – 6:30 pm

Keynote Speaker * (Room 3320)

Body maps of attention: How a whole person approach may inform the neuroscience of mindfulness.



Glenn Hartelius, Ph.D., Director of the Integral and Transpersonal Psychology Program in the School of Consciousness and Transformation, California Institute of Integral Studies, San Francisco, CA.

Abstract: Mindfulness meditation involves a change in state of consciousness that may not be adequately captured by cognitive definitions. Yet state of consciousness remains a problematic construct given the fact that correlations between mental actions and neural measurements are typically poor or nonexistent. Phenomenal markers of attentional posture – that is, specific sensate cues within lived experience that indicate where the experience of attention arises in within the body – may be a way to describe and control for states of consciousness, including mindfulness. Pilot work using EEG measurement of attentional postures suggests that phenomenal markers may correlate with neural measurement more sensitively and reliably than other approaches to date. This approach may offer a way to develop measurable definitions of states of consciousness, which in turn may open entirely new domains for research – especially into whole person approaches to psychology.

Glenn Hartelius is focused on bringing whole person approaches closer to neuroscience. His concept of what attention is and how to manage it within oneself is designed to simplify complex skills such as meditation, sustained focus, and leadership presence. He is Founding Director of a new online PhD program in Integral and Transpersonal Psychology at the California Institute of Integral Studies (CIIS) in San Francisco, where he serves as Associate Professor for the East-West Psychology Department. He is also leading an initiative to develop a new research facility at CIIS for research in whole person neuroscience. Glenn is the main editor for the *International Journal of Transpersonal Studies*, a peer-reviewed academic journal. He is also co-editor of *The Wiley-Blackwell Handbook of Transpersonal Psychology*, and Secretary of the International Transpersonal Association. His research on the definition and scope of transpersonal psychology has helped to define the field.

Live stream link: <https://mediasite.video.ufl.edu/Mediasite/Catalog/Full/25020ca6474f4932a631f1cd3c42e1de21>

* Sessions will be recorded and posted at <https://mindfulness.ufl.edu/> after the event.