Miaoyou Shi - Temple Meditation Hall
Meditation Workshop: Connecting Mind and Heart

We all know about mindfulness, what about the heartfulness? Heartful awareness detects patterns programming. By consistently experiencing moments of authentic heartful awareness, we create changes in our bodies, brains, spirit and psyche. Heart awareness heals wounds, reduce stress and anxiety. This workshop will raise awareness in the way we think and feel about our inner world.

Lunch Options
Karma Cafe @ NTI
9. Dew Drop Inn (Karma Tea House)
10. Dining Hall
If you have brought your own lunch (vegetarian only) you are welcome to use the cafeteria on level 1 NTI

Thank you for your support of the Communities of Practice

We Can Make a Difference
Humanistic Buddhist Response to Modern Crises
Monday 22nd April 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker/Facilitator</th>
<th>Venue</th>
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<tbody>
<tr>
<td>8:30 am</td>
<td>Registration</td>
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<td>Nan Tien Temple Gandhi Hall</td>
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<tr>
<td>9:30 am</td>
<td>Mindful Movements</td>
<td>Desmond Chung</td>
<td>Temple Courtyard</td>
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<tr>
<td>10:00 am</td>
<td>Welcome</td>
<td>Host: Wendy Tu</td>
<td>Temple Conference Room</td>
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<tr>
<td>10:10 am</td>
<td>Keynote</td>
<td>Rev. Bill Crews</td>
<td>Temple Conference Room</td>
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<td>Prof. Stephen Hill</td>
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<td>John Hatton</td>
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<tr>
<td>12:00 pm</td>
<td>Lunch</td>
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<td>See Map</td>
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<tr>
<td>1:00 pm</td>
<td>Workshops</td>
<td>Facilitators</td>
<td>Varies</td>
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<tr>
<td>2:45 pm</td>
<td>Closing</td>
<td>Ven. Juewei</td>
<td>Nan Tien Institute</td>
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http://communities.nantien.edu.au
email@thebbep.org
**Workshop Topics**

**Magali Goirand and Bruce McKenzie - NTI 2.17**
How to participate in action to achieve community harmony and peace

All communities aspire to harmony and peace. The question is how can we act to initiate or sustain harmony in our own communities? Participants will first reflect what it means to participate in a harmonious community by drawing from their experiences. From this pool of knowledge will emerge novel approaches to achieve harmony in their communities. Participants will then choose one approach which they will strive to implement at home.

**Tom Halbert and Juefang Shi - NTI 2.18**
Spiritual and Environmental Preservation Practice & Turning Points Stories

A spiritual practice for an environmental purpose. An environmental practice for a spiritual purpose. Inspired by Venerable Master Hsing Yun’s talk ‘Spiritual and Environmental Preservation’, a talk which addresses the modern crises. And, seeing that the 99% of what is needed to address these crises is at hand, ready to go, ready to be employed. The 1% that is needed to activate the 99% is a Spiritual and Environmental Preservation Practice (SEPP).

**Sue Sumskis - NTI 1.11**
Communities of practice – Join the Global Compassion Games

Join Nan Tien's Compassion Games Team. The workshop challenge is to develop and plan a short community compassion project. Participants may decide on individual actions, such as random acts of kindness, or develop a group plan to give back to the community! What we do is entirely up to us and will be decided in the workshop. Come along, have some fun, and create action and results from your compassionate intentions!

**Alex Trauth-Goik and Jade Hutchinson - NTI 1.09**
‘Adapting to Difference’
Equipping Youth with Principles to Navigate the Digital Landscape

The development of the internet has placed great strain on the classical idea of a carefree, youthful experience. While youths positively connect with peers through social media, the prolific adoption of portable handheld devices has installed a virtual social network in which there can be no ‘logging-off’. Dependent on its user, the internet can be a conduit for youthful expression, positive activism and social engagement, learning and cooperation. This workshop will explore these issues to formulate ‘principles’ that will help young people navigate the digital landscape and engage in meaningful ways.

**Youji Shi - NTI 1.05**
Mindful Art: Doodling Chan

Doodling helps one to concentrate, to be more productive, and keeps you in the present moment. Doodling is an outlet for everyday creativity and helps you generate ideas. In this doodling workshop, through creating Dharma cards, we hope to explore how doodling can help us achieve mindfulness. Tapping upon our creative energies, we seek to look within at how doodling can take us to the meditative stage of mind and bring forth the Chan in us.

Please see over for Meditation workshop at Nantien Temple