

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.



We Can Make a Difference

Humanistic Buddhist Response to Modern Crises

Monday 22nd April 2019



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

Time	Activity	Speaker/Facilitator	Venue
8:30 am	Registration		Nan Tien Temple Gandha Hall
9:30 am	Mindful Movements	Desmond Chung	Temple Courtyard
10:00 am	Welcome	Host: Wendy Tu	Temple Conference Room
10:10 am	Keynote	Rev. Bill Crews Prof. Stephen Hill John Hatton	Temple Conference Room
12:00 pm	Lunch		See Map
1:00 pm	Workshops	Facilitators	Varies
2:45 pm	Closing	Ven. Juewei	Nan Tien Institute

<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).

Elizabeth King - NTI 1.02

Collective Wisdom

We all work with and within organisations – schools, charities, hospitals, small and big businesses, governments. And yet, it is clear that the community is losing faith in our organizations and leaders.

This workshop addresses how organisations become mindful, and in doing so produce collective wisdom. Collective wisdom is a form of mindfulness that emphasises attention to a shared purpose. The vision for this workshop is to convene a dialogue to describe collective wisdom in organizations and design interventions to develop it.

Gawaine Powell-Davies - NTI 1.03

Engaging with the community

A healthy person is a connected person, and a strong community is an engaged community. In this workshop we will explore how an engaged community works, and the opportunities for individuals, families, organisations and communities to become more engaged. We will hear examples from the Buddhist Council of NSW and from the experience of participants. Participants will be encouraged to review their own engagement, and identify where they may want to develop this over the next year.

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.

Miaoyu Shi - NTI 1.10

The Pathway to Happiness

People from all backgrounds are actively pursuing happiness in everything they do, seeking solutions to effectively handle the demands of life.

The pace of our lives can impact our health, but a moment of thought can transform our daily lives. Are we recognising the wealth we already have?

The aspects of health, wealth and relationships will all be explored in an insightful 'fireside chat' with Venerable Miaoyu – a rare opportunity to access her broad experience and hear responses to a facilitated Q&A session.

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 every day 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