

Mindfulness and Sustainability: Zen practices for a resilient self and planet

With Thomas Doherty and Gregory Hill



Thomas Doherty

We will explore the intersections of personal and environmental sustainability in the light of Zen Buddhist teaching and practice. Participants will work to recognize, validate, and celebrate their perceptions and emotions regarding the natural environment, nurture themselves, and engage in grounded action that manifests their unique sustainability visions. The day will also have an introduction to mindfulness meditation and guided meditation sessions.

Saturday, April 20th, 2013
9:00 a.m. to 4:00 p.m.
\$65 includes vegetarian/vegan lunch



Gregory Hill

Co-sponsored by Ecospsychology in
Counseling Certificate Program
at the Lewis & Clark Graduate School
and Zen Community of Oregon

For more information and to register:
zendust.org/heartofwisdom

See the reverse for more information

Heart of Wisdom Zen Temple
Zen Community of Oregon
6401 NE 10th Avenue, Portland, Oregon 97211
503-728-0654



Mindfulness and Sustainability:

Zen practices for a resilient self and planet

Thomas Doherty and Gregory Hill will lead participants with personal or professional interests through a daylong retreat that weaves together insights from Zen practice and Ecopsychology. Our goal is explore the intersections of personal and environmental sustainability in the light of Zen teaching and practice. Thomas will share examples from his psychology practice that help individuals recognize, validate and celebrate their perceptions and emotions regarding the natural environment, nurture themselves, and engage in grounded action that manifests their unique sustainability visions. Greg will provide an introduction to mindfulness meditation and lead guided meditation exercises throughout the day.

Note: We will be spending some time outdoors so please dress for the weather.

Recognition and Validation: Mindfulness and Ecopsychology

9:00 a.m.—10:15 a.m.

Greg will begin this session with an introduction to mindfulness meditation as a body-centered and grounding practice that can help us reconnect to the earth through appreciation and awareness. Thomas will provide links to the personal psychology of environmental issues and human-nature relationships. Thomas will also describe ways that people develop their beliefs and behaviors regarding the natural environment and ways to cope with stressful events.

Centering and Acceptance

10:30 a.m.—11:45 a.m.

This session will begin with an outdoor session illustrating hands-on experience of a Nature-Based Stress Reduction technique that promotes an experience of interbeing (Zen) and an “ecological self” (psychology). Thomas will provide frameworks for participants to tell the story of their sense of place and their environmental identity, based on a Broaden & Build theory of positive emotions.

Just Enough – Sharing an Oryoki Meal

11:45 a.m.—1:00 p.m.

Following a guided meditation in which we observe our minds’ tendency to grasp, we will share an Oryoki lunch focusing on this theme of grasping as it applies to our relationship to food and to all the gifts that nature and communities provide. Oryoki, which means “just enough” in Japanese, is a form of eating practiced in Zen monasteries that emphasizes mindful awareness and appreciation. Participants will get a short lesson in Oryoki and a delicious vegetarian meal. We will make references to nature’s food system, the larger cultural system and consumerism.

From Nurturing and Appreciation to Grounded Action

1:15 p.m.—2:30 p.m.

This session opens with a guided Loving Kindness (Metta) meditation to evoke an open-hearted, nurturing and friendly attitude towards ourselves and others. Workshop participants will dialog with Thomas about creating a “Personal Sustainability plan.” These dialogs will be integrated with silent meditation periods to allow participants to practice mindful ways of nurturing themselves, appreciating their connections to systems of nature, and envisioning personally authentic (and demonstrably effective) ways of grounded action that embody interbeing and promote personal and planetary health.

The Precepts of Personal Sustainability

2:45 p.m.—4:00 p.m.

After an opening meditation using sound to investigate our connectedness to the larger world, we will engage in a group-based dialog and writing session to reflect on the day’s events and explore the challenges and opportunities for sustainability that participants find in their lives. We will use writing exercises and dialog to develop a list of 5 ethical principles to clarify core environmental values in the midst of rapidly evolving sustainability practices and techniques. Participants will compare and contrast their cultural backgrounds and developmental experiences as we explore working with diverse forms of environmental beliefs, values, identities and expectations.

The Presenters

Thomas Doherty, PhD, called by The New York Times, “the most prominent American advocate



of a growing discipline known as ecopsychology,” co-directs the Ecopsychology Certificate Program at the Lewis and Clark Graduate School in Psychology in Portland Oregon. He helped author the American Psychological Association’s Climate Change Task Force Report in 2009 and is Editor-in-Chief of the journal Ecopsychology. His paper on the psychological impact of global climate change was published in the American Psychologist in June, 2011. Dr. Doherty maintains a private practice in personal counseling, consultation, and provides workshops for organizations such as the Psychologists for Social Responsibility, the Oregon Counseling Association, and the American Psychological Association.

Gregory Hill is a professor of Mathematics and Environmental Studies and Chair of Mathematics at the University of Portland, where he also co-



founded the Sustainability program in the Masters in Business Administration. He has served for ten years as the President and Senior Research Associate of the Institute for Culture and Ecology, a research collaborative

founded on the principle that human systems and ecosystems must be valued and studied as a unified whole. Putting research into action, he leads projects in Indonesia addressing issues of biodiversity, climate change and economic well-being for forest dependent communities. A life-long practitioner in the Zen Buddhist tradition, he has been a member of the Zen Community of Oregon for many years, serving on the Board of Directors and as a mediation instructor.

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