



MIND & LIFE  
EUROPE

**POWER**

**&**

**CARE**

# **A MIND & LIFE**

**Dialogue with His Holiness  
The Dalai Lama**

**September 9 - 11, 2016**

[www.powerandcare.org](http://www.powerandcare.org)

Towards Balance for  
our Common Future -  
Science, Society and  
Spirituality in Dialogue

**BOZAR  
Center for Fine Arts  
Brussels, Belgium**

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# MIND & LIFE EUROPE



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**Mind and Life Europe (MLE) is a non-profit organization that supports pathways for knowledge that provide the basis to increase human well-being, ethical responsibility and compassion in order to more effectively confront global problems.**

**MLE is dedicated to bridging contemplative wisdom and practices with western scholarship in the arts and sciences and modern research capabilities, in order to generate, disseminate and translate that knowledge, with a particular focus on how the mind can cause or alleviate suffering.**

MLE was established in 2008 to expand related activities in Europe of the Mind and Life Institute, USA (MLI). MLI's purpose is to investigate the nature of reality through the lens of contemplative practices and modern science and was founded in 1987 by the 14th Dalai Lama, neuroscientist Francisco Varela and entrepreneur Adam Engle.

## ACTIVITIES

Pursuing the Mind and Life approach of bridging the divide between contemplative study and scientific research, MLE serves a convening, hosting, research and information function, including the development of related programs or initiatives.

MLE organized a Mind and Life Dialogue with H.H. the Dalai Lama in 2010 (Zurich), a European Symposium on Contemplative Studies in 2013 (Berlin), and two European Summer Research Institutes (Chiemsee, Germany).



**MIND & LIFE**  
EUROPE

[www.mindandlife-europe.org](http://www.mindandlife-europe.org)

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# POWER & CARE

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Towards Balance for our Common Future -  
Science, Society and Spirituality in Dialogue

## WHY THIS CONFERENCE ON POWER AND CARE ?

While the notion of power can be seen as a neutral concept, neither harmful nor beneficial by definition, the western historical perspective links it to concepts such as domination, instrumentalization, or sovereignty. This idea of power as *power over* is apparent in political, societal and interpersonal spheres, as indicated by problems such as the wealth gap, racial and gender inequality, and countless others.

At the other end of the spectrum is the notion of *caring for*, an enabling force in the service of individual and social transformation. Care evokes concepts such as altruism, compassion, interdependence and responsibility and is customarily seen as incompatible with the notion of power.

How might we understand the relations between these primal forces that shape human development on both the individual and collective levels? A deeper understanding of their function and dynamics will lead us to see how they can be conscientiously and fruitfully allied, and engender projects and actions that promote the flourishing of living beings and of our environment.

*"One of the great problems of history is that the concepts of love and power have usually been contrasted as opposites polar opposites (...). Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."*

Martin Luther King, Jr., August 16th, 1967

## OUR AIM

*Power & Care* is a two and a half day Mind and Life Dialogue of leading experts with His Holiness the Dalai Lama. Mind & Life Europe has conceived a program that comprehensively examines the nature of these two fundamental forces, their expressions and the relations between them. Because they manifest in both the natural and social realms, the Dialogue will include the perspectives of the natural sciences, anthropology, psychology, politics, economics and the world's contemplative traditions.

Mind & Life Europe hopes that this conference will be a significant catalyst for the formulation of new research ideas and for imagining societal and governance structures that will contribute to work together for a better world.

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**Power & Care will be held at the BOZAR Center for Fine Arts,  
Rue Ravenstein 23, 1000 Brussels, Belgium,  
from Friday, September 9th, to Sunday, September 11th, 2016.**

**Tickets:** [www.bozar.be/en/activities/107920-power-care](http://www.bozar.be/en/activities/107920-power-care)  
**Information:** [www.powerandcare.org](http://www.powerandcare.org)

# PROGRAM: THE SESSIONS

Power & Care includes five sessions.

## FRIDAY, SEPTEMBER 9th, 2016

### Session 1: PERSPECTIVES FROM ETHOLOGY, ANTHROPOLOGY AND ECOLOGY

**9:30-11:30** The impulse to dominate and the desire to weave and maintain bonds with others are the two fundamental forces prevailing in both non-human and human relationships. This session will present the big picture, from the complex interactions of power and care in animals, primates in particular, through early ages of human history up to the present impact of power and care on the state of the planet and on the fate of future generations.

*H.H. the Dalai Lama; Jane Goodall, Ph.D., DBE.; Prof. em. Sarah Blaffer Hrdy; Thupten Jinpa, Ph.D.; Matthieu Ricard, Ph.D.; Prof. Johan Rockström; Prof. Frans B. M. de Waal, Ph.D.*

### Session 2: PERSPECTIVES FROM PSYCHOLOGY, ENDOCRINOLOGY AND NEUROSCIENCE

**13:00-15:00**

The second session will focus on the psychological, endocrinological, and neuro-scientific bases of power and care. From the perspective of motivational psychology, humans are equipped with different "motives" that influence our behavior and interaction with others. Recent findings in neuroscience suggest that altruism and compassion can be developed through training, leading to brain plasticity and increased pro-social behavior. How can psychology and neuroscience contribute to the formulation of new models of global cooperation and responsibility?

*H.H. the Dalai Lama; Prof. Dr Alexandra M. Freund; Roshi Joan Halifax, Ph.D.; Prof. Dr Markus Heinrichs; Thupten Jinpa, Ph.D.; Prof. Richard C. Schwartz, Ph.D.; Prof. Dr Tania Singer*

## SATURDAY, SEPTEMBER 10th, 2016

### Session 3: PERSPECTIVES FROM SPIRITUAL AND RELIGIOUS TRADITIONS

**9:30-11:30**

Religious and spiritual institutions are influential forces that promote peace and compassion and are concerned with the cultivation of an ethical existence. Yet at the same time they wield vast power that has often been used for divisive and destructive purposes and are profoundly implicated in the economics and government of societies, past and present. How can the world's religions transform themselves and channel their immense power in order to remain viable agents of positive change?

*H.H. the Dalai Lama; Brother Thierry-Marie Courau, o.p.; Roshi Joan Halifax, Ph.D.; Thupten Jinpa, Ph.D.; Alaa Murabit, M.D.; Matthieu Ricard, Ph.D.; Rabbi Awraham Soetendorp; Pauline Tangiora, J.P., Q.S.O., Q.S.M.*

### Session 4: PERSPECTIVES FROM ECONOMICS AND SOCIETY

**13:00-15:00**

Politics and economics are the quintessential arenas for the expression of power in the social realm. Since political-economic reasoning dominates our social and cultural lives how can motivations belonging to the "care constellation" be introduced into economic thinking and therefore into the societal structures that regulate human relations? Indeed, there are other models and behaviors that can create equilibrium between these elements that determine so much of our daily existence.

*H.H. the Dalai Lama; Prof. Sir Paul Collier; Dr Uwe Jean Heuser; Thupten Jinpa, Ph.D.; Dr Vandana Shiva; Prof. Dennis James Snower, Ph.D.; Theo Sowa*

## SUNDAY, SEPTEMBER 11th, 2016

### Session 5: PERSONAL COMMITMENT AND GLOBAL RESPONSIBILITY

**9:30-11:30**

The issue of "empowerment" as a component of personal and collective engagement, and the concept of care as an expression of responsibility for our planet and its civilizations in times of strife, forced migration and homelessness, and distress at the individual and societal levels, will provide the focus for our final session. Power and care are two primary elements that may not, finally, be opposed but rather coexist as a condition of dynamic and constructive equilibrium.

*H.H. the Dalai Lama; Prof. Patricia S. Bellinger; Olafur Eliasson; Thupten Jinpa, Ph.D.; Frédéric Laloux; Final speakers to be confirmed.*



# PROGRAM: THE WORKSHOPS

The Friday and Saturday afternoon sessions will be followed by workshops at 15:30.

**Workshop 1: WORKING WITH THE POWER-ORIENTED AND CARE-TAKING PARTS OF OURSELVES**

Participants will be invited to investigate both of these tendencies within themselves and how to negotiate a balanced relationship between them.

*Prof. Richard C. Schwartz, Ph.D.*

**Workshop 2: AWARENESS-BASED SOCIAL TECHNOLOGIES FOR SOCIAL CHANGE: WHAT DOES IT TAKE TO LEAD FROM THE FUTURE AS IT EMERGES?**

This workshop will explore the shift from an ego-system awareness that cares about the well-being of oneself to an eco-system awareness that cares about the well-being of all.

*Martin Kalungu-Banda*

**Workshop 3: PRACTISING THE LANGUAGE OF NONVIOLENT COMMUNICATION<sup>SM</sup>**

Participants will be invited to examine how communication with oneself and others, if based on our deep-seated motivations and needs, can strengthen and sustain quality relationships, focusing on elements of power and care.

*Godfrey Spencer, MA (Cantab.)*

**Workshop 4: FROM THE ART OF THE FUGUE TO THE ART OF COMPASSION MEDITATION**

In this workshop, participants will alternately hear various pieces of music played by pianist Maria João Pires followed by guided meditation by Buddhist monk Matthieu Ricard.

*Maria João Pires; Matthieu Ricard, Ph.D.*

**Workshop 5: EXPERIENCING POWER AND CARE THROUGH CONTEMPLATIVE PRACTICE ACROSS TRADITIONS**

Two contemplatives from different traditions will share meditation approaches from their respective backgrounds and perspectives.

*Brother Thierry-Marie Courau, o.p.; Roshi Joan Halifax, Ph.D.*

**Workshops 6 and 7: CARING ABOUT YOUR BODY AND MIND**

Participants will be invited to explore a yoga tradition. There are two options: *Yin Yoga* with Rafael Ebner: a gentle but at the same time powerful approach to Yoga; or *Ashtanga Vinyasa Yoga* with Ryan Spielman, an energizing yoga series.

*Rafael Ebner ; Ryan Spielman*

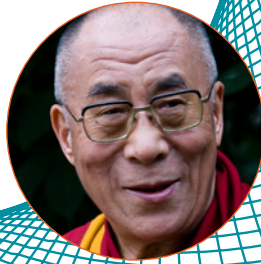
**Workshop 8: PUPPETS: THE ELUSIVE SHIFT OF POWER AND CARE IN ARTISTIC CREATION**

The workshop will explore the use of simple puppetry with paper, and the power of decision and certainty, and the love and care of following what is happening in the moment in artistic process.

*Julian Crouch; Saskia Lane*

**ON FRIDAY EVENING AT 18:00 THERE WILL BE A PERFORMANCE: «BIRDHEART», BY JULIAN CROUCH AND SASKIA LANE (WITH PAPER PUPPETS), FOLLOWED BY A PIANO RECITAL BY MARIA JOÃO PIRES.**

# THE SPEAKERS



## TENZIN GYATSO

*His Holiness the Dalai Lama*



### PROF. PATRICIA S. BELLINGER

*Executive Director & Adjunct Lecturer,  
Center for Public Leadership, Harvard  
Kennedy School, U.S.A*



### PROF. DR MARKUS HEINRICHS

*Department of Psychology, Laboratory  
for Biological and Personality Psychology,  
University of Freiburg, Germany  
Freiburg Brain Imaging Center, University  
Medical Center, University of Freiburg,  
Germany*



### PROF. SIR PAUL COLLIER

*Professor in Economics and Public  
Policy, Blavatnik School of Government,  
University of Oxford, U.K*



### DR UWE JEAN HEUSER

*Head, Economic Department  
of the German weekly "Die Zeit"  
Professor, Leuphana University  
of Lüneburg, Germany*



### BROTHER THIERRY-MARIE COURAU, O. P.

*Dean of the "Theologicum" – Faculty of  
Theology and Religious Studies,  
Institut Catholique de Paris  
(Catholic University of Paris), France*



### PROF. EM. SARAH BLAFFER HRDY

*Professor emerita,  
University of California-Davis, U.S.A*



### OLAFUR ELIASSON

*Artist  
Studio Olafur Eliasson, Germany*



### THUPTEN JINPA, PH.D.

*President, Institute of Tibetan Classics,  
Montreal, Canada  
Adjunct professor, Faculty of Religious  
Studies, McGill University, Canada  
Chair, Mind & Life Institute, U.S.A*



### PROF. DR ALEXANDRA M. FREUND

*Professor of Psychology,  
University of Zurich, Switzerland*



### FRÉDÉRIC LALOUX

*Adviser in new organizational systems,  
Belgium  
Author*



### JANE GOODALL, PH.D., DBE.

*Founder, the Jane Goodall Institute  
UN Messenger of Peace*



### ALAA MURABIT, M.D.

*Founder, The Voice of Libyan Women, Libya  
Advisor, UN Security Council Resolution  
1325 Global Study  
Advisor, UN Women Global Civil Society  
Advisory Group*



### ROSHI JOAN HALIFAX, PH.D.

*Abbot, Upaya Zen Center, Santa Fe, U.S.A*



### MATTHIEU RICARD, PH.D.

*Buddhist monk, photographer,  
humanitarian, and author  
Shechen Monastery, Nepal*





**PROF. JOHAN ROCKSTRÖM**  
*Executive Director,  
 Stockholm Resilience Centre, Sweden  
 Professor in Environmental Science,  
 Stockholm University, Sweden*



**RABBI AWRAHAM SOETENDORP**  
*Founder and President,  
 Jacob Soetendorp Institute for Human  
 Values, Netherlands*



**PROF. RICHARD C. SCHWARTZ,  
 PH.D.**  
*Developer of the Internal Family  
 Systems Model  
 Teaching Associate, Department of  
 Psychiatry, Harvard Medical School, U.S.A*



**THEO SOWA**  
*CEO, African Women's Development  
 Fund, Ghana*



**DR VANDANA SHIVA**  
*Author, activist, pioneer,  
 and scientific advisor  
 Founder of Navdanya, India  
 Board member, International Forum  
 on Globalization, World Future Council*



**PAULINE TANGIORA, J.P., Q.S.O.,  
 Q.S.M.**  
*Maori elder from the Rongomaiwahine  
 Tribe, New Zealand  
 Justice of the Peace*



**PROF. DR TANIA SINGER**  
*Director, Department of Social  
 Neuroscience, Max Planck Institute for  
 Human Cognitive and Brain Sciences,  
 Leipzig, Germany*



**PROF. FRANS B. M. DE WAAL, PH.D.**  
*C. H. Candler Professor of Psychology,  
 Emory University, U.S.A  
 Director, Living Links Center at the Yerkes  
 National Primate Research Center, Emory  
 University, U.S.A  
 Distinguished Professor, University of  
 Utrecht, Netherlands*



**PROF. DENNIS JAMES SNOWER,  
 PH.D.**  
*President, Kiel Institute for the World  
 Economy, Kiel, Germany  
 Professor of Economics,  
 Christian-Albrechts University, Kiel, Germany*

## THE WORKSHOP LEADERS

**BROTHER THIERRY-MARIE COURAU, O.P.; ROSHI JOAN HALIFAX, PH.D.; MATTHIEU RICARD, PH.D.;  
 PROF. RICHARD C. SCHWARTZ, PH.D.; AND**



**JULIAN CROUCH**  
*Director, designer, writer, U.S.A*



**MARIA JOÃO PIRES**  
*Pianist  
 Queen Elisabeth Music Chapel, Belgium*



**RAFAEL EBNER**  
*Yin Yoga Teacher, Austria*



**GODFREY SPENCER, MA  
 (CANTAB.)**  
*Former Director on CNVC Board  
 Outgoing Chairman of Belgian NVC  
 Association*



**MR. MARTIN KALUNGU-BANDA**  
*Core-Faculty, Presencing Institute,  
 Zambia and U.K*



**RYAN SPIELMAN**  
*Ashtanga Yoga Teacher, UK*



**SASKIA LANE**  
*Musician, composer, educator, U.S.A*

**MIND & LIFE EUROPE IS DEEPLY GRATEFUL TO THE PRESENTERS AND ARTISTS FOR CONTRIBUTING  
 THEIR PARTICIPATION WITHOUT FEES.**



## SPONSOR INFORMATION - SUPPORT POWER & CARE

There are several opportunities to support the work of Mind & Life Europe and attend Power & Care:

### PREMIUM TICKETS:

**Individual Friend (ticket): 1'500 euros**

**Corporate Friend (ticket): 3'000 euros**

Premium tickets can be purchased through BOZAR Center for Fine Arts. To book your tickets, please visit the BOZAR Center for Fine Arts booking page: [www.bozar.be/en/activities/107920-power-care](http://www.bozar.be/en/activities/107920-power-care)

Premium ticket holders receive one ticket to *Power & Care*, which will include lunch on both days, preferred workshop choice, and an invitation to a private dinner with Board and guests of Mind & Life Europe during the conference.

Sponsors with a donation of 20'000 euros and above will be listed in the sponsor section of the program and website unless otherwise requested.

Please make sure to designate your donation with "Power and Care". Donations should be made to:

Mind and Life Europe

Bank Name: Zürcher Kantonal Bank, Zurich

Account Name: Mind and Life Europe

Swift Address: ZKBKCHZZ80A

Account Number for EURO donations: 013000-00687189 / IBAN: CH37 0070 0130 0006 8718 9

Account Number for CHF donations: 1100-1243.650 / IBAN: CH44 0070 0110 0012 4365 0

**Please contact Cornelius Pietzner for sponsorship opportunities and conditions.**

**Your support is greatly appreciated!**

Cornelius Pietzner

Conference Coordinator

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+41 76 366 27 40

**Tickets:** [www.bozar.be/en/activities/107920-power-care](http://www.bozar.be/en/activities/107920-power-care)

**Information:** [www.powerandcare.org](http://www.powerandcare.org)



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