

# Engaged Mindfulness in a Complex and Changing World

A weeklong residency with senior monastic Dharma teachers in the Plum Village Tradition of Zen Master Thich Nhat Hanh



How can we practice Engaged Mindfulness to respond with intelligence and compassion to the increasingly challenging situations that come our way, personally and collectively? What practices can help us take better care of our strong emotions, like anger and grief? Join us in exploring these topics and more through a week of presentations, discussions, and meditation practice with senior monastic Dharma teachers in the Plum Village Tradition of scholar, poet, peace activist, and Zen Master Thich Nhat Hanh from [Deer Park Monastery](#) in California. They will share practical examples of how mindfulness practices can be applied in our daily lives so we can find dynamic responses to the ever-changing difficulties in our study, work, and relationships. When we train our mind and learn to trust our inherent goodness, new possibilities manifest that cannot be discovered by thinking alone. In these sessions we learn ways to cultivate insight, compassion, build resilience, non-fear and nurture a culture of inclusivity and loving kindness. The week will be filled with opportunities to meet, discuss, and meditate together.

A [webpage](#) of events and registration links will be updated daily.

Events are open to all without prior registration unless marked “registration required.”

## Tuesday, April 18th Events

8:00 - 9:00 am  
Rollins Chapel

***The Foundations of Mindful Breathing: Guided Sitting Meditation***  
A guided meditation to develop our capacity to cultivate peace and joy.

4:30-5:30 pm  
Rollins Chapel

***Happiness Is Here and Now: Engaged Mindfulness in a Complex and Changing World***  
A public talk on applying mindfulness to our daily life to create a collective attitude of cooperation, abundance, and joy.

6:00 – 7:30 pm  
South Fairbanks, Rm  
105  
*Priority Attendance  
Given to Undergraduates*

***Interfaith Dinner Conversations***  
Interfaith Dinner Conversations equips the participants to have deep discussions about worldview identities, their own and others, while investigating widely shared and deeply held values meaningful to others worldview. [More info and RSVP](#)

## Wednesday, April 19th Events

8:00 - 9:00 am  
Rollins Chapel

***Flower Fresh, Mountain Solid: Guided Sitting Meditation***  
A guided meditation to develop our resilience and openness in every moment.

12:00 - 2:00pm  
Baker Library 102  
[Registration Required](#)

***Mindfulness in the Classroom: Supporting Student Well Being***  
A session for Dartmouth faculty and staff that focuses on incorporating mindfulness into learning environments.

4:30 - 5:30 pm  
Rollins Chapel

***Deep Relaxation***  
A guided meditation to relax the body and mind.

6:00 – 7:00 pm  
***Registration Required Through Houses***

***House Community Dinners***  
A mindful dinner discussion for undergraduates exploring how mindfulness can be applied in daily life to cultivate happiness. Allen and West House – The Cube; South House and North Park– Occom Commons

### Thursday, April 20th Events

8:00 - 9:00 am  
Rollins Chapel

***How to Free Yourself from Distractions: Guided Sitting Meditation***  
A guided meditation to develop our capacity to enjoy the present moment.

2:30 - 3:30 am  
The Hood Museum  
[Registration Required](#)

***Creativity and the Art of Mindful Living***  
Art appreciation and discussion with an artist and senior monastic Dharma teacher.

4:30 - 5:30 pm  
Baker Library Lawn

***Mindful Movement and Qigong***  
Guided gentle movements to invigorate the mind and body.

6:00-7:00 pm  
One Wheelock  
***Registration Required***

***Asian American Pacific Islander Heritage Month Celebration Dinner***  
An undergraduate gathering of mindfulness and celebration for the rich cultural history and traditions of Asian Americans and Pacific Islanders.

6:00-7:00 pm  
Shabazz Center  
[Registration Required](#)

***Shabazz Dinner***  
A mindful Dartmouth undergraduate, staff, and faculty dinner discussion exploring mindfulness in the BIPOC community.

### Friday, April 21st Events

8:00 - 9:00 am  
Rollins Chapel

***In Touch with Our Inner Child: Guided Sitting Meditation***  
A guided meditation to develop our capacity to be aware of our emotions and heal relationships.

1:00 - 2:00 pm  
Occom Commons

***Falling in Love with Mother Earth: Engaged Mindfulness for a Creative and Spiritual Response to the Climate Crisis.***  
Using mindfulness to take care of our strong emotions while contributing creatively to reduce suffering. *Seating may be limited.*

4:00 - 8:00 pm  
Church of Christ  
\$15 Students/\$20  
Dartmouth Employees  
[Registration Required](#)

***Radical Mindfulness: Applied Practice to Cultivate Insight and Compassion***  
A 4-hour mindfulness retreat for Dartmouth students, faculty and staff including guided meditations and contemplative practices to support well-being and collectively address the challenges we face as a human species.  
**Register by 4/18 6pm to receive a meal.**

### Saturday, April 22<sup>nd</sup> and Sunday, April 23<sup>rd</sup> Event

Sat: 9:00 - 5:00 pm  
Sun: 9:00 - 3:00 pm  
Rollins Chapel  
\$20 Students/\$50 Dart.  
Employees/\$100 Public  
[Registration Required](#)

***There Is No Way to Happiness, Happiness Is the Way: A Deep Dive into Engaged Mindfulness***  
A 2-day mindfulness retreat including guided meditations and contemplative practices to support well-being and collectively address the challenges we face as a human species. **Register by 4/18 6pm to receive a meal.**

In addition to these public events, the monastics will visit several classes over the course of the week.

**This week has been sponsored by Biology 3: Mindful Physiology, The William Jewett Tucker Center, the Student Wellness Center; with additional support from The Dartmouth Center for Advancement and Learning (DCAL); The Hopkins Center for the Arts at Dartmouth, The Dartmouth Sustainability Office, The Irving Institute, The Guarini School of Graduate and Advanced Studies; Geisel Wellness; OPAL; Allen, West, North Park, and South Houses; and the Shabbaz Center for Intellectual Inquiry.**

\*\* - Dartmouth pricing note: Before purchasing your ticket, log into the HOP website first with your Dartmouth email address in order to get pricing related to your role as student, staff, or faculty.

**Thank you to all the sponsors of the  
Deer Park-Plum Village Monastic Visit!**



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