Summary: Voice of the Community

Contemplative Practices in a Technological Society

Blacksburg, VA
April 13, 2013
Our Purpose

How can we connect with our own humanity in the midst of a rapidly evolving technological society?
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Our Purpose

- How can I connect with myself?
Our Purpose

- How can I connect with myself?
  - What is the role of technology in my journey?
Key Learnings

- 3 moment technique
  - Something happened . . .
  - Something arises . . .
  - Focus on what arises.
- . . . from being a victim of emotions to a manager of emotions
Key Learnings

- The Power of Listening
- Appreciative Practice
- Yankee the Cat
- Peace Corner
Ishikawa Fishbone Diagram

http://www.princeton.edu/~achaney/tmve/wiki100k/docs/Ishikawa_diagram.html
Key Learnings

The Amazing Breadth of our Practice Fields

- Higher Education
- Business
- Students
- Arts
- Community Practitioners
- Health
- Engineering
- K-12 Education
- The Student Experience
- Religion
Appreciative Practice

Our many and common Voices:
- Personal dreams
- Team dreams
- Community dreams
- Shared Vision

The Courage to Dream!
In Summary

- Powerful Tools
- Powerful Community
- Courage
- Commitment
- Passion

- Empathy
- Progress
- Contribution
- Unity
- Hope
Our Questions

- What is my intent in the use of contemplative practices?
- How do I practice a sacred path in a secular environment?
  - Is it safe?
- How do I share a sacred path in a secular environment?
- How can I institutionalize contemplative practices?
- Is my balance of Emotional and technological intelligences correct?
The Beginning . . .