

# **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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- How can I connect with myself?

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

# Key Learnings

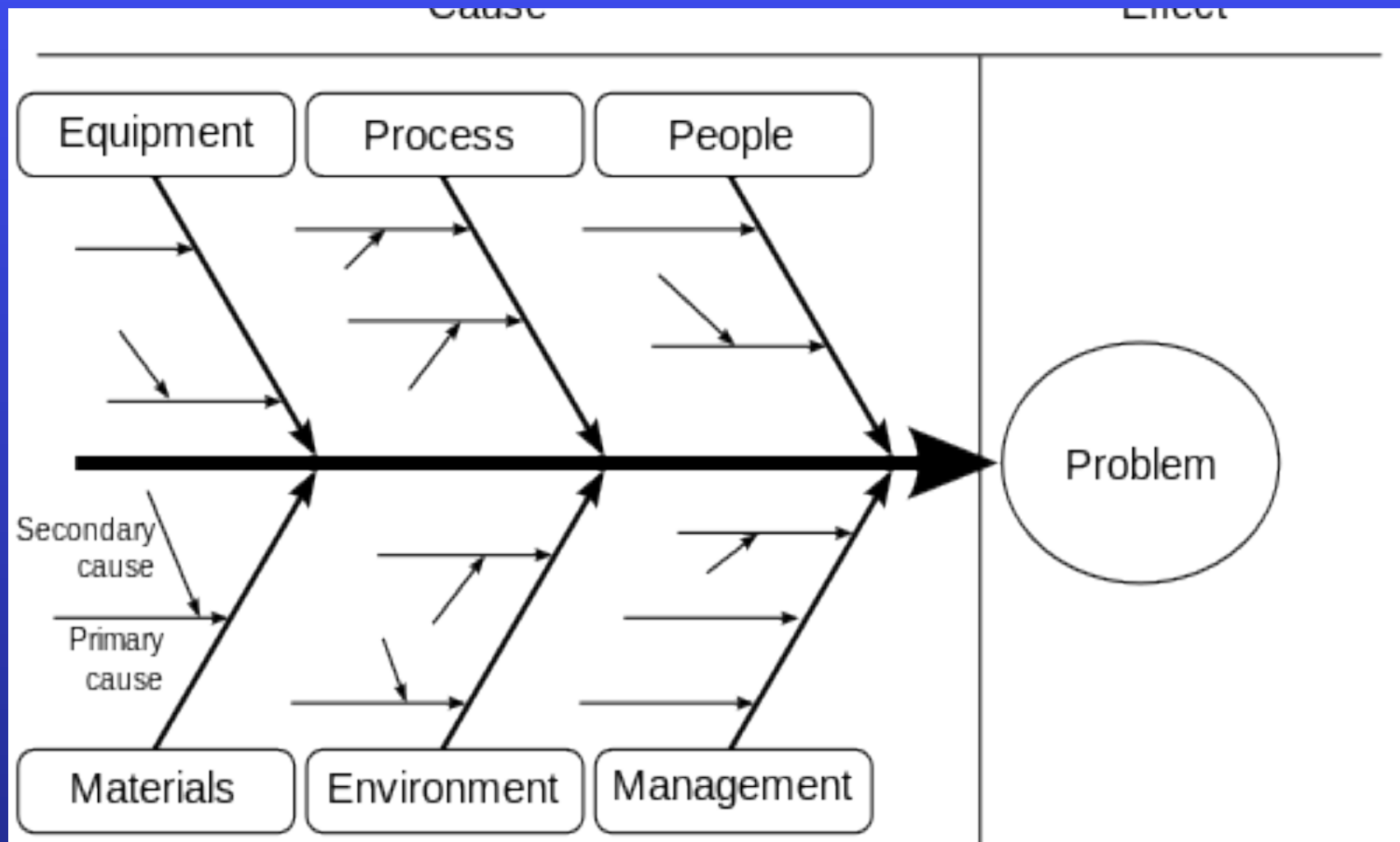
- 3 moment technique
  - Something happened . . .
  - Something arises . . .
  - Focus on what arises.
- . . . from being a victim of emotions to a manager of emotions

# 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](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 . . .