Mindfulness has become a powerful secular movement in this country. But with it comes pushback from those who are tracing its roots to classical Buddhist teachings and dismissing it as just another religious teaching. In response, many Mindfulness practitioners are asserting that Mindfulness is not owned by any one religious tradition but is an aspect of all. Join us to see/experience if this notion is correct. NCE is proud to co-sponsor this fall’s series with Andover Newton Theological School; these talks will take place in their lovely Wilson Chapel, 234 Herrick Road in Newton Center.

SESSION 1:
SITTING TOGETHER:
Meditation Practices From Various Religious Traditions

With Ji Hyang Padma, Brita Gill-Austern, Rabbi Moshe Waldoks, and Naila Baloch

X901-F13-1 $35 (or $60 when combined with Session 2)
Tuesday October 1 @ Andover Newton Theological School
234 Herrick Road, Newton, MA 02459
7–9pm

In this session, each presenter will give an introductory talk of ten to 15 minutes, and then offer a direct experience of the form of meditation practice that comes from their religious tradition. After the presentations, there will be an open discussion among the presenters, followed by a Q&A period.

SESSION 2:
MINDFULNESS PRACTICE AND JOYOUS CELEBRATION:
a Jewish-Buddhist Dialogue

With Rabbi Moshe Waldoks & Lama Surya Das

X902-F13-1 $35 (or $60 when combined with Session 1)
Tuesday October 29 @ Andover Newton Theological School
234 Herrick Road, Newton, MA 02459
7–9pm

How to lighten up while enlightening up? Spirit is ecstatic, not static, and the spiritual life is buoyant, uplifting, and delight-full; Psalm 100 tells us to serve the Divine with joy. Judaism has no fewer than ten different expressions of joy (simkha), and Tibetan teachings enumerate 16 kinds of joy and bliss to be cultivated on the journey from the head to the heart. Rejoicing is one of the four main beatitudes, along with loving kindness, compassion, and impartiality. Learn the role of joyous celebration in Mindfulness practice when you join us for this evening of dialogue, laughter, and joyous celebration.

BUDDHIST PRACTICE
In Zen practice, we are inspired by the words of the Buddha, “If we could see the miracle of a single flower clearly, our whole life would change.” While awakening in our own heart-mind, we come to trust our own deepest experience. Our life then becomes a reflection of this awakening, which, like ripples from a stone thrown into a pond, spreads out in widening circles into the world. Zen practice supports this transformation. By developing Mindfulness, we can get out of our own way, returning to our original clear mind so as to see the miracle of that flower.

Ji Hyang Padma is Director of Spirituality and Education Programs at Wellesley College and is also a Zen teacher. She has done intensive Zen training and teaching in Asia and North America and has spent 15 years as an ordained nun. She is the author of Living the Seasons: Zen Practice for Transformative Times.

CHRISTIAN PRACTICE
 Silence is said to be God’s first language. Christian practice, like practices from other religious traditions, holds that if you want transformation in your life, a practice of intentional silence is the foundation. Without this practice, we cannot move beyond ordinary awareness to spiritual awareness of belonging to all that is. In this presentation, we’ll focus on the practice of Centering Prayer as a simple form of meditation anyone can learn, that promotes profound healing on multiple levels.

Brita Gill-Austern M.Div., Ph.D. is Austin Philip Gable Professor of Psychology and Pastoral Theology at Andover Newton Theological School. She is an ordained United Church of Christ pastor and has been teaching spiritual practices for healing for over 20 years.

JEWSH PRACTICE
Jewish practice is a balance between established ritual forms or mitzvot, and directed intentionality that informs and revitalizes ritual performance. Mitzvot beyn adam ve-kaynu and mitzvot beyn adam laMakom, means actions between and among human beings, and actions that bring together the human and the Divine. Mindfulness practice can be a central part in finding the imminent sense of the Divine to inspire our behaviors in the world.

Rabbi Moshe Waldoks is Rabbi of Temple Beth Zion, an independent congregation in Brookline, MA. He has been involved in Jewish-Christian, Jewish Muslim, and Jewish-Buddhist dialogue for over 40 years. He has traveled widely both as a humorist, and as a teacher of Jewish worship and spiritual practice.

MUSLIM PRACTICE
In Islam, the spiritual heart is the seat of our connection to God, and the means to cultivate self-understanding and knowledge of the Divine. The spiritual practice of remembrance teaches us to connect deeply with Divine Love and to be present with people from the heart. From this depth, real healing within oneself and others is possible. This can powerfully shift our being, and teach us to hold people in love and be stronger and more centered.

Naila Baloch is Muslim chaplain at Tufts University. She received her Masters from Harvard Divinity School, where she specialized in Islamic ministry. Her academic sojourns have also taken her to Williams College and to Oxford University. She has worked for the Pakistan Senate, in the International Development sector in Pakistan, and in various capacities as an educator and a researcher.

Lama Surya Das is one of the foremost Western Buddhist meditation teachers and scholars. The Dalai Lama affectionately calls him “the American Lama.” He has spent nearly forty years studying Zen, Vipassana, Yoga, and Tibetan Buddhism with many of the great old masters of Asia, among them some of the Dalai Lama’s own teachers. He is an authorized lama in the Tibetan Buddhist order, a leading spokesperson for Buddhism and contemporary spirituality, a translator, poet, meditation master, chant master, and spiritual activist. Lama Surya Das is the author of the international best-seller Awakening the Buddha Within: Tibetan Wisdom for the Western World, and 12 other books.
Mindfulness and Religion

The NCE community has shown great interest in our Mindfulness programs. We have had talks on topics including Mindfulness in Relationships, Mindfulness and Psychotherapy, Mindfulness in Business, and more. We look forward to continuing to explore this movement with you, and to bringing you more inspiring speakers at the forefront of Mindfulness practice today. We have also expanded course offerings in our Mind, Body, and Soul category; please see our catalog. We hope you find something that interests you.

For more information, visit our website: www.newtoncommunityed.org or call us at 617.559.6999