INTERNATIONAL CONFERENCE

HUMANISM & MINDFULNESS
AN EDUCATION FOR THE XXIst CENTURY

2015 - SEPTEMBER 11, 12 ET 13TH
OPEN MINDFULNESS INSTITUTE
ECOSITE D’AVALON - SAVOIE - FRANCE

WWW.HUMANISME-MINDFULNESS.NET

PROGRAMME BOOKLET
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I - SPIRIT AND PURPOSE OF THE CONFERENCE

Spreading from ancient contemplative sciences, Mindfulness stands at the heart of Buddha’s teaching. Today, validation of its positive effects in body and mind and its numerous societal applications bring new perspectives in the fields of sciences, health, education and the global issue of living together harmoniously.

This interdisciplinary Conference brings together scientists, scholars, teachers and contemplatives. It aims at sharing Mindfulness experience from its origins, considering how it is growing now in our present context. We wish to envision together how authentic Mindfulness training may be integrated in our humanist heritage and education at all stages of life; how it is worked out at school, in the health fields, at work and professional training; how Mindfulness could be a source of transformation facing the global ecological challenges of our time.

Contemplative Neurosciences

Contemplative sciences and modern cognitive sciences give birth to one of the most important field of research for the future. Their developments introduce the study of the subject of human experience from a first person perspective in cognitive and neurosciences, that is to say the quest for the knowledge of oneself and what we are essentially, that which Francisco Varela, initiator, with the Dalai lama, of the Mind and life Institute, describes as embodied cognitive sciences. From this innovative approach came out the contemplative neurosciences, a transdisciplinary field of researches present in American universities and European research centres as the French INSERM and CNRS, the German Max Planck Institute, the King’s College in London, etc…

Relieving suffering and improving health

More importantly, those researches, together with Mindfulness training, may reinforce our capacity to relieve suffering, enhance health and mental sanity, harmonise cognitive/emotional process and renew the basis or humanist ethics for living together harmoniously.

Toward a integral humanism

The roots of humanistic tradition as well as the experience of Mindfulness are universal. They share common ethical views and have a lot to learn from each other. They could mutually generate an integral humanism addressing the whole human
experience: body, speech and mind. This Conference aims at reviving the fire of a heartfelt humanism as suggested for example by the French philosopher Edgar Morin in «Seven complex lessons in education for the future». We will consider how to integrate Mindfulness in a systemic education including deep ecology as proposed by Pierre Rabhi with Terre et Humanisme and Colibris networks.

**Contemplative and transformative education**

As it is presented in the opening keynote of the International Symposium for Contemplative Studies, organized by the Mind and Life Institute: “Both the contemplative and transformative fields of education are concerned with systemic positive change in education.” Contemplative education integrates practices that promote self-reflection, compassion, and an ability to become more aware of one’s perceptions and actions. The contemplative focuses on the “inner” dimension of being and works toward an integration of the inner and outer fields. The transformative education field seeks to develop the social skills and ethical dispositions necessary to support effective participation in a just and fair democracy for all citizens. These two approaches are complementary.

**Rimay: an open vision of unity in diversity**

This Conference follows the Rimay dynamics for transdisciplinary researches inspired by Denys Rinpoche transmission, dialogue and translation activities. It is based on a vision of unity in diversity (*in varietate concordia*). “Unity” refers to the basis of contemplative experience transcending names and forms, and “diversity” relates to various expressions of this common experience adapted to diverse sociolinguistic contexts, sensibilities and motivations.
II - WHAT IS MINDFULNESS?

A natural and universal experience

“Mindfulness” expresses a quality of present-centered and open attention, being present in a non-judgmental and global experience of the sensuous field. It is a natural and universal experience.

Mindfulness training is not a religious practice since it does not suppose any specific belief or adhesion to a dogma of any kind. In this regard, it is a “secular practice”. Its philosophical background could be qualified as “humanist”.

“Mindfulness”: A generic translation

The English term “Mindfulness” has been translated in French by “pleine conscience” or “pleine presence”. Those terms are rough translations of the originals words issued from the contemplative Buddhist tradition: “sati” in Pâli language, “smirti” in Sanskrit, “drenpa” in Tibetan. Those expressions indicate a quality of open presence and attention; there are connected to various levels of experiences of “Shamatha” (mindfulness, mental calm and stability) and “Vipashyanā” (awareness, insight and deep understanding of the nature of experience).

Inherent qualities for education

Generation of practitioners and today science have confirmed the positive effects of Mindfulness in body and mind. All the qualities of Mindfulness experience are conditions for a good education process: attention, lucidity, sensitivity, receptiveness, perseverance, openness, etc. Mindfulness training is naturally associated to ethics of non-violence and harmony and to the development of compassion and empathy.

Different level of Experience

The practice spreading in the West nowadays known as “Mindfulness” is an essential yet limited part of the very rich corpus of traditional contemplative sciences. It is part of a wide scale of different levels of deep experiences revealing the nature of mind, cognition modes and different modalities of consciousness up to it’s own liberation through the realisation of the nature of mind.
III - FORMAT AND MAIN TOPICS OF THE CONFERENCE

The program present five main topics:

1. Friday afternoon

**Humanism & Mindfulness, the dawn of a new culture?**
How the meeting of our humanistic heritage and Mindfulness could bring forward an integral humanism including all dimensions of human experience: body, speech and mind?

2. Saturday morning

**Consciousness, Mindfulness and Education:** “Education aims at human happiness” (Aristotle). Why and how Mindfulness could be included in the classical western education programs (humanities) designed to educate human consciousness (linguistics, ethics, social and political fields, etc.)? Could this integration of Mindfulness be a source of renewal for a contemplative and transformative education at all ages of human life?

3. Saturday afternoon

**Contemplative neurosciences:** What are the new perspectives given by scientific researches and discoveries concerning relationships between human brain functions, mind, body and human experience in general?

4. Sunday morning

**Mindfulness with Children:** Innovative experiences and know how; what resources and obstacles for the development of Mindfulness at school?

**Mindfulness at Work:** Management, economic peace and stress reduction.

5. Sunday afternoon

**Global Crisis and Mindfulness: A challenge for education**

The main ecological, social and educative challenges.
Those themes will be discussed in seven plenary sessions including a keynote speech and a panel of contributors. Each one of them will present their vision, which will be developed during various workshops. This will be followed by an exchange. Plenary sessions are followed by workshop sessions with the contributors in small groups. The workshop sessions are all at the same time, in different locations. Participants can choose which one they want to attend.

In the evening, two concerts with contemporary and medieval music will be offered.

**NB :**

- During the breaks, there will be a projection of two movies in the “rainbow tent” :
  - *Francisco Cisco Pancho* (interview with Francisco Varela), realisation Franz Reichle
  - *L’abécédaire d’Edgar Morin*, interview, realisation Alain Siciliano

- A Mindfulness workshop is proposed during every workshop sessions as well as every morning from 7:00 to 8:00.

- Saturday 17h45 : vajra dance workshop, Mindfulness in movement in the Vajra temple.

- At night, 22h30 : Mindfulness and music workshop is proposed at the Dhūni.
### IV - DAILY PROGRAMME

#### FRIDAY AFTERNOON : 16:00 - OPENING CONFERENCE

**HUMANISM & MINDFULNESS, THE DAWN OF A NEW PARADIGM?**

*Toward an integral humanism based on secular ethic and addressing the person as a whole: body, speech and mind*

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
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</table>
| 16:00 | Chapiteau Belledonne | **HUMANISM & MINDFULNESS, THE DAWN OF A NEW PARADIGM?**  
- 16:00 - Welcome speech  
  - Denys Rinpoche  
  - Edgar Morin  
- 16:40 - Presentation of the workshop SESSIONS  
- 17:55 - Discussion |
|       |          | Denys Rinpoche  
  Edgar Morin  
  Michel Bitbol  
  Nelson Vallejo Gomez  
  Baudouin Decharneux  
  Claire Petitmengin  
  Antoine Lutz  
  Jean-Philippe Lachaux |
| 18:15 | Break    | **DISCOVERING THE TASTE OF MINDFULNESS** |
| 18:30 | Maison de la Sagesse | **SEVEN COMPLEX LESSONS ON EDUCATION FOR THE FUTURE**  
- Nelson Vallejo Gomez |
| 18:30 | Chapiteau Belledonne | **HOW HUMANISM CONTRIBUTED TO A TOLERANT UNDERSTANDING OF THE RELIGIOUS FIELD, AND THE RAISING OF FREEDOM OF CONSCIOUSNESS**  
- Baudouin Decharneux |
| 18:30 | Tente Belle étoile | **CONTEMPLATIVE NEUROSCIENCES: A CONTEMPLATIVE VIEW ON CONTEMPLATIVE NEUROSCIENCES**  
- Michel Bitbol |
<p>| 18:30 | Salle Shédra - chartreuse 3e étage | |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>18:30</td>
<td>Temple Vajra - chartreuse 2e étage</td>
<td>Impacts of meditation on body and brain</td>
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<td>Antoine Lutz</td>
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<tr>
<td>19:15</td>
<td>Break</td>
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<td>20:00</td>
<td>Tente Arc-en-ciel</td>
<td>Film: Abécédaire d’Edgar Morin</td>
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<tr>
<td>21:00</td>
<td>Outside</td>
<td>Fire performance</td>
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<td>Ghislain Foulon</td>
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<td>Shintai jonglothéâtre</td>
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<tr>
<td>21:15</td>
<td>Chapiteau Belledonne</td>
<td>Concert and harmonic chants: musical sphere of being</td>
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<td>David Hykes</td>
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<td>22:30</td>
<td>Extérieur - Dhûni</td>
<td>Mindfulness &amp; Music</td>
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<td>Mathilde Descour</td>
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<td>Sam Olwein</td>
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<td>Martin Dubois</td>
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</table>
**Saturday Morning**

**Consciousness, Mindfulness and Education**

“Education aims at human happiness” (Aristotle);
why and how Mindfulness could be included in the classical western education programs (humanities) designed to educate human consciousness (linguistic, ethical, social and political fields etc.)?

Could this integration of Mindfulness be a source of renewal for a contemplative and transformative education at all ages of human life?

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### Schedule:

**07:00**
- **Breakfast**
  - Maison de la Sagesse
  - Gil Plazas
  - **Open Mindfulness: Guided Practice**

**08:00**
- **Breakfast**

**09:00**
- **Consciousness, Mindfulness and Education**
  - **Keynote** - Edgar Morin
  - **Panel presentation of the workshop sessions**

**10:30**
- **Discussion**

**11:00**
- **Break**
<table>
<thead>
<tr>
<th>Session</th>
<th>Location</th>
<th>Time</th>
<th>Speaker(s)</th>
<th>Topic</th>
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<tbody>
<tr>
<td>11:30</td>
<td>Tente Pleine Présence</td>
<td>11:30</td>
<td>Eline Snel</td>
<td>‘Mindfulness Matters’, a training method for children, parents and trainers</td>
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<tr>
<td></td>
<td>Maison de la Sagesse</td>
<td></td>
<td>Denys Rinpoché</td>
<td>Open Compassion Mindfulness Training: presentation of the OMC (Openness-Mindfulness-Compassion) Training</td>
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<tr>
<td></td>
<td>Grand Temple - chartreuse</td>
<td></td>
<td>Nelson Vallejo Gomez</td>
<td>Seven complex lessons on education for the future</td>
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<td></td>
<td>Temple Vajra - chartreuse 2e étage</td>
<td></td>
<td>Baudouin Decharneux</td>
<td>How humanism contributed to a tolerant understanding of the religious field, and the raising of freedom of consciousness</td>
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<tr>
<td></td>
<td>Salle Shédra - chartreuse 3e étage</td>
<td></td>
<td>Vincent Paré</td>
<td>Mindfulness at school: utopia or real challenge?</td>
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<tr>
<td></td>
<td>Salle Dojo - chartreuse 3e étage</td>
<td></td>
<td>Emmanuelle Le Barbenchon</td>
<td>Scientific evaluation of meditation at school</td>
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<td>Tente Chamois</td>
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<td>Christophe Laurens</td>
<td>Living like an Mountain</td>
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<td></td>
<td>Tente Chouette</td>
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<td>Rose Gonfond</td>
<td>Feedback from Mindfulness experiences at school</td>
</tr>
</tbody>
</table>
11:30  WORKSHOP SESSIONS

11:30
Extérieur - Dhûni
Bastien Isabelle
THE SCOUTS, A CHANCE FOR MINDFULNESS PRACTICE

11:30
Tente Arc en Ciel
Maurizio Russo
AWAKENING OF MINDFULNESS THROUGH BODY AND NATURE – LAND ART EXPERIENCES: ATB (AWARENESS THROUGH THE BODY)

12:30  LUNCH

SATURDAY AFTERNOON

CONTEMPLATIVES NEUROSCIENCES:

New perspectives of knowledge on human brain, mind and experience: Researches, Discoveries & Applications

14h15
Chapiteau Belledonne
Claire Petitmengin
Denys Rinpoché
Elena Antonova
Michel Bitbol
Emmanuelle Le Barbenchon
Arnaud Carré
Maria Teresa Miro
Dominique Eraud
Lorraine Gaultier
Marie Ange Pratili

CONTEMPLATIVES NEUROSCIENCES: RESEARCHES, DISCOVERIES & APPLICATIONS

 mingle

14:15
• Introduction - Claire Petitmengin
Denys Rinpoché -

 mingle

15:00
• Presentation of the workshop sessions

 mingle

16:15
• Discussion

16:30  BREAK
<table>
<thead>
<tr>
<th>Location</th>
<th>Presenter</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Maison de la Sagesse</td>
<td>Denys Rinpoché</td>
<td>EMBODIED CONTEMPLATIVE SCIENCE</td>
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<tr>
<td>Tente Arc-en-ciel</td>
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<td>FILM: FRANCISCO CISCO PANCHO (INTERVIEW WITH FRANCISCO VARELA)</td>
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<tr>
<td>Temple Vajra - chartreuse</td>
<td>Elena Antonova</td>
<td>MINDFUL ATTENTION AND SENSORY INFORMATION PROCESSING</td>
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<tr>
<td>Grand Temple - chartreuse</td>
<td>Michel Bitbol</td>
<td>CONTEMPLATIVE NEUROSCIENCES: A CONTEMPLATIVE VIEW ON NEUROSCIENCES</td>
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<tr>
<td>Salle Shédra - chartreuse</td>
<td>Arnaud Carré</td>
<td>MINDFULNESS PERSPECTIVES IN PUBLIC HEALTH</td>
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<tr>
<td>Salle Dojo - chartreuse</td>
<td>Maria Teresa Miro</td>
<td>MINDFULNESS APPLICATIONS IN PSYCHOLOGICAL TREATMENTS: TWO SPECIAL CASES</td>
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<tr>
<td>Tente Chouette</td>
<td>Dominique Eraud</td>
<td>INTÉGRATIVE MÉDECINE</td>
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<tr>
<td>Tente Belle étoile</td>
<td>Lorraine Gaultier</td>
<td>PSYCHIATRY, PSYCHOANALYSIS AND MEDITATION</td>
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<tr>
<td>Time</td>
<td>Workshop Sessions</td>
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</table>
| **16:45** | Tente Chamois  
Marie Ange Pratili  
**How mindfulness came in hospital** |
| **16:45** | Tente Pleine Présence  
Stéphanie Debeauvais  
**Open mindfulness: introduction and practice** |
| 17:45 | **Break** |
| 18:00 | Tente Arc-en-ciel  
**Film: Abécédaire d’Edgar Morin** |
| 18:00 | Temple Vajra - chartreuse 2e étage  
Lorraine Gaultier  
**Vajra Dance, for the benefit of sentient beings** |
| 18:00 | Tente Pleine Présence  
Bruno Rebreyend  
**Open mindfulness: guided practice** |
| **19:30** | **Diner** |
| 21:00 | Chapiteau Belledonne  
Laurent Tixier  
**Musical Conference: Cabalus: Story of the rising knights - traditional music from the XVth to XVIIIth century** |
| 22:30 | Extérieur - Dhûni  
Mathilde Descour  
Sam Olwein  
Martin Dubois  
**Musical mindfulness: listen the silence from where the music spread** |
### Sunday Morning - 1st Session

**Mindfulness with Children: Innovative Experiences and Knowhow: Resources and Obstacles**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>07:00</td>
<td>Maison de la sagesse</td>
<td><strong>Open Mindfulness:</strong> Guided practice</td>
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<tr>
<td></td>
<td>Isabelle Capin</td>
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<td>08:00</td>
<td>Breakfast</td>
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<td>09:00</td>
<td>Chapiteau Belledonne</td>
<td><strong>Mindfulness with Children</strong></td>
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<td>Vincent Paré</td>
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<td>Catherine Lannoy</td>
<td>• Introduction - <em>Eline Snel</em> -</td>
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<td>Laurence Gaspary</td>
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<td>Nathalie Bourgeois</td>
<td>• Panel presentation of the sessions</td>
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<td>Bastien Isabelle</td>
<td>10:15</td>
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<td>Maria Lisa Guidi</td>
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<td>Maurizio Russo</td>
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<td>Elisa Garine Rimbaud</td>
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<td>Candice Marro</td>
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<td>10:30</td>
<td>Maison de la Sagesse</td>
<td><strong>Facilitating Factors for Implementation of Mindfulness at School</strong></td>
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<td>Eline Snel</td>
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<td>• <strong>Workshop Sessions</strong></td>
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<td></td>
<td>Temple Vajra - chartreuse 2e étage</td>
<td><strong>Happy Teachers Will Change the World</strong></td>
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<td>Catherine Lannoy</td>
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<td></td>
<td>Salle Shédra - chartreuse 3e étage</td>
<td><strong>Childhood and Attention</strong></td>
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<td>Laurence de Gaspary</td>
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<tr>
<td>Mindfulness at School: Utopia or Real Challenge?</td>
<td>Grand Temple - chartreuse</td>
<td>Vincent Paré</td>
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<tr>
<td>Mindfulness Embodied by Teachers at School: Resources and Obstacles</td>
<td>Salle Dojo - chartreuse 3e étage</td>
<td>Nathalie Bourgeois</td>
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<tr>
<td>Scouts: A Chance for Mindfulness</td>
<td>Extérieur - Dhûni</td>
<td>Bastien Isabelle</td>
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<td>Living Like an Mountain</td>
<td>Tente Chamois</td>
<td>Christophe Laurens</td>
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<td>Land Art - Mindfulness and Creativity in Landscape Working with Space and Forms</td>
<td>Extérieur - Arbre de sagesse</td>
<td>Maurizio Russo</td>
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<tr>
<td>Mindfulness &amp; Montessori Pedagogy</td>
<td>Tente Belle étoile</td>
<td>Maria Lisa Guidi</td>
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<td>Mindfulness &amp; Montessori Pedagogy</td>
<td>Maria Lisa Guidi</td>
<td>Smain Bagdad</td>
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<td>Peace Mindfulness Program (Practicing Présence, Hearing, Attention and Concentration in Teaching) at School</td>
<td>Tente Chouette</td>
<td>Candice Marro</td>
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<tr>
<td>Open Mindfulness: Introduction and Practice</td>
<td>Tente Pleine Présence</td>
<td>Jean-Claude Chaise</td>
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</table>
Sunday Morning - 2nd Session

Mindfulness at Work

Management, economic peace and stress reduction

Sunday Morning - 2nd Session

Mindfulness at Work

Chapiteau Belledonne
Véronique Sichem
Frédéric Bosqué
Olivier Dubigeon
Christian Le Mellec
Geneviève Bouchez Wilson
Dominique Steiler
Yves Mathieu
Bénédicte Gendron

Mindfulness at Work

11:30 • Introduction
11:50 • Panel presentation of the workshop sessions
12:30 • Discussion
12:45 • Exchanges, moderator: Yves Mathieu

13:15 Lunch

Sunday Afternoon

Global Crisis and Mindfulness

Big ecological and social challenges, implication in education

Sunday Afternoon

Global Crisis and Mindfulness

Chapiteau Belledonne
Patrick Viveret
Denys Rinpoché
Nelson Vallejo Gomez
Marc-Henri Deroche
Emmanuelle Le Barbenchon
Frédéric Bosqué
Marc de la Ménardière
Roland Gérard
Quentin Julien
Amandine Dupraz
Christophe Laurens

Global Crisis and Mindfulness

14:30 • Introduction - Patrick Viveret -
14:50 • Panel presentation of the workshop sessions
15:50 • Discussion
<table>
<thead>
<tr>
<th>Time</th>
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</table>
| 16:30 | Grand Temple - chartreuse  
Nelson Vallejo Gomez  
**Seven complex lessons in education for the future** |
| 16:30 | Temple Vajra - chartreuse 2e étage  
Marc-Henri Deroche  
**Wisdom for the XXIst century? Perspectives from Kyoto** |
| 16:30 | Salle Dojo - chartreuse 3e étage  
Emmanuelle Le Barbenchon  
**Impact of the meditation on social behaviours (altruism and aggression)** |
| 16:30 | Maison de la Sagesse  
Frédéric Bosqué  
**Mindfulness and social engagement** |
| 16:30 | Tente Arc-en-ciel  
Marc de la Ménardière  
**Film «En quête de sens» (1h27)** |
| 16:30 | Tente Belle étoile  
Roland Gérard  
**Environment and Sustainable Development Education** |
| 16:30 | Tente Chamois  
Christophe Laurens  
**Living like a mountain** |
| 16:30 | Salle Shédra - chartreuse 3e étage  
Amandine Dupraz Quentin Julien  
**Toward an ecology of attention? Individual and collective implications** |
The Harmonic Meeting is a public sound mandala creation David Hykes has led over the past 30 years with groups of which the largest was 800,000 people, for the Peace Rally in New York's Central Park, which included Orson Welles, Richard Gere, James Taylor and other artists. He also led a Harmonic Meeting with 4,000 people during a special Harmonia Mundi conference evening in California with His Holiness the Dalai Lama, when his Nobel Prize award was announced, and has led them world-wide ever since.
Edgar Morin:
Emeritus Director of Research at the French National Center for Research (CNRS), Ancient WWII resistant, visionary Humanist, Edgar Morin has been awarded an honorary doctorate by several universities throughout the world.

Denys Rinpoché:
Spiritual heir of on the main lineage of the Tibetan Buddhism received form his Master Kalu Rangjung Kunkhyab (1904-1989), spiritual director of the Rimay Community.
www.openmindfulness.net

Michel Bitbol:
PhD, Director of Research at Centre National de la Recherche Scientifique Paris, Member of the Archives Husserl at Ecole Normale Supérieure, Paris.

Patrick Viveret:
Philosopher, engaged humanist, former Chief Advisor to the French Court of Auditors (Cour des Comptes).

Baudouin Decharneux:
Director of Research FRS-FNRS, ULB Professor - Membrer of Belgium Royal Academy, Bruxelles University, Philosophy, ethics and religious science department, Centre Interdisciplinaire d’Etudes des Religions et de la Laïcité (CIER).
Claire Petitmengin:
Professor at the Institute Mines-Télécom, associate researcher at the Archives Husserl, Ecole Normale Supérieure, Paris.
www.clairepetitmengin.fr

Antoine Lutz:
PhD, Tenured Research Scientist at the Lyon Neuroscience Research Center at the Lyon Neuroscience Research Center (CNRL), INSERM, France. He did his PhD in cognitive sciences in Paris, France with Francisco Varela and his postdoctoral work with Richard Davidson, at the University of Madison-Wisconsin.

Elena Antonova:
Elena Antonova is a Lecturer at the Institute of Psychiatry, King’s College London, UK. Her main research interest is in the neuroscience of mindfulness with the application to the prevention, management, and treatment of psychosis and schizophrenia.

Jean-Philippe Lachaux:
Research Director at INSERM (French National Institute of Health and Medical Research), he works at the Lyon Neurosciences Research Centre.

Emmanuelle Le Barbenchon:
Professor of Psychology, in charge of Master 2 Professional Preventive Psychology, research consultation unit ABISA (Activités Bien-être et SAnté) LIP - Savoie University.

Arnaud Carré:
PhD. psychology, MSc in Neuropsychology, Assistant Professor and lecturer at Savoie Mont Blanc University.
Marc-Henri Deroche:
Assistant Professor at Kyoto University, HaAbuki Centre for Advanced Research and Faculty of Arts, Buddhist Studies Department.

Maria Teresa Miro:
María Teresa Miró earned degrees in psychology from La Universidad de Valencia (Spain) and from The Pennsylvania State University (USA) and has worked as tenured professor of psychological treatments at La Universidad de La Laguna (Tenerife, Spain) since 1992.

Dominique Eraud:
Physician, acupuncturist, physiotherapist and nutritionist.
www.solidarite-homeopathie.org

Lorraine Gaultier:
Psychiatrist, psychoanalyst, meeting with Dharma since 20 years has influenced her practice in various institutions. In particular, in La Lironde clinic (about which Lacan said « délirons-là » i.e. be delirious here) with teenagers and psychotics.

Marie-Ange Pratili:
Physician, oncologist, MBSR Instructor.
Laurence de Gaspary:
Committed to the development of Mindfulness in the education of children. She leads a schools project in Paris with the « Enfance et Attention » association.

Marie-Laure Wieser:
Director of the Spring of Education (« Le Printemps de l’Education ») a national secular network of organisations and individuals working for a renewal of education.

Eline Snel:
President and founder of AMT - Academy for Mindful Teaching – author of Sitting still like a frog.

Vincent Paré:
French National Education Inspector, working on humanist cultural heritage in national education programs.

Nelson Vallejo Gomez:
School Teaching General Direction, information and valorisation department. Franco-colombian philosopher, open to cultural diversity and to the vision of global human identity. Close to Edgar Morin.

www.nelsonvallejogomez.org

www.printemps-education.org

Eline Snel:
President and founder of AMT - Academy for Mindful Teaching – author of Sitting still like a frog.

www.elinesnel.com

Marie-Laure Wieser:
Director of the Spring of Education (« Le Printemps de l’Education ») a national secular network of organisations and individuals working for a renewal of education.

www.printemps-education.org

Laurence de Gaspar:
Committed to the development of Mindfulness in the education of children. She leads a schools project in Paris with the « Enfance et Attention » association.

Rose Gonfond:
School teacher, trained in Eline Snel “Mindfulness matters” method. She set up and leads mindfulness programs in nursery and primary school.
Catherine Lannoy :
Co-founder of the « Happy attention » association to promote Mindfulness among children, teenagers, parents and teachers. Trained in Mindfulness at the Université Libre in Brussels, Belgium. www.happyattention.org

Nathalie Bourgeois :
Coach and school teacher trainer in Belgium. www.losmose.be

Véronique Sichem :
Education consultant, psychotherapist (CEP), and civil family courts expert in Belgium. As an adult trainer, she regularly leads OMT sessions in Brussels (8 cyclical sessions planned according to the OMT protocol). She is also member of the teaching team and scientific council of the Open Mindfulness Institute.

Christophe Laurens :
Architect, landscape architect, coordinator of DSAA urbane alternatives (Diplôme Supérieur d’Arts Appliqués) de Vitry/Seine, administrator of the Printemps de l’éducation.

Bastien Isabelle :

Roland Gerard :
Co-director et cofondator of the Networks : Ecole et Nature (REN), Éducation à l’Environnement vers un Développement Durable (CFEEDD), www.reseauecoleetnature.org
Candice Maro:
President of the association A.M.E (Association pour la Méditation dans l'Enseignement), initiator of the Peace programme (Pratique de la Présence, l'Ecoute, l'Attention et de la Concentration dans l'Enseignement) in schools.
www.meditation-enseignement.com

Elisa Garine Rimbaud:
Trained in Eline Snel Mindfulness Method and Arno Stern « painting game », member of Printemps de l’Education.

Maria-Lisa Guidi:
Graduate in geography and psychology, trained in the Montessori Pedagogy.

Smain Bagdad:
Librarian, trained in Montessori pedagogy.

Quentin Julien:
Literature teacher, working on a PHD on digital development in education.

Amandine Dupraz:
Master mediation, art and culture.
Education & professional training

Dominique Steiler :
Mindfulness, Well-being at Work and Economic Peace Chairholder. He is a Senior professor and, since 1999, director of the Center for Personal and Managerial Development at Grenoble Ecole de Management.

www.mindfulness-at-work.fr

Yves Mathieu :
Contributor to UNIPAZ France, the local branch of the Peace University founded in Brasil by Pierre Weil. Yves is managing a team working on participative democracy, for public and private organisations.

Olivier Dubigeon :
International expert in sustainable and socially engaged management.

www.sustainway.fr

Christian Le Mellec :
Editor, communication consultant and coach.

Frédéric Bosqué :
Humanist manager, local currency expert, initiator of the TERA ecovillage project.

www.tera.coop

Michel Giran :
Ecology and sustainable development expert.

www.ddoogle.fr
Bénédicte Gendron:
University professor, vice-président of the University of Montpellier 3 in charge with professional training and socio-economic relations.

Geneviève Bouchez-Wilson:
Certified in NVC training and sociocratie consultant and trainer, co-founder of the “NVC Mediator school, Gestalt therapist”.

Laurent Tixier:
Musician, expert in traditional music and ancient instruments, initiator of the 2nd world championship of ancient Conservatoire National d’Escrime Ancienne; writer and film director.
www.laurent-tixier.com

David Hykes:
Composer, singer, musician, author, and meditation teacher. He was one of the earliest modern western pioneers of so-called overtone singing.
www.harmonicworld.com

Marc de la Ménardière:
Film director, member of the coordination of Colibris Network.
www.colibris-lemouvement.org

Artists
Maurizio Russo:
Architect, landscape architect and artist, trained in Japan, working in Canada, Europe and India.
www.yugenearth.com

Mathilde Descour:
Nurse, co-founder of Share&Care.
www.psychedelic-nurses.org

Sam Olwein:
Educator, co-founder of Share&Care.
www.psychedelic-nurses.org

Martin Dubois:
Multi instrumental musician.
www.rangbap.com
VI - OPEN MINDFULNESS COMPASSION

Open Mindfulness Training (OMT), Method:

Open Mindfulness Training (OMT) is the Open Mindfulness Training Method initiated by Denys Rinpoche. This method is non-religious and free of eastern terminology, presenting the essence of traditional mindfulness practice. OMT facilitators are members of the OMC-Network.

www.openmindfulness.net

Open Mindfulness Compassion Network

Open Mindfulness Compassion Network (OMC-Network) is the international network of accredited teachers of the Open Mindfulness Training. The Network is in charge of organising the trainings and controls the authenticity of the transmission with supervision and inter-vision sessions.

OMC Network secretary: Brigitte Deverly
omc.network@pleinepresence.net - Tel: +33(0)4.79.25.55.74

Open Mindfulness Institute in Avalon

The Open Mindfulness Institute, first Institute authorised by the OMC-Network, offer Open Mindfulness introductions and trainings as well as seminars for various Mindfulness applications in social fields.

www.pleinepresence.net

Programs in Avalon

- **OMT retreat (level 1)**: the 8 days retreat is focused on the 8 main training stages of the OMT method guided by a facilitator. This retreat gives a taste of Mindfulness experience and the tools for practicing in daily life.

- **OMT (level 2)**: Open Mindfulness Compassion.

- Introductory week-ends to Open Mindfulness

- Open Mindfulness applications in the fields of health, education and management (see coming 2016 programme)

Inscription and booking: www.pleinepresence.net
accueil@rimay.net - Tel: +33(0)4 79 25 78 00

Contact: Marina Sibille, ipp@pleinepresence.net - Tel: +33 (0)4 79 25 73 70
Permanent retreat open to all every day in Avalon

Silent Meditation room and instructors welcome you every day of the year.

Inscription and booking: www.pleinepresence.net
accueil@rimay.net - Tel: +33(0)4 79 25 78 00

Contact: Marina Sibille, ipp@pleinepresence.net - Tel: +33 (0)4 79 25 73 70

Bruxelles Open Mindfulness Institute

www.centrevictorgambier.com/pleinepresence.html
www.bruxelles.rimay.net

Champagne-Ardenne Open Mindfulness Institute

sites.google.com/site/pleinepresence

Urban Mindfulness groups

Contact: Brigitte Deverly, omc.network@pleinepresence.net
VII - PARTNERSHIPS

- **EBU**: www.europeanbuddhism.org
- **Conseil Général, Département de Savoie**: www.savoie.fr
- **Commune d’Arvillard**: www.arvillard.fr

- **Réseau Ecole et nature**: www.reseauecoleetnature.org
- **La Ferme des enfants**: www.la-ferme-des-enfants.com
- **Grenoble Ecole de Management, Chaire Mindfulness Bien être au Travail et paix économique**: www.mindfulnessatwork.fr
- **Printemps de l’éducation**: www.printemps-education.org
- **Eclaireurs de la nature**: www.edln.org
- **Enfance et Attention**: www.enfance-et-attention.org
- **Eduka 3000**: www.eduka-3000.blogspot.fr
- **AME**: www.meditation-enseignement.com
- **CREA Apprendre la vie**: www.education-authentique.org

- **Communication Non violente**: www.ecoledesmediateurscnv.typepad.com
- **UNIPAZ**: www.unipazfrance.org
- **Colibris**: www.colibris-lemouvement.org
- **TERA**: www.tera.coop
- **ADOME**: www.ddoogle.fr
- **Sagesse de l’Humanité**: www.atelier-follmi.com
• Solidarité Homéopathie : www.solidarite-homeopathie.org
• Generation Tao : www.generation-tao.com
• Terre du Ciel : www.terre-du-ciel.org
• Psychadelic Nurse : www.psychedelic-nurses.org
• Association « R(d’)évolution » : www.rdevolution.org

• La NEF : www.association-lanef.org
• Fonds Germes : www.association-lanef.org
• Sustainway : www.sustainway.fr
• Natur’ Alpes : www.ecole-naturalpes.com
• Thermes d’Allevard : www.thermes-allevard.com
• Rimay Diffusion : www.rimaydiffusion.com

• Editions Yves Michel : www.yvesmichel.org
• Regard Bouddhiste : www.magazine-regard-bouddhiste.com
• Kaizen : www.kaizen-magazine.com
• Revue Reflets : www.revue-reflets.org
• Happinez : www.happinez.fr
• Soleil Levant : soleil-levant.org
Appendix 1

Seven complex lessons in education for the future - Edgar Morin


Foreword

This text stands prior to any suggested educational guide or curriculum. It is not meant to cover the totality of subjects that are or should be taught. The intention is simply to identify fundamental problems that are overlooked or neglected in education, and should be taught in the future.

These “seven lessons,” or seven facets of essential knowledge, should be covered, without exclusivity or exclusion, in education for the future in all societies in every culture, according to the means and rules appropriate to those societies and cultures. The scientific knowledge on which we rely here to support our vision of the human condition is provisional and open-ended; it leaves us with the profound mysteries of the Universe, Life, the birth of Human Beings. Here opens an *undecidable* field where philosophical options and religious beliefs come into play through cultures and civilizations.

Seven necessary knowledges

Chapter I: *blindness in knowledge: error and illusion*

Chapter II: *Principles of pertinent knowledge*

Chapter III: *Teaching the human condition*

Chapter IV: *Earth identity*

Chapter V: *Confronting uncertainties*

Chapter VI: *Understanding each other*

Chapter VII: *Ethics for the human gender*

Original title: *Les sept savoirs nécessaires à l’éducation du futur*

*Published in November 1999 by the United Nations Educational, Scientific and Cultural Organization*

- 7 place de Fontenoy - 75352 Paris 07 SP - France © UNESCO 1999.
Annex 2

Open Mindfulness Compassion: a training method
- from Denys Rinpoche

Table of content (loose translation)

First part : Mindfulness & Awareness

What is Mindfulness?
A natural and universal experience
A profound aspiration for happiness and harmony
OMT: Open Mindfulness Training

Second part : the Method

Generalities
Aspects of Mindfulness
Tools: attention and recalling
Behaviours
Obstacles and remedies

Specifics: The eight stages of the training
Stage 1. Mindfulness of body
Stage 2. Mindfulness of breath
Stage 3. Mindfulness of open sensoriality
Stage 4. Relaxing in openness
Stage 5. Mindfulness of thoughts and emotions
Stage 6. Mindfulness in relationship and communication
Stage 7. Training in daily life
Stage 8. A lifetime training

General methodology and deepening
Final advices
How to start
How to continue
Avoiding the shortcomings
Third Part: transmission

An open transmission model
An economy of generosity
Conclusion: openness

Appendix

Open Mindfulness Network Charter
APPENDIX 3

INTER-TRADITIONS AN TRANSDISCIPLINARY CONFERENCES, BRIEF OUTLOOK

A vision of unity in diversity (in varietate concordia)

Symposiums

• 1997 : Inter-traditions symposium with the Dalaï lama and delegates of the traditions of the five continents; cf. Cercle des anciens, éd. Albin Michel and the film Fire on the mountain, David Cherniack


• 2011 : Forum Economy and spirituality, altruism better than avidity, Cf. Ed. Yves Michel

Transdisciplinary Conferences

• 1980 : René Guénon

• 2008 : Dharma and martial arts

• 2007 : Harmony, ecology of life

• 2006 : Dharma and ecology: the web of life

• 2005 : Dharma and psychology

• 1999 : Ethic and business with Bernard Leblanc-Halmos

• 2004 : Bouddha and the philosopher, Shâkyamuni and Schopenhauer

• 1994 : Being with the dying with Dr Chevassut et Sara Sarfati

• 1995 : Ethic and performance

• 1992 : Imagination

• 1989 : Meditation and psychoanalysis

• 1989 : Buddhist and sciences

• 1988 : Reality

• 1987 : From psychology to spirituality

• 1984 : Buddhism and modernity
Christians-Buddhists
Numerous Conferences had gathered representatives of the two traditions from 1981 to 2008, notably:

- 2008: *Love and absolute*, Father Laurence Freeman & Denys Rinpoché
- 2005: *Spirituality, Love et Sexuality*, Father JY Leloup & Denys Rinpoché
- 2002: *Inner Peace*, Father JY Leloup & Denys Rinpoché
- 2000: *Cartusian and Buddhist Spirituality*, Father JY Leloup & Denys Rinpoché
- 1996: *Trinity-Trikaya*, Father de Gives & Denys Rinpoché
- 1985: *Love and Knowledge*, Father de Gives & Denys Rinpoché
- 1984: *Silence and Speach*, Father de Gives & Denys Rinpoché

Islam-Dharma

- 2004: *Sacred therapy*, Cheikh Bentounès & Arnaud Desjardins
- 2005: *Signs of the end of times*, Cheikh Bentounès, Frédéric Lenoir, etc. Cf. revue Question De
- 2008: *East and West spiritual chivalry*, Faouzi Skali
- 2015: *Islam, Dharma and scoutism*, Cheick Bentounès

Freemasonry-Buddhism
Eight meetings between 1993 and 2014.

Hinduism-Buddhism
Numerous Conferences with Arnaud Desjardins and Denys Rinpoché: Dialogue à deux voies aux éditions La Table ronde.

- 2013: *Yoga the taste of unity*. Cf. *Yoga, méditation et bouddhisme*, éd. Bois d’Orion
- 1995: *Hinduism-Buddhism*, Denise Desjardins
- 1986: *Hindu and Buddhist Tantrisms*
- 1984: First Conference with Arnaud and Denise Desjardins
Inter-buddhist

• 2000 : Conference with Jeremy Hayward
• 1992 : *The non self*
• 1989 : *Theravada, Zen and Vajrayâna*, with the French Buddhist Union
• 1998 : *Zen and Mahâmudrā*, Jacques Brosse

Inter-traditions pilgrimage

• 1997 : 1st pilgrimage, Tunisian desert, JY Leloup, Faouzi Skali, Lama Denys
• 1998 : 2nd pilgrimage, Bodh-Gayâ, JY Leloup, Faouzi Skali, Lama Denys
• 1999 : 3rd pilgrimage, Jérusalem JY Leloup, Faouzi Skali, Lama Denys
Appendix 4

Avalon Eco-site

Avalon is a wonderful land, wild and silent, in the mist of the Belledonne mountains range in the Alps. Situated in the ancient domain of the Chartreuse de Saint Hugon, the hamlet surrounded by forest is one of the main retreat centres of the Rimay Community.

A high spiritual haven

The Chartreuse de Saint Hugon was founded in 1173, shortly after the foundation of the Cartusian order by Saint Bruno.

The place was originally inhabited by hermits and may be a pre-Christian sacred site. The Cartusian monks where thrown out during the French revolution in 1993. The place in ruins was reborn in its spiritual vocation in 1979. It was offered to the Tibetan meditation master Vajradhara Kalu Rinpoche who entrusted his disciple Denys Rinpoche to establish a Dharma centre.

Avalon is a high spiritual haven consecrated by contemplatives for generations. The name of Saint Hugon comes from the contraction of the name of its protector Saint Hugues de Saint Hugon, wonderworker, scholar, counsellor of King Henri II Plantagenet, Hugues d’Avalon was well known for his significant inspiration to the holy grail, the King Arthur myths and the knights of the round table. The universal and timeless quest weaved in those legends inspire the spirit of the place.

Retreat centre

Today, Avalon eco-site is a place dedicated to contemplation. Practitioners of various contemplative traditions are welcome all over the year for different kind of retreats: Mindfulness retreats, Mahamudra-Dzogchen retreats, short, medium and long term retreats including the traditional three years retreat (Losum chosum).

Karma Ling Hotel Restaurant and facilities, nice and simple, follow ecological principle with local organic foods in a happy way.

Contact: accueil@rimay.net, tel: 04 79 25 78 00.
Fonds Germes d'économie fraternelle
Le DON au cœur de l'économie
39 Boulevard de Magenta
75010 PARIS
accueil@fonds-germes.org

CREA-Apprendre la Vie

Natur’Alpes
Éclaireuses Éclaireurs de la Nature

EduKa-3000
Sagesse de l’humanité

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Eco-site d’Avalon - Hameau de Saint Hugon - 73110 Arvillard
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