



# AUSTRALIAN MEDITATION CONFERENCE

MELBOURNE

20-22 JULY **2018**

Proudly presented by

Meditation Association of Australia



Supported by our Venue Partner

Australian Catholic University

115 Victoria Parade, Fitzroy

(Corner Brunswick St)

## MEDITATION AND SOCIETY

The overarching theme of this innovative conference program is Meditation and Society. Beyond the view of meditation as a personal practice, our speakers and delegates will share their understanding of how the myriad forms of meditation contribute at a societal level, enhancing collective wellbeing and creating cultural change.

### Pre-Conference Events: Friday 20 July, 11am - 4.30pm

11.00 - 11.30am	<b>Registration</b> for morning events, Main Entrance off Victoria Parade			
11.30am - 1.30pm	<b>Education Forum 1 and concurrent Masterclasses</b>			
	<b>Main Theatre: Education Forum 1</b>	<b>Christ Theatre</b>	<b>Level 7 Daniel Mannix</b>	<b>Mercy Theatre</b>
	<b>MEDITATION IN SCHOOLS – WHAT ARE WE TRYING TO ACHIEVE?</b>	<b>Masterclass 1</b>	<b>Masterclass 2</b>	<b>Masterclass 3</b>
	<b>Hayley Anthony (Moderator)</b> Still Space Psychology	<b>Human motivation and teaching meditation</b>	<b>Experiencing the source of mental equilibrium for wisdom, wellness and ease of mind</b>	<b>Building the wellbeing of your meditation business</b>
	<b>David Bott</b> Geelong Grammar Institute of Positive Education		<b>Pauline McKinnon</b>	<b>Sheri McKerrow and Lisa Major</b>
	<b>Tom Brunzell</b> Berry Street	<b>Timothea Goddard</b>		
	<b>Janet ETTY-Leal</b> Meditation Capsules		<b>Stillness Meditation Therapy Centre</b>	<b>Au Fait</b>
	<b>Georgina Manning</b> Peaceful Kids	<b>Openground and Mindfulness Training Institute</b>		
	<b>Dr Stacey Waters</b> Mindful Meditation Australia			
	<b>Dr Addie Wootten</b> Smiling Mind			
1.00pm	<b>Exhibition Lounge Opens</b>			
1.30 - 2.30pm	<b>Lunch</b>			
2.00 - 2.30pm	<b>Registration</b> for afternoon events, Main Entrance off Victoria Parade			
2.30 - 4.30pm	<b>Education Forum 2 and concurrent Masterclasses</b>			
	<b>Main Theatre: Education Forum 2</b>	<b>Christ Theatre</b>	<b>Level 7 Daniel Mannix</b>	<b>Mercy Theatre</b>
	<b>MEDITATION OUTCOMES IN TERTIARY EDUCATION</b>	<b>Masterclass 4</b>	<b>Masterclass 5</b>	<b>Masterclass 6</b>
	<b>Dr Marcus O'Donnell (Moderator)</b> Deakin University	<b>iRest Yoga Nidra Meditation for workplace stress and trauma</b>	<b>An introduction to becoming a meditation teacher</b>	<b>Mindfulness in schools: an introduction</b>
	<b>Kathleen Cator</b> Metta Health and Psychology		<b>Lisa Forde</b>	<b>Dr Stacey Waters and Brayden Zeer</b>
	<b>Gary Cazalet</b> Law School, Melbourne University	<b>Robin Carnes and Fuyoko Toyota</b>	<b>Australian Centre for Holistic Studies</b>	<b>Mindful Meditation Australia</b>
	<b>Dr Richard Chambers</b> Monash University	<b>Integrative Restorative Institute</b>		
	<b>Dr Craig Hassed</b> Monash University			
	<b>Dr Graham Williams</b> Lifeflow Meditation Centre			

### Pre-Conference Evening Events: Friday 20 July, 4.30pm - 9.00pm

4.30 - 6.00pm	<b>Registration for Dinner and/or Meditators Without Borders</b> , Main Entrance off Victoria Parade
5.00 - 6.00pm	<b>DINNER (Gold Pass or separate registration essential)</b>
<b>Exhibition Lounge</b>	All delegates from the afternoon pre-conference events, Gold Pass delegates and 'Meditators Without Borders' attendees are invited to join us for a light evening meal
5.00 - 6.00pm	<b>Light musical entertainment</b> Exhibition Lounge
6.00 - 7.00pm	<b>MEDITATORS WITHOUT BORDERS (Gold Pass or separate registration essential)</b>
<b>Main Theatre</b>	Free mass meditation gathering hosted by Calm in the City. Featuring Chris Connelly, Megan Kenny and Evri Evripidou
7.00 - 7.30pm	<b>Registration for Dr Rick Hanson's public talk</b> Cathedral Hall
7.30 - 9.00pm	<b>Resilient Happiness: Hardwiring an Unshakable Core of Strength, Love, and Inner Peace (Gold Pass or separate registration essential)</b>
<b>Cathedral Hall</b>	<b>Dr Rick Hanson</b> is a psychologist, Senior Fellow of the Greater Good Science Centre at University of California Berkeley, and a <i>New York Times</i> best-selling author. His books are available in 26 languages and include <i>Hardwiring Happiness</i> , <i>Buddha's Brain</i> , <i>Just One Thing</i> and <i>Mother Nurture</i> . He began meditating in 1974, trained in several traditions, and leads a weekly meditation gathering in San Rafael, California.

[Click here to register](#)

## Official Conference Opening Day: Saturday 21 July, 9am - 6pm

8.00am	<b>Registration</b> Tea and coffee on arrival, Main Entrance off Victoria Parade			
9.00 - 10.15am <b>Main Theatre</b>	<b>Welcome Day 1 - Opening: David Packman</b> President of Meditation Australia and <b>Pauline McKinnon</b> Founding Patron of Meditation Australia <b>Welcome to Country, official opening and short meditation</b> <b>Introduction to proceedings: Emcee Kevin Hume</b> <b>Keynote Address: MEDITATION AND SOCIETY: FROM THE INDIVIDUAL TO THE COLLECTIVE</b> <b>Dr Craig Hassed, Patron Meditation Australia</b> Associate Professor, Monash University Department of General Practice			
10.15 - 10.45am	<b>Morning Tea</b>			
10.45 - 11.30am	<b>Concurrent presentations</b>			
	<b>Main Theatre</b> Panel	<b>Christ Theatre</b> Seminar	<b>Level 7 Daniel Mannix</b> Workshop	<b>Mercy Theatre</b> Paper
	<b>CAN MEDITATION CONTRIBUTE TO CULTURAL CHANGE?</b> <b>Kevin Hume (Moderator)</b> Sydney Meditation Centre <b>Murray Paterson</b> Potential Project Australia <b>Tami Roos</b> The Roos Synergy <b>Professor Kalvinder Shields</b> Calm in the City <b>Dr Addie Wootten</b> Smiling Mind	<b>Beyond calm: welcoming all our emotions in a meditation practice</b>  <b>Matthew Young</b> Melbourne Meditation Centre	<b>Integrating therapeutic touch and stillness meditation for mental rest</b>  <b>Pauline McKinnon</b> Stillness Meditation Therapy Centre	<b>Buddhism: translating traditions into clinical studies</b>  <b>Dr Baljinder Sahda</b> Australian Catholic University (ACU)
11.30 - 11.45am	<b>Transition</b>			
11.45am - 12.30pm	<b>Main Theatre</b> Address	<b>Christ Theatre</b> Seminar	<b>Level 7 Daniel Mannix</b> Workshop	<b>Mercy Theatre</b> Paper
	<b>Sati: How the Buddha understood mindfulness</b> <b>Eric Harrison</b> Founder, Perth Meditation Centre and author of <i>The Foundations of Mindfulness</i>	<b>Music, meditation and the language of emotions</b>  <b>Dr Graham Williams</b> Lifeflow Meditation Centre	<b>What meditating on death can teach us about living fully</b>  <b>David Packman</b> The Fifth Direction	<b>Interreligious meditation: a new approach</b>  <b>Dr Cullan Joyce</b> University of Divinity
12.30 - 1.30pm	<b>Lunch</b>			
1.30 - 2.15pm <b>Main Theatre</b>	<b>Address: IS MINDFULNESS ENOUGH?</b> <b>Dr Maura Kenny</b> Psychiatrist and Founding Co-Director, Mindfulness Training Institute, Australia and New Zealand			
2.15 - 2.30pm	<b>Transition</b>			
2.30 - 3.15pm	<b>Net-Walking Session</b> to Fitzroy Gardens. Meet at Registration Area			
2.30 - 3.15pm	<b>Concurrent presentations</b>			
	<b>Main Theatre</b> Panel	<b>Christ Theatre</b> Seminar	<b>Level 7 Daniel Mannix</b> Workshop	<b>Mercy Theatre</b> Paper
	<b>IS MINDFULNESS ENOUGH?</b> <b>Dr Elise Bialylew (Moderator)</b> Mindful in May <b>Dr Petrina Barson</b> Compassion Cultivation Training Facilitator <b>Dr Bruno Cayoun</b> MiCBT Institute <b>Eric Harrison</b> Perth Meditation Centre <b>Dr Maura Kenny</b> Mindfulness Training Institute <b>Dr Chris Walsh</b> Psychiatrist and Mindfulness Teacher	<b>Meditation techniques for practical self-support and wellbeing</b>  <b>Lisa Forde</b> Australian Centre for Holistic Studies	<b>The joy of mystical experiences and its practical application</b>  <b>Elizabeth &amp; Ken Mellor</b> Awakening Network	<b>Harmonious unity: Chinese medical perspectives on meditative wellbeing</b>  <b>Dr Lai Pak Wah</b> Biblical Graduate School of Theology, Singapore
3.15 - 4.00pm	<b>Afternoon Tea</b>			
4.00 - 4.45pm <b>Main Theatre</b>	<b>Address: ENRICHMENT: LEARNING FROM OTHER MEDITATION TRADITIONS</b> <b>Reverend Associate Professor John Dupuche</b> Honorary Fellow, Australian Catholic University, Faculty of Theology and Philosophy			
4.45 - 5.00pm	<b>Transition</b>			
5.00 - 5.45pm	<b>Concurrent presentations</b>			
	<b>Main Theatre</b> Panel	<b>Christ Theatre</b> Seminar	<b>Level 7 Daniel Mannix</b> Workshop	<b>Mercy Theatre</b> Theatre Paper
	<b>MEDITATION TRADITIONS ACROSS RELIGIONS</b> Courtesy of the Australian Catholic University (ACU) <b>Professor John D'Arcy May (Moderator)</b> <b>Dr Anita Ray</b> Hinduism <b>Dr Christiaan Jacobs-Vandegheer</b> Christianity <b>Associate Professor Salih Yucel</b> Islam/Sufism	<b>Beyond sitting: the Buddha's program for complete mindfulness</b>  <b>Eric Harrison</b> Perth Meditation Centre	<b>Bringing Mindfulness to life for children: heart, mind, hands-on practices</b>  <b>Janet ETTY-Leal</b> Meditation Capsules	<b>Korean and Christian traditions in conversation</b>  <b>Professor Paul Beirne</b> University of Divinity
5.45 - 6.00pm	<b>Close of Day 1</b>			

## Official Conference Closing Day: Sunday 22 July, 9am - 5pm

8.00am	<b>Registration</b> Tea and coffee on arrival. Main Entrance off Victoria Parade			
9.00 - 9.45am	<b>Welcome Day 2 - Emcee Kevin Hume</b>			
<b>Main Theatre</b>	<b>Address: IS MEDITATION MEDICINE?</b>			
	Robin Carnes Senior Trainer, Integrative Restorative Institute (iRest) USA			
9.45 - 10.00am	<b>Transition</b>			
10.00 - 10.45am	<b>Concurrent presentations</b>			
<b>Main Theatre</b>	<b>Christ Theatre</b>	<b>Level 7 Daniel Mannix</b>	<b>Mercy Theatre</b>	
Panel	Seminar	Workshop	Paper	
<b>IS MEDITATION MEDICINE?</b>				
Shannon Harvey (Moderator) Journalist/Filmmaker				
Robin Carnes Integrative Restoration Institute				
Dr Barbara Hannon Epworth Medical Centre				
Professor George Jelinek Melbourne University				
Petrea King Quest for Life				
<b>The transdiagnostic use of mindfulness in Mindfulness-integrated Cognitive Behaviour Therapy (MICBT)</b>				
Dr Bruno Cayoun MICBT Institute				
<b>Bringing meditation to movement</b>				
Peter Hockey Mangala Studios				
<b>Stoicism: ancient practices today</b>				
Dr Matt Sharpe Deakin University				
10.45 - 11.15am	<b>Morning Tea</b>			
11.15 - 12.00pm	<b>Address: THE CONTEMPLATION EFFECT: MORE OR LESS ETHICAL?</b>			
<b>Main Theatre</b>	Venerable Alex Bruce Ordained monk in the Tibetan Buddhist tradition, Associate Professor ANU College of Law, honorary member ACU/FTP Comparative Theology group and Buddhist Chaplain at ANU			
12.00 - 12.15pm	<b>Transition</b>			
12.15 - 1.00pm	<b>Concurrent presentations</b>			
<b>Main Theatre</b>	<b>Christ Theatre</b>	<b>Level 7 Daniel Mannix</b>	<b>Mercy Theatre</b>	
Panel	Seminar	Workshop	Paper	
<b>THE CONTEMPLATION EFFECT: MORE OR LESS ETHICAL?</b>				
Jeremy Gay (Moderator) RMIT				
Venerable Alex Bruce ANU College of Law				
Charlie Hogg Brahma Kumaris				
Kate Paton The Contemplary				
Simon Moyle GraceTree Community				
<b>How meditation works: lessons from neuroscience</b>				
Dr Neil Bailey Monash University				
<b>Mindful keys to resilience</b>				
Petrea King Quest for Life				
<b>Ancient practices in context</b>				
Professor Wendy Mayer University of Divinity, ACU				
1.00 - 2.00pm	<b>Lunch</b>			
2.00 - 2.45pm	<b>Address: POSITIVE NEUROPLASTICITY</b>			
<b>Main Theatre</b>	Dr Rick Hanson Senior Fellow of the Greater Good Science Centre at University of California, Berkeley, <i>New York Times</i> best-selling author			
2.45 - 3.00pm	<b>Transition</b>			
3.00 - 3.45pm	<b>Concurrent presentations</b>			
<b>Main Theatre</b>	<b>Christ Theatre</b>	<b>Level 7 Daniel Mannix</b>	<b>Mercy Theatre</b>	
Panel	Seminar	Workshop	Paper	
<b>MEDITATION AND NEUROPLASTICITY – WHERE ARE WE NOW?</b>				
Dr Nadine Cameron (Moderator) The School of Life				
Dr Neil Bailey Monash University				
Andrew Fuller Clinical Psychologist and Author				
Dr Rick Hanson, University of California, Berkeley				
Dr Craig Hassed Monash University				
<b>Meditation and surgery: an unusual partnership!</b>				
Ranjit Rao Urological Surgeon, Epworth Hospital				
<b>The role of self-esteem for teacher and student</b>				
Patti McBain Trans Genesis School of Yoga and Meditation				
<b>Christianity and Tantra</b>				
Rev Dr John Dupuche University of Divinity, ACU				
3.45 - 4.00pm	<b>Transition</b>			
4.00 - 5.00pm	<b>Closing Presentation</b>			
<b>Main Theatre</b>	Shannon Harvey Sneak peek documentary, 'My Year of Living Mindfully'			
	<b>Thank you and closing meditation</b>			
	David Packman President of Meditation Australia			
5.00pm	<b>Closing Day Finish</b>			

The Australian Meditation Conference is a platform for an interdisciplinary collaboration of like-minded people and organisations to share our knowledge and advance our understanding of meditation, mindfulness, contemplative

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MEDITATION  
association of AUSTRALIA

Diamond



Platinum



Gold

Silver

