



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

Pre-Conference Evening Events: Friday 20 July, 4.30pm - 9.00pm	
4.30 - 6.00pm	Registration for Dinner and/or Meditators Without Borders, Main Entrance off Victoria Parade
5.00 - 6.00pm	<b>DINNER (Gold Pass or separate registration essential)</b>
Exhibition Lounge	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	Light musical entertainment Exhibition Lounge
6.00 - 7.00pm	<b>MEDITATORS WITHOUT BORDERS (Gold Pass or separate registration essential)</b>
Main Theatre	Free mass meditation gathering hosted by Calm in the City. Featuring Chris Connelly, Megan Kenny and Evri Evripidou
7.00 - 7.30pm	Registration for Dr Rick Hanson's public talk 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>
Cathedral Hall	Dr Rick Hanson 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-Vandegeer</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> <b>Robin Carnes</b> 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> Panel	<b>Christ Theatre</b> Seminar	<b>Level 7 Daniel Mannix</b> Workshop	<b>Mercy Theatre</b> Paper
	<b>IS MEDITATION MEDICINE?</b> <b>Shannon Harvey (Moderator)</b> Journalist/Filmmaker <b>Robin Carnes</b> Integrative Restoration Institute <b>Dr Barbara Hannon</b> Epworth Medical Centre <b>Professor George Jelinek</b> Melbourne University <b>Petrea King</b> Quest for Life	<b>The transdiagnostic use of mindfulness in Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT)</b>  <b>Dr Bruno Cayoun</b> MiCBT Institute	<b>Bringing meditation to movement</b>  <b>Peter Hockey</b> Mangala Studios	<b>Stoicism: ancient practices today</b>  <b>Dr Matt Sharpe</b> 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>	<b>Venerable Alex Bruce</b> 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> Panel	<b>Christ Theatre</b> Seminar	<b>Level 7 Daniel Mannix</b> Workshop	<b>Mercy Theatre</b> Paper
	<b>THE CONTEMPLATION EFFECT: MORE OR LESS ETHICAL?</b> <b>Jeremy Gay (Moderator)</b> RMIT <b>Venerable Alex Bruce</b> ANU College of Law <b>Charlie Hogg</b> Brahma Kumaris <b>Kate Paton</b> The Contemplary <b>Simon Moyle</b> GraceTree Community	<b>How meditation works: lessons from neuroscience</b>  <b>Dr Neil Bailey</b> Monash University	<b>Mindful keys to resilience</b>  <b>Petrea King</b> Quest for Life	<b>Ancient practices in context</b>  <b>Professor Wendy Mayer</b> University of Divinity, ACU
1.00 - 2.00pm	<b>Lunch</b>			
2.00 - 2.45pm	<b>Address: POSITIVE NEUROPLASTICITY</b>			
<b>Main Theatre</b>	<b>Dr Rick Hanson</b> 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> Panel	<b>Christ Theatre</b> Seminar	<b>Level 7 Daniel Mannix</b> Workshop	<b>Mercy Theatre</b> Paper
	<b>MEDITATION AND NEUROPLASTICITY – WHERE ARE WE NOW?</b> <b>Dr Nadine Cameron (Moderator)</b> The School of Life <b>Dr Neil Bailey</b> Monash University <b>Andrew Fuller</b> Clinical Psychologist and Author <b>Dr Rick Hanson</b> , University of California, Berkeley <b>Dr Craig Hassed</b> Monash University	<b>Meditation and surgery: an unusual partnership!</b>  <b>Ranjit Rao</b> Urological Surgeon, Epworth Hospital	<b>The role of self-esteem for teacher and student</b>  <b>Patti McBain</b> Trans Genesis School of Yoga and Meditation	<b>Christianity and Tantra</b>  <b>Rev Dr John Dupuche</b> University of Divinity, ACU
3.45 - 4.00pm	<b>Transition</b>			
4.00 - 5.00pm	<b>Closing Presentation</b> <b>Shannon Harvey</b> Sneak peek documentary, 'My Year of Living Mindfully'  <b>Thank you and closing meditation</b> <b>David Packman</b> 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 and reflective practices that enhance our lives.



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**MEDITATION**  
association of AUSTRALIA

Diamond



Platinum



Mindfulness Training Institute  
Australia - New Zealand



Gold



Silver

