

WORKSHOPS 3

Sunday, September 17, 12:15 am – 01:30 pm

MARKUS AMANN



Seven Steps to World Peace A Philosophical Journey *

If we want to create world peace, we must start to cultivate sustainable and peaceful relationships amongst the people around us in our everyday lives - our partnership, our family, friends and at our workplace. The tool that is presented and practiced in this workshop goes back to Buddha Shakyamuni and comes from the tradition of Dzogchen. It is intended for daily practice, captivated by simplicity, clarity and completeness, is effective and easily applicable.

SUSAN CHAPMAN



When the light is red, stop - Mindful Interruption of Aggressive Narratives

Aggressive speech escalates in four stages: complaint, divisiveness, blame and retaliation. In this workshop we will introduce five skills for peacemaking:

1. identifying communication red light signals
2. responding by creating space
3. feeling the sadness of the disconnection
4. recognizing the yellow light': 'toxic reflection', mistaking a barrier for a mirror.
5. interrupting harmful speech with mercy.

CHRISTIAN FELBER



Economy for the Common Good -

How We Can Engage on A Personal Level **

The workshop will address open questions from the morning's lecture and explain how everyone can participate and engage personally: in regional groups, in content circles, as an economic or citizen, as well as in educational institutions such as schools or universities.

CORA HIEBINGER



Respect yourself – Peace in the World starts with Peace in and with Our Body **

Peace in the world begins with peace in and with our body. If we get in contact with our body and meet it respectfully, it shows us exactly where it goes: how much relaxation it needs, what it likes us to eat, how it wishes to realize its potential. If we give space, we are more satisfied and it is easier for us to let others be as they are. This is a first step towards a more satisfied, more peaceful city. In this workshop, we are training our body attention so that we will listen better to what our bodies have to tell us.

INGRID HOFFELLNER



Drala Walk – Awareness exercises based on Miksang Photography **

How can we learn to deal with irritations and explore everything that we encounter openly and unconditionally?

In the workshop, perception exercises from Miksang photography will help us to practice opening up our minds and hearts and so to engage fully in every situation. This leads to more awareness and a peaceful feeling of appreciation and joy. With a photo, we can confirm this appreciation and share it with others.

The "Drala Walk" is held outdoors and in all weather conditions.

**MICHAELA NOWAK,
LINDE HÖRL,
GERTI ULBEL**



Windhorse - Dem Chaos in sich und der Welt friedvoll begegnen *

The Windhorse Project was founded by Ed Podvoll, an American psychiatrist, psychoanalyst and student of Chögyam Trungpa, Rinpoche, in the 1980s in Boulder, Colorado. People who are experiencing extreme, chaotic conditions in their minds are being accompanied in order to gain confidence and to understand their lives as being manageable.

Confusion and mental health are interrelated. When we turn to all aspects of our experience with presence, curiosity and gentleness, we learn that we can be with ourselves without holding back. This is a good basis for turning ourselves to others, for finding our place in the world and relaxing in it. The workshop will convey a taste of the windhorse work.

**OTTO PICHLHÖFER,
INNI STROBL**



Mobile Hospice of The Austrian Buddhist Religious Society **

Peace with Oneself – Peace in Times of Change

In this workshop we will learn to take a closer look at our inner doubts and self-judgments, thus opening the way for dealing with change in a brave way and for a fearless perspective for the future.

SABINE PUTZE

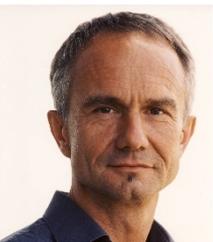


Touching the Earth – Connection with Nature and Sense Perceptions *

Only when we are protecting the foundation of our existence - nature - will we be able to live in peace permanently.

The workshop will start with walking into the nature of the Donaupark nearby. Through contemplation we will become aware of our connection with nature and open ourselves to sensational impressions. Then we will talk about the possibilities that we have to protect the earth from human destructive influences and to increase the buildup.

KARLHEINZ VALTL



Pedagogy of Mindfulness – Mindfulness and Compassion in Education *

The workshop tries to provide insights into the following topics:

- Based on current research findings, what do we know about mindfulness and compassion and their meaning in pedagogy?
- How does the practice of mindfulness and compassion influence the development of children and adolescents, as well as of adults - and thus also of pedagogues?
- And how can awareness and compassion in schools and other areas of education be specifically promoted?



Meditation Practice

Throughout the symposium there is an ongoing possibility to practice silent meditation, during workshop periods meditation instruction will be offered.

* *this workshop is expected to be held in German without translation*

** *this workshop will be held either in German or English, depending on participants*