



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) Monash University.	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 Meditation for workplace stress and trauma	An introduction to becoming a meditation teacher	Mindfulness in schools: an introduction
	Kathleen Cator Metta Health and Psychology			
	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	DINNER (Gold Pass or separate registration essential)
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	MEDITATORS WITHOUT BORDERS (Gold Pass or separate registration essential)
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	Resilient Happiness: Hardwiring an Unshakable Core of Strength, Love, and Inner Peace (Gold Pass or separate registration essential)
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	Registration Tea and coffee on arrival, Main Entrance off Victoria Parade			
9.00 - 10.15am Main Theatre	Welcome Day 1 - Opening: David Packman President of Meditation Australia and Pauline McKinnon Founding Patron of Meditation Australia Welcome to Country, official opening and short meditation Introduction to proceedings: Emcee Kevin Hume Keynote Address: MEDITATION AND SOCIETY: FROM THE INDIVIDUAL TO THE COLLECTIVE Dr Craig Hassed, Patron Meditation Australia Associate Professor, Monash University Department of General Practice			
10.15 - 10.45am	Morning Tea			
10.45 - 11.30am	Concurrent presentations			
	Main Theatre Panel	Christ Theatre Seminar	Level 7 Daniel Mannix Workshop	Mercy Theatre Paper
	CAN MEDITATION CONTRIBUTE TO CULTURAL CHANGE? Kevin Hume (Moderator) Sydney Meditation Centre Murray Paterson Potential Project Australia Tami Roos The Roos Synergy Professor Kalvinder Shields Calm in the City Dr Addie Wootten Smiling Mind	Beyond calm: welcoming all our emotions in a meditation practice Matthew Young Melbourne Meditation Centre	Integrating therapeutic touch and stillness meditation for mental rest Pauline McKinnon Stillness Meditation Therapy Centre	Applying mindfulness to the rough and tumble of team building Paul Atkins Australian Catholic University (ACU)
11.30 - 11.45am	Transition			
11.45am - 12.30pm	Main Theatre Address	Christ Theatre Seminar	Level 7 Daniel Mannix Workshop	Mercy Theatre Paper
	Sati: How the Buddha understood mindfulness Eric Harrison Founder, Perth Meditation Centre and author of <i>The Foundations of Mindfulness</i>	Music, meditation and the language of emotions Dr Graham Williams Lifeflow Meditation Centre	What meditating on death can teach us about living fully David Packman The Fifth Direction	Meditation, Uselessness, and Poetry OuYang Yu Australian/ Chinese Poet
12.30 - 1.30pm	Lunch			
1.30 - 2.15pm Main Theatre	Address: IS MINDFULNESS ENOUGH? Dr Maura Kenny Psychiatrist and Founding Co-Director, Mindfulness Training Institute, Australia and New Zealand			
2.15 - 2.30pm	Transition			
2.30 - 3.15pm	Net-Walking Session to Fitzroy Gardens. Meet at Registration Area			
2.30 - 3.15pm	Concurrent presentations			
	Main Theatre Panel	Christ Theatre Seminar	Level 7 Daniel Mannix Workshop	Mercy Theatre Paper
	IS MINDFULNESS ENOUGH? Dr Elise Bialylew (Moderator) Mindful in May Dr Petrina Barson Compassion Cultivation Training Facilitator Dr Bruno Cayoun MiCBT Institute Eric Harrison Perth Meditation Centre Dr Maura Kenny Mindfulness Training Institute Dr Chris Walsh Psychiatrist and Mindfulness Teacher	Meditation techniques for practical self-support and wellbeing Lisa Forde Australian Centre for Holistic Studies	The joy of mystical experiences and its practical application Elizabeth & Ken Mellor Awakening Network	Harmonious unity: Chinese medical perspectives on meditative wellbeing Dr Lai Pak Wah Biblical Graduate School of Theology, Singapore
3.15 - 4.00pm	Afternoon Tea			
4.00 - 4.45pm Main Theatre	Address: MUTUAL ENRICHMENT; MEDITATION IN TANTRA AND CHRISTIANITY Reverend Associate Professor John Dupuche Honorary Fellow, Australian Catholic University, Faculty of Theology and Philosophy			
4.45 - 5.00pm	Transition			
5.00 - 5.45pm	Concurrent presentations			
	Main Theatre Panel	Christ Theatre Seminar	Level 7 Daniel Mannix Workshop	Mercy Theatre Theatre Paper
	MEDITATION TRADITIONS ACROSS RELIGIONS Courtesy of the Australian Catholic University (ACU) Professor John D'Arcy May (Moderator) Dr Anita Ray Hinduism Dr Christiaan Jacobs-Vandegeer Christianity Associate Professor Salih Yucel Islam/Sufism	Beyond sitting: the Buddha's program for complete mindfulness Eric Harrison Perth Meditation Centre	Bringing Mindfulness to life for children: heart, mind, hands-on practices Janet ETTY-Leal Meditation Capsules	Korean and Christian traditions in conversation Professor Paul Beirne University of Divinity
5.45 - 6.00pm	Close of Day 1			

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

8.00am	Registration Tea and coffee on arrival, Main Entrance off Victoria Parade			
9.00 - 9.45am	Welcome Day 2 - Emcee Kevin Hume			
Main Theatre	Address: IS MEDITATION MEDICINE? Robin Carnes Senior Trainer, Integrative Restorative Institute (iRest) USA			
9.45 - 10.00am	Transition			
10.00 - 10.45am	Concurrent presentations			
	Main Theatre Panel	Christ Theatre Seminar	Level 7 Daniel Mannix Workshop	Mercy Theatre Paper
	IS MEDITATION MEDICINE? 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	The transdiagnostic use of mindfulness in Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) Dr Bruno Cayoun MiCBT Institute	Bringing meditation to movement Peter Hockey Mangala Studios	Stoicism: ancient practices today Dr Matt Sharpe Deakin University
10.45 - 11.15am	Morning Tea			
11.15 - 12.00pm	Address: THE CONTEMPLATION EFFECT: MORE OR LESS ETHICAL? 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			
Main Theatre				
12.00 - 12.15pm	Transition			
12.15 - 1.00pm	Concurrent presentations			
	Main Theatre Panel	Christ Theatre Seminar	Level 7 Daniel Mannix Workshop	Mercy Theatre Paper
	THE CONTEMPLATION EFFECT: MORE OR LESS ETHICAL? Jeremy Gay (Moderator) RMIT Venerable Alex Bruce ANU College of Law Dr Roger Cole Oncologist and Palliative Care Physician Kate Paton The Contemplary Simon Moyle GraceTree Community	How meditation works: lessons from neuroscience Dr Neil Bailey Monash University	Mindful keys to resilience Petrea King Quest for Life	Ancient practices in context Professor Wendy Mayer University of Divinity, ACU
1.00 - 2.00pm	Lunch			
2.00 - 2.45pm	Address: POSITIVE NEUROPLASTICITY Dr Rick Hanson Senior Fellow of the Greater Good Science Centre at University of California, Berkeley, <i>New York Times</i> best-selling author			
Main Theatre				
2.45 - 3.00pm	Transition			
3.00 - 3.45pm	Concurrent presentations			
	Main Theatre Panel	Christ Theatre Seminar	Level 7 Daniel Mannix Workshop	Mercy Theatre Paper
	MEDITATION AND NEUROPLASTICITY – WHERE ARE WE NOW? 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	Meditation and surgery: an unusual partnership! Ranjit Rao Urological Surgeon, Epworth Hospital	The role of self-esteem for teacher and student Patti McBain Trans Genesis School of Yoga and Meditation	Interreligious meditation: a new approach Cullan Joyce University of Divinity, ACU
3.45 - 4.00pm	Transition			
4.00 - 5.00pm	Closing Presentation Shannon Harvey Sneak peek documentary, 'My Year of Living Mindfully' Thank you and closing meditation David Packman President of Meditation Australia			
Main Theatre				
5.00pm	Closing Day Finish			

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



mindfulness training
Inclining the mind towards freedom

Gold



Silver

