



[October CBD Summit Registration](#)

### Pause

Unwind. Quiet the striving mind. Stretch, move gently.

### Exhale

Breathe. Exhale completely. Inhale deeply. Relax. Delight in your body's physical sensations by sequentially focusing on each part from head to toe, palm to palm.

### Attend

Awaken to what you see, hear, taste, smell, touch. Listen to nature sounds, or silence. Rest your mind. Watch a thought. Let it go. Observe a feeling. Take care of yourself. Renew.

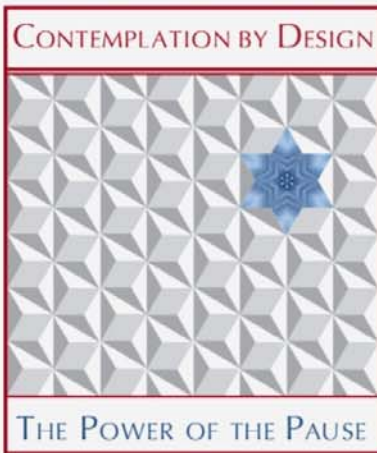
### Connect

Experience what is happening now. Discern what is right for you. Notice the positive in your life. Enjoy nature. Feel your membership in this community.

### Express

Authentically express your feelings. This may include dancing, singing, writing, or giving yourself or another person compassion, or giving a friend a hug, an acquaintance a thank you, a stranger help, or volunteering.

[P.E.A.C.E. Contemplative Practices](#)



Contemplation by Design (CBD) is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause for the purposes of re-establishing balance, tranquility, compassion and energy to support our creative excellence.

[Links to current CBD classes](#)



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[Calendar of Campus Practice Groups](#)

## Contemplation By Design

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## About Contemplation by Design

Contemplation by Design (CBD) is a campus-wide, multidisciplinary program designed to encourage all members of the Stanford community to enjoy the power of the pause.

Faculty, staff, students and members of the greater Stanford community are given opportunities to pause from their high-level of productivity and innovation in order to rest and renew the mind-body-spirit.

Research has shown that contemplative practices enhance well-being, professional fulfillment, concentration, memory, learning, creativity, happiness and relationships. CBD provides opportunities for everyone in the community to experience the benefits of contemplative practice.

Quarterly, CBD classes, lectures, workshops, concerts and mixed media events are offered all around campus to provide skill-building experiences that further balance, tranquility, resilience and creative excellence.

Annually, the week-long **CBD Summit** brings the Stanford community together in recognizing the importance of quieting the thinking mind and refreshing oneself through quiet contemplation. CBD Summit events include the BeWell annual campus-wide Contemplative Pause and Carillon Concert, research presentations on the neuroscience of contemplation, skill-building in contemplative practices, and refreshing contemplative experiences offered through performances by Stanford arts groups, as well as through contemplative walks in the natural beauty of the Stanford campus.

## Research

2021 Coping with the COVID-19 pandemic: contemplative practice behaviors are associated with better mental health outcomes and compliance with shelter-in-place order in a prospective cohort study, Preventive Medicine Reports, September 2021

2020 Contemplation By Design: Leveraging the "Power of the Pause" on a Large University Campus Through Built and Social Environments on a Large University Campus Through Built and Social Environments, Frontiers in Public Health Community Case Study, February 28, 2020

## Press

### 2021 Press Articles

- Contemplation by Design Summit emphasizes sustainably, The Stanford Daily, Nov. 3, 2021 (Downloadable PDF)
- Finding our Zen helps us act in support of the common good, SCOPE, Stanford Medicine, July 12, 2021

### 2019 Press Articles

- Steering the Wheel of Awareness: The power of pause, Stanford Daily, Nov. 4, 2019

### 2018 Press Articles

- Stanford encourages campus community to enjoy the 'power of the pause', Stanford Report, October 29, 2018
- 2017 Press Articles
- Make Time for Contemplation In a new book, English Professor Blakey Vermeule examines modern stresses in light of ancient debates about balancing action and contemplation

### 2017 Press Articles

- Panel of Stanford Medicine Leaders Discusses Compassion in Health Care, Compassion in health care begins with self compassion, a panel of Stanford Medicine leaders agreed at a discussion last week. The event was part of the ...

### 2016 Press Articles

- Branner Residence Students Invite Kitchen Staff to Lunch, Branner students, staff share lunch as part of ...

### 2015 Press Articles

- CBD: A PEACE-ful week. Stanford BeWell Website, November 13, 2015
- Stanford puts the spotlight on quieting the busy mind. Stanford Report October 30, 2015
- Contemplation By Design encourages focus on wellbeing. Stanford Daily, November 4, 2015
- Stanford expert talks about reducing stress, enhancing resilience and practicing peace. Stanford The Dish, September 29, 2015

### 2014 Press Articles

- Applause for the pause. Stanford BeWell Website. November 17, 2014



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Contemplation By Design  
Stanford Prevention Research Center  
Stanford School of Medicine  
3300 Hillview Ave  
Palo Alto, CA 94304

contemplation@stanford.edu  
650-725-9930

## Contact Us

Join CBD Mailing List or Send us a Message

Name

\*

Email

Subject

Message

SUBMIT

Contemplation By Design week begins Nov. 7 emphasizing calm, meditation. Stanford Daily, October 27, 2014  
Carillon concert to ring in week of reflective contemplation. Stanford Daily, May 5, 2014  
The 2014 Concert for Contemplation

## People



### Tia Rich, Ph.D.

Founder and Director, Contemplation By Design

Manager, Resilience and Stress Management Programs,  
Stanford Prevention Research Center,  
Stanford School of Medicine

[Interview with Tia Rich about Contemplative Practices](#)  
[Meet Tia](#)

Contemplation By Design (CBD) is housed within the [Stanford Prevention Research Center \(SPRC\)](#) which models the science of healthy living by using translational research to promote wellness. CBD contributes to the Stanford culture of wellness by empowering and encouraging individuals to enjoy contemplative practices that enhance wellness in themselves and in others. CBD provides classes and programming that cultivates contemplative behaviors and environments supportive to health and well-being.

#### CBD Collaborators

Contemplation By Design's service to Stanford includes unique programming created by CBD staff, and also programs that are created through wonderful collaborations between CBD and other Stanford programs and departments. These include: BeWell, The Office for Religious and Spiritual Life, the HELP Center, the Worklife Office, Department of Medicine, Well-Being at Stanford in the Office of Student Affairs, Health and Human Performance, Residential and Dining Enterprises, Stanford Arts, the Ho Center for Buddhist Studies, Religious Studies, Hillel@Stanford, the d.school, the Office for Undergraduate Education, Stanford Storytelling Project, Department of Psychiatry, Department of Psychology, CCARE, Medicine and the Muse, Jasper Ridge Biological Preserve and Bing Concert Hall, and more.

#### CBD Participants

CBD participants make the programs of CBD come alive through their meaningful and fulfilling experiences made possible by contemplative practices.

CBD participants include Stanford faculty, staff, undergraduate and graduate students, medical center staff, physicians, nurses, alumni, retirees, family members of Stanford employees and students. Stanford community members come together to enjoy the power of the pause.

We look forward to meeting you in a Contemplation By Design program!

#### Stanford Prevention Research Center

The [Stanford Prevention Research Center \(SPRC\)](#), a division of the Stanford University School of Medicine, is a consortium of renowned experts who are world leaders in investigating ways to prevent disease and promote health. Their work is focused on identifying the most practical, science-based solutions for addressing some of society's most pervasive—and preventable—health issues, such as obesity, diabetes, hypertension, and other chronic conditions and to raise the standards of scientific investigation that matters for health. SPRC investigators are collaborating on numerous, long-term projects designed to translate research into effective ways to promote well-being at every stage of life.

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**WHY**



**How**



**WHEN AND WHERE**

**Benefits of Contemplative Practices**

- Cultivate well-being and happiness.
- Enhance Resilience.
- Increase self-awareness.
- Improve attention and concentration.
- Enhance positive emotions.
- Positively impact the brain.
- Reduce stress.
- Reduce chronic physical pain.
- Boost the immune system.
- Reduce emotional reactivity.
- Enrich life meaning & purpose.
- Enhance fulfillment.

**Research on Contemplative Practices**

- Center for Mindfulness in Medicine, Health Care and Society, UMass Memorial Health Care
- UCLA Mindful Awareness Research Center
- Center for Healthy Minds, University of Wisconsin-Madison
- Stanford Medicine's Contemplation by Design Program
- Stanford's Center for Compassion and Altruism Research and Education
- Stanford's Early Life Stress & Pediatric Anxiety Program (ELSPAP)
- Sara Lazar Lab, Neuroscience of Yoga and Meditation, Harvard University
- Khasla Lab on Yoga Research, Harvard University
- Langer Mindfulness Institute
- Brown University Contemplative Studies Research Labs
- UCSanDiego School of Medicine Mindfulness Research
- Kent State University, Fresco Emotion Regulation Lab
- University of Miami, The Jha Lab
- Lustyk Lab, Seattle Pacific University
- New York University Zoran Josipovic Contemplative Science Lab
- University of Washington, Mindfulness Based Relapse Prevention

**Integrative Medicine Research that May**

**Cultivating Contemplative Lifestyle Habits Articles**

- P.E.A.C.E.™ Steps for a Contemplative Lifestyle
- Strength in Contemplation
- Thriving With Resilience
- Compassion
- Service and Your Health

**Stanford Classes**

- Healthy Living/BeWell
- Windhover Contemplative Center
- Academic Courses

**Audio and Video Files for Guided Practice**

- 15,000 Free Guided Meditations (audio)
- Free Mindfulness practices with Jack Kornfield and Tara Brach
- RAIN Practice, Guided by Tara Brach, PhD, RAIN = Recognize what is happening, Allow life to be just as it is, Investigate inner experience, Non-identification.
- Mindful Cultivation and Positive Neuroplasticity with Rick Hanson (video)
- Audio and Video Files for Guided Practice, Liberate: a daily meditation app created by the Black community for the Black community
- Introduction to Mindfulness-Based Stress Reduction (MBSR), Stanford HIP webinar
- Five-Minute Breath Meditation with Sarah Meyer, Stanford HIP(audio)
- Here-Now Meditation with Tarika Lovegarden (audio)
- Letting Go 5 Minute Meditation with Patty McLucas (audio)
- Stanford Physicians Breathing Exercises with Mark Abramson (audio)
- Audio and Video Files Center for Mindfulness in Medicine, Health Care and Society free downloadable webinars & videos
- Spirit Rock Meditation Center Online classes and streaming events
- UCLA Mindful Awareness Research Center Free

**Calendar of Campus Practice Groups**

**Current Quarter Classes**

**Classes Offered throughout the Year**

- -Meditate. Me? Why, How and What Type.
- -Breathing for Longevity, Love and Livelihood.
- -P.E.A.C.E. Contemplative Campus Walk.
- -Walking the Windhover Labyrinth.
- -The Power of the PAUSE Meditation Retreat with Tia Rich.
- -Mindfulness at Work.
- -Mindfulness-Based Stress Reduction.
- -HeartMath's Building Resilience and Reducing Stress: Tools and Technology to Add Heart and Energy to Your Life.
- -Personalized Stress Reduction with Patty McLucas.
- -Equine-imity—Stress Reduction In the Company of Horses.
- -Equine-imity Somatic Horsemanship: 1 Hour Individual Session.
- -C.A.R.E.S.™: Compassion, Awareness, and Relationship skills Enhance Salutogenesis.

**Request a Class or Practice Group**

### Include Contemplative Practices

- UNC School of Medicine Integrative Medicine Research
- Stanford Medicine Stress and Health Center
- UCSF Osher Center for Integrative Medicine
- National Center for Complementary and Integrative Medicine
- Osher Center for Integrative Medicine (OCIM) and Contemplative Neuroscience & Integrative Medicine (CNIM) Laboratory at Vanderbilt University Medical Center

### downloadable guided meditations

- Kristin Neff, PhD Free downloadable self-compassion meditations
- Self Compassion TedX talk
- UCLA Mindful Awareness Research Center Free downloadable guided meditations
- UCSD Center for Mindfulness Free downloadable guided meditations
- University of Wisconsin "Opportunities for Pausing" YouTube 1:53 min.

### Testimonials from Contemplation By Design Participants

- Participants' Testimonials

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### Summit Brochures



2021 Contemplation: the Power of the Pause Brochure



2019 Contemplation: the Power of the Pause Brochure

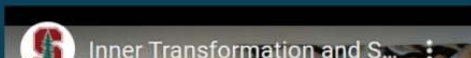
### Summit Videos



Valuing Nature in Personal Practice and Societal Transformation with Prof. Gretchen Daily, CBD Summit 2021



Compassion Gratitude, Awe: Self-transcendent emotions for collective and planetary well-being with Prof. Dacher Keltner, CBD Summit 2021



### P.E.A.C.E Concerts in Bing



2020 CBD P.E.A.C.E. concert



2019 CBD P.E.A.C.E. concert



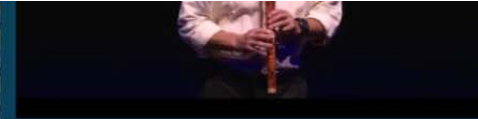




2018 Contemplation: the Power of the Pause Brochure



Inner Transformation and Sustainability, CBD Summit 2021



2018 CBD P.E.A.C.E Concert



2017 Contemplation: the Power of the Pause Brochure



Contemplative Resources for Dialogue: Spirituality, nonviolent communication & relational awareness, CBD Summit 2020



2017 CBD P.E.A.C.E Concert



2016 CBD P.E.A.C.E Concert



2016 Contemplation: the Power of the Pause Brochure



Working for Freedom on All Fronts: The Radical Dharma Framework for Liberation, CBD Summit 2020



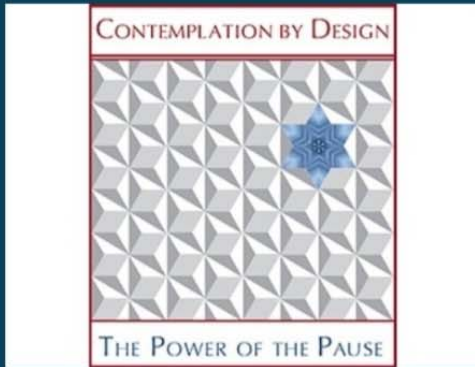
2015 CBD P.E.A.C.E Concert



Becoming Conscious of Un...



2015 Contemplation: the Power of the Pause Brochure



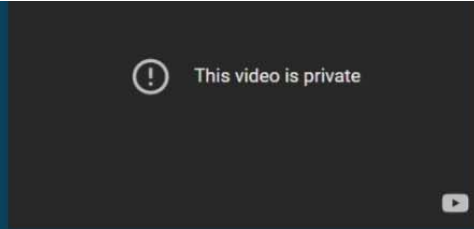
2014 CBD: Inaugural Summit



2014 Carillon Concert Brochure



Becoming Conscious of Unconscious Bias: Contemplative practice to deepen respect and inclusion, CBD Summit 2020



2014 CBD P.E.A.C.E Concert



new America: Race and restoring the democracy that never was, CBD Summit 2020



Finding True Ground in Hard Times through Love Stories, CBD Summit 2020



Deliberative Democracy, So...

Deliberative Democracy, Social Learning,  
Conscious Conversation and Wise Foreign  
Policy, CBD Summit 2020



Jack Kornfield in Conversation with Tim  
Ryan about his book *Healing America*, CBD  
Summit Keynote, 2019



Contemplative Practices, Social Action,  
Higher Education and Service, CBD  
Summit 2019

Reflection Activities Booklet  
for Contemplative Practices, Social Action,  
Higher Education, and Service.



Contemplative Practice for Prevention and Treatment of Traumatic Stress in Youth, Dr. Victor Carrion, CBD Summit 2019



Roshi Joan Halifax, CBD Summit Keynote 2018



Neuroscience of Contemplative Practices - CBD Summit Session 2018



The Action Bias and The Human Condition: The role of contemplation – CBD Summit Session 2019



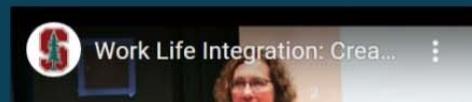
Justice, Compassion and Self-Care – CBD Summit Session 2019



Awakening to Space and Place - CBD Summit Session 2018



Dream Yoga: Lucid dreaming from the Bön Buddhist tradition of Tibet – CBD Summit Session 2019





WorkLife Integration: Creating your personal success plan - CBD Summit Session 2018



Jeremy Lent on Cultural Mindfulness- CBD Summit Session 2018



Guided Meditation with Swami Vidyadhishananda - CBD Summit Session 2018



Jazz Interactive Concert o...



Jazz Interactive Concert on Self-care with Sam Priven— CBD Summit Session 2019



Tu Gu Na Xin: Daoist Breathwork - CBD Summit Session 2018



More Mindful, Less Muddle - CBD Summit Session 2018



Alice Walker, CBD Summit Keynote 2017



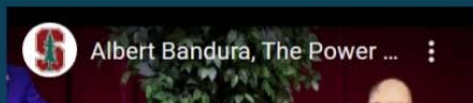
Compassion in Health Care Panel, CBD Summit Session 2017



Mindful Cultivation and Positive Neuroplasticity with Rick Hanson, CBD Summit Session 2017



Tibetan Medicine Warm Oil Massage with Yangdron Kalzang, CBD Summit Session 2017







Albert Bandura, The Power of Humanization, CBD Summit Session 2016



Jack Kornfield CBD Summit Keynote 2015



Gil Fronsdal  
University Public Worship  
Click on podcast number 20  
iTunes required to play



Rabbi Daniel Silverstein  
University Public Worship  
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Shaykh Yassir Chadly  
University Public Worship  
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The Contemplation by Design Summit is a campus-wide, multidisciplinary week of events.

Enjoy the power of the pause.

October 25 - November 2, 2021

Please click on the session titles for the full description, which are being updated when they become available.

Below is the 2021 Summit Schedule.

## Register Here

Free events will be offered **October 25– November 2, 2021**, to further individual and community health and well-being, and creative excellence to serve the greater good in these unprecedented times. Contemplation By Design is a comprehensive, multidisciplinary, campus-wide program cultivating resilience, well-being, wisdom, compassion, and sustainable, ethical, purposeful service. Summit participants will have the opportunity to cultivate perspective, meaningful purpose, and contemplative practices that refresh and renew the mind-body-spirit.

Faculty, staff, students and the community are invited. Please register to reserve your place in the sessions. Thank you.

### Contemplation Calendar

October 25 - November 2, 2021

All 2021 Summit sessions are free and online, except for the in-person events in Memorial Church on Oct. 31.

#### MON 10/25/21

- 8:00-9:00am **Introduction to Contemplative Skills for Cultivating Personal and Planetary Health and Well-being.** Tia Rich, PhD
- 12:30-1:30pm **Indigenous Contemplative Wisdom and Relationship-based Climate Action,** Yuria Celidwen, PhD
- 5:30-6:30pm **An Astronaut's Perspective: Earth views inspiring us to care for our planet,** Steve Smith, MBA, NASA astronaut, diplomat, and Silicon Valley engineer/businessman
- 7:00-8:30pm **Contemplating Earth: Multiple ways of being and knowing,** Sam Mickey, PhD, Researcher Associate, Yale Forum on Religion and Ecology, and Adjunct Professor, Theology and Religious Studies Department, University of San Francisco

#### TUE 10/26/21

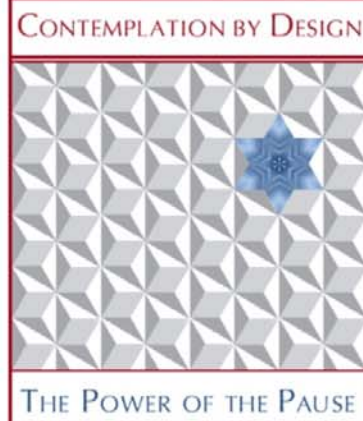
- 7:30-8:10am **iPause Morning Guided Meditation session 1,** Tia Rich, PhD\*
- 8:15-9:00am **Inner Transformation and Sustainability,** Christine Wamsler, PhD Professor of Sustainability Science and Director of the Contemplative Sustainable Futures Program, Lund University, Sweden\*
- 12:00-1:30pm **Awakening Radical Compassion,** Tara Brach, PhD
- 7:00-8:00pm **YogaX Gentle Flow Yoga,** Heather Freeman\* (In-person, CIRCLE, 3rd Floor Old Union)
- 7:00-8:30pm **Weaving the Web of Meaning: How recognizing our deep interrelatedness lays the path to sustainable flourishing.** Jeremy Lent, award-winning author of The Patterning Instinct, and founder, The Liology Institute

#### WED 10/27/21

- 7:30-8:15am **iPause Morning Guided Meditation session 2,** Jonah Willihnganz, PhD\*
- 9:00-10:30am **Zen and the Art of Saving the Planet** with Brother Phap Huu and Sister True Dedication, teaching live from Thich Nhat Hanh's Plum Village Monastery in France
- 12:30-1:45pm **At the Center of All Things is Interdependence,** Dekila Chungyalpa, Director, Loka Initiative, University of Wisconsin - Madison
- 5:30-7:00pm **Quaker Values and the Quaker Contemplative Practice of Silent Worship,** Steve Curwood, host and executive producer of *Living on Earth*, the prize-winning weekly environmental radio program heard for more than 30 years on public radio stations

#### THU 10/28/21

- 7:30-8:15am **iPause Morning Guided Meditation session 3,** teachers from Thich Nhat Hanh's Plum Village Monastery in France\*
- 12:00-1:15pm **Compassion, Gratitude, and Awe: Self-transcendent emotions for collective and**



**planetary well-being**, Dacher Keltner, PhD, Professor of Psychology at UC Berkeley and faculty director of the Greater Good Science Center

7:00-8:00pm **Guided Meditation practice**, Andy Ackers\* (In-person in Koret Pavilion, 564 O'Connor Ln., 2nd floor)

7:00- 8:30pm **Valuing Nature in Personal Practice and Societal Transformation**, Gretchen Daily, PhD, Bing Professor of Environmental Science, and co-founder and faculty director of the Natural Capital Project, Stanford University

#### FRI 10/29/21

7:30-8:15am **iPause Morning Guided Meditation session 4**, teachers from Thich Nhat Hanh's Plum Village Monastery in France\*

12:30-1:45pm **Your Mind on Awe**, Florence Williams, prize winning author of *The Nature Fix*, and visiting scholar at George Washington University

5:30-6:45pm **Contemplative Innovation - Designing technology in the era of distraction**, Ruchika Sikri, founder of Mandala Ventures, former leader of Google Well Being and Mindfulness Learning Programs and Strategy

7:00-8:15pm **Planet Hope: Species Loneliness, Nature-Deficit Disorder and the Future of Life on Earth**, Richard Louv

#### SAT 10/30/21

9:00-9:45am **iPause Morning Guided Meditation session 5**, teachers from Thich Nhat Hanh's Plum Village Monastery in France\*

10:00-11:30am **Attuning to the Web of Meaning: An introduction to the practice of Liology**, Jeremy Lent, award-winning author of *The Patterning Instinct*, and founder, The Liology Institute (interactive workshop)

1:00-2:30pm **Contemplative Environmentalism**, Paul Wapner, Professor of Global Environmental Politics in the School of International Service at American University (interactive workshop)

3:00-4:30pm **Contemplative Practices for Integrating Multiple Perspectives**, Sam Mickey, PhD, Research Associate, Yale Forum on Religion and Ecology, and Adjunct Professor, Theology and Religious Studies Department, University of San Francisco (interactive workshop)

5:00-6:30pm **Cultivating Awareness Practices in The Wisdom and Wonder of Nature: Contemplative practice in the great outdoors**, Mark Coleman

#### SUN 10/31/21

10:00-11:00am **The Well-Gardened Mind: the restorative power of nature**, Dr. Sue Stuart-Smith, British award-winning author, psychiatrist, and psychotherapist

11:00-12:00pm **No One Can Purify Another: When Yoga is Property, But God is Change (UPW)** with Dr. Roopa Bala Singh, PhD, JD\* (In-person in Memorial Church)

12:15-1:15pm **Guided Meditation in Memorial Church, Breathe Like Water: Sending a Deep Breath to Empathy** with Dr. Roopa Bala Singh, PhD, JD\* (In-person in Memorial Church)

3:00-4:30pm **Awake in the Wild Nature Meditation Practice**, Mark Coleman (Interactive Workshop)

#### MON 11/1/21

7:30-8:15am **iPause Morning Guided Meditation session 6**, Meditation in Nature wherever you are with Mark Coleman\*

12:30-1:45pm **Actionable Hope in a Time of Planetary Change**, Nicole Ardoin, PhD, Assoc. Prof. in the Graduate School of Education, Senior Fellow in the Woods Institute for the Environment, Emmett Faculty Scholar, and Sykes Family Director of the Emmett Interdisciplinary Program in Environment and Resources (E-IPER) in the School of Earth, Energy, and Environmental Sciences

7:00-8:15pm **Faith, Pain, and the Faraway: A Meditation on Landscape Painting**, Alexander Nemerov, PhD, Chair of the Department of Art and Art History, Stanford University

#### TUE 11/2/21

7:30-8:15am **iPause Morning Guided Meditation session 7**, The Reverend Dr. Joanne Sanders\*

12:00-1:15pm **Merging Science and Contemplative Practice for Climate Action**, Crystal Chissell, JD, MS, MBA, Senior Director, Project Drawdown Communities

All Contemplation By Design Summit sessions are free. If you wish to make a **donation**, please do so here. Thank you.

\*All sessions are BeWell Berry eligible unless they are marked with an asterisk. After each Berry eligible session, registered attendees will be sent a "Health Enrichment Berry Validation Form" to complete and upload to the BeWell website in order to be awarded the Berry.

**We look forward to being with you in the Summit sessions you attend.**

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