

ACMHE Member Newsletter

Sept./Oct.
2021

We're excited to share some of the recent publications, event announcements, and accomplishments of ACMHE members!

If you'd like to share your news, email carrie@contemplativemind.org.

Member names appear in **bold** type.

the association for
Contemplative Mind
in Higher Education

THE 2021 ACMHE CONFERENCE
ONLINE, NOVEMBER 5-7

RESOURCING, RECONNECTION, AND REEMERGENCE

Centering Contemplative Practices in our Work and in our Healing



Ron Bell
keynote speaker



Angel Acosta
keynote speaker



Allyn Johnson
musical guest

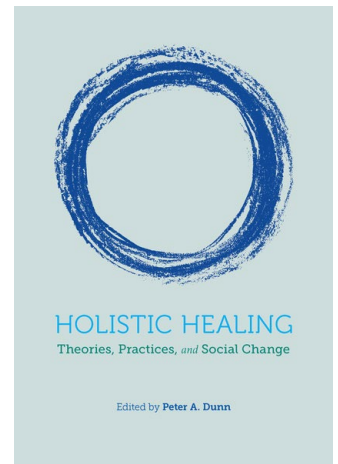
Register today at ACMHEconference.org

recent publications

Peter Dunn, PhD announces his new textbook for post-secondary education: [*Holistic Healing: Theories, Practices and Social Change*](#) (Canadian Scholars Press).

Holistic Healing links together a wide range of progressive theories, research and practices from the exciting field of holistic studies to create an alternative paradigm of healing and social change. This practical and insightful guide offers uniquely comparative and integrated understanding of both ancient and modern Indigenous, Eastern, and Western practices, including traditional healing practices from around the world, meditative practices, bodywork, energy medicine, expressive arts, eco-psychology, transpersonal psychology, Ayurveda, Indigenous well-being, naturopathy, homeopathy, and traditional Chinese medicine.

Over 30 practitioners and scholars from diverse fields of study contribute to our understanding of individual, family, community, national, and global holistic healing in chapters addressing critical issues such as colonization, human rights, the environment, peace and conflict, and equity and inclusion. This collection is a timely and practical resource for post-secondary students of social work, psychology, Indigenous studies, health and nutrition, holistic healing, and sociology and is also a great resource for professional practitioners and those interested in the field of holistic studies. This cutting edge textbook provides a comprehensive overview for students in the exciting and emerging field of holistic healing, offers practical insights for practices and can provide students with an understanding of a transformative and integrative form of social change.

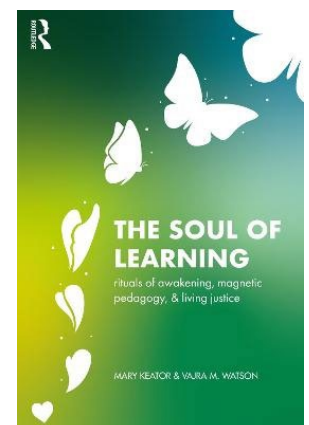


[*The Soul of Learning: Rituals of awakening, magnetic pedagogy, and living justice*](#)

By **Mary Keator**, Vajra Watson

The Soul of Learning is a groundbreaking book that bridges together cultural work, contemplative practices, and ancient scriptures. Inside each chapter, readers are challenged and inspired to come face-to-face with themselves as they encounter teachers in all forms—from spiritual sages to critical theorists, from prophets to poets, from hip-hop rappers to reggae artists. This book is multifaceted and multidisciplinary. It models the essence of education by offering multiple entry points into holistic learning: somatic, aesthetic, emotional, intellectual, ethical, relational, and spiritual.

The Soul of Learning embodies a pedagogical disruption in pursuit of personal sovereignty. What process must we go through to reimagine ourselves in relation to each other and the world around us? This book offers a semblance of an answer. As a way to bring the sacred into schooling, Keator and Watson courageously connect spirituality, activism, and education through curated readings, guided activities, and intentional exercises. It's a ready-to-go syllabus and hands-on workbook all in one! Altogether this book is revelatory and provides innovative ways to teach and learn, lead and live. *The Soul of Learning* documents a transformative journey, through the interiority of our being into a revolutionary call for collective belonging.



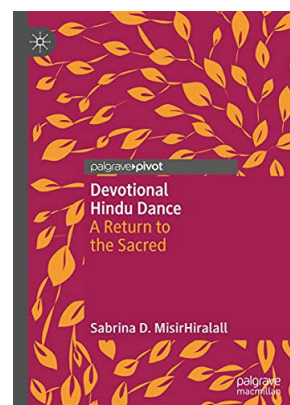
Devotional Hindu Dance: A Return to the Sacred

by Dr. **Sabrina D. MisirHiralall**

My text entitled *Devotional Hindu Dance: A Return to the Sacred* is now published with Palgrave MacMillan. I felt called to pen this text to explain how the history of Hindu dance and colonization caused Hindu dance to move from sacred to a Westernized system that emphasizes culture. I point to a post-colonial return to Hindu dance as a religious, sacred, devotional dance form while positioning Hindu dance in the Western culture in which I live. This book is original because it focuses on Hindu dance based on its origin. Many texts today discuss Hindu dance as a cultural dance form of India. However, this text explains why Hindu dance is religious, how to engage in devotional Hindu dance, and how to negotiate the boundaries of religion and culture to position Hindu dance in the West.

To begin with, I discuss my dance education as I point to the sacrifices that my mother made for me. This includes my education at the Natraj Cultural Group, now the Natraj Center for the Performing Arts, and the Sadhanalaya School of Dance. I move onto relate the creation of Hindu dance and the Guru-Shishya system that once played a crucial role in Hindu dance. Then, I proceed to discuss the David Ali Dance Academy and the Kalai Kaviri College of Fine Arts in addition to the dance schools that I attended to show how Hindu dance shifted from religious to cultural. The discussion becomes complex as I point to the distinctions between religion and culture along with the overlapping nature of religion and culture. Following this, I apply the philosophy of Hinduism to define devotional Hindu dance with attention on bhakti. I convey how Shri Hanumanji sets the exemplary examples for the devotional Hindu dancer to acknowledge before the dance, during the dance, and after the dance. Next, I present the basics of learning devotional Hindu dance. I point to Guru Dronaacharya and Ekalavya from the historical Mahabharata to press the significance of relationships between Gurus and students. After, I discuss how students should prepare to study Hindu dance, and then I share how to choreograph devotional Hindu dance. The text ends with a conclusion that discusses the contribution, limitations, and implications of my research.

This text is now available on [Amazon](#) and the [Palgrave MacMillan website](#).



News & Events

Spiritual Companionship

From **Kerr Mesner**

Friends, are you looking for a space to explore your contemplative/spiritual life with other kindred spirits? I offer online spiritual companionship groups, and have a second online group forming that is open to anyone (inside and outside of academia). This group is currently in formation, with a goal to start in late Sept./early October.

If you're interested, please reach out to me at kmesner@heartstoriyconsulting.com, to arrange a time to chat.

A bit more info: Spiritual companionship, (sometimes referred to as spiritual direction,) is a practice of offering "set aside" time and space for focused reflection on one's spiritual or contemplative path, with a trained listener who provides and holds space for this sacred work. Group spiritual companionship offers an opportunity to do this work in community with a trained spiritual director. Having trained with the Pacific Jubilee Program in Spiritual Direction, I am passionately committed to supporting people in all spiritual walks, whether or not those walks have a name or an "organized" framework.

In this group, we cultivate a space where each of us can bring our understandings of that which is sacred, and where we can celebrate both the connections and the differences in our spiritual paths. You are welcome here.

Kerr Mesner is a consultant, facilitator, and spiritual director. He is trained with the Pacific Jubilee Program in Spiritual Direction, and is an ordained minister with Metropolitan Community Churches. Kerr is a queer contemplative Christian, a performing artist, and an activist. Visit kerrmesner.com to learn more about his offerings.

OSU's Contemplative Studies Initiative 9-Month Training: Meditation & Embodiment as Contemplative Inquiry

From **Katelin Rose Gallagher**

An experiential, heart and body-based, progressive program for campus and community members far and wide interested in learning about and deepening contemplative practices on a day-to-day basis. Includes instruction, in-class practice, occasional readings, home practice assignments, group sharing and discussion. Thursdays 6-8pm PT on Zoom. Begins October 14. Guided by Audrey Perkins, MA and **Kate Gallagher**, MA, e-RYT.

Schedule:

Term 1 | Discovering Compassionate Embodied Presence | Oct. 14 thru Dec. 9 - No class on Oct. 28 and Nov. 25

Term 2 | The Path of Meditation | Jan. 13 thru March 3

Term 3 | Waking Up to Your Life | March 31 thru June 2 - No class on April 28th and May 5

Full information: <https://liberalarts.oregonstate.edu/sps/contemplative-studies/outreach/2021-22-meditation-program>

Campus Mindfulness Inventory

From **Michael Kimball**:

In collaboration with CMind, the University of Northern Colorado's Center for Applied Contemplative Studies is compiling a list of currently operational mindfulness/contemplative centers located on university/college campuses.

If you have information to share, we invite you to visit the following link to a very brief survey. We thank you in advance for your assistance!

https://unco.co1.qualtrics.com/jfe/form/SV_9Y7sxYt8c8DPvrU

NOW HIRING

From **Melissa Jean**:

Lesley University's Mindfulness Studies master's program is conducting a search for a full-time Assistant/Associate Professor of Mindfulness Studies (PhD or equivalent terminal degree required) to begin in Fall 2022.

Details about this position may be found on the Lesley job board:

<https://lesley.edu/about/work-at-lesley/job-openings>



Koru Mindfulness Teacher Training: Online! Teach Mindfulness to College and Graduate Students

From **Holly Rogers**:

November 8-12, 2021
8am - 1pm EST
Register by October 25

January 10-14, 2022
1pm - 6pm EST
10am - 3pm PST
Register by December 28

**ACMHE MEMBERS RECEIVE
10% OFF KORU TUITION
WITH CODE [ACMHE2122](#)**

Koru Mindfulness is the evidence-based curriculum developed at Duke University specifically for teaching mindfulness and meditation to college students and other emerging adults. More than 900 teachers in 13 countries around the world have now been trained to teach this exciting curriculum. The Koru Center prioritizes creating a diverse community of teachers to reach and inspire a diverse community of students. *ACMHE members will receive a 10% discount off their tuition by using the code [ACMHE2122](#) when they register.*

For more information and to apply, visit:
<https://korumindfulness.org>

Re-Emergence
of Racial Healing through the
Re-Connection
of Mindful Allyship

Tovi Scruggs-Hussein Sally Albright Green Grace Helms Kotre

The graphic features a central white box with a dark blue border containing the title in a mix of serif and sans-serif fonts. Below the box are three circular portraits of the workshop facilitators. The background is a colorful geometric pattern of triangles in shades of orange, yellow, green, and blue.

Re-Emergence of Racial Healing through the Re-Connection of Mindful Allyship

A contemplative workshop with
Tovi Scruggs-Hussein, Sally Albright Green,
& **Grace Helms Kotre**
Online via Zoom, Sunday, November 7, 11am-2pm EST

The 2021 ACMHE Conference is excited to host this contemplative workshop on its closing day to help us return to our institutions empowered with practices for embodying equity and taking action towards racial healing.

[Learn More & Register Here.](#)

News & Events

2022 Contemplative Practices for Higher Education Conference: Call for Proposals Now Open!

From **Juliet Trail**:

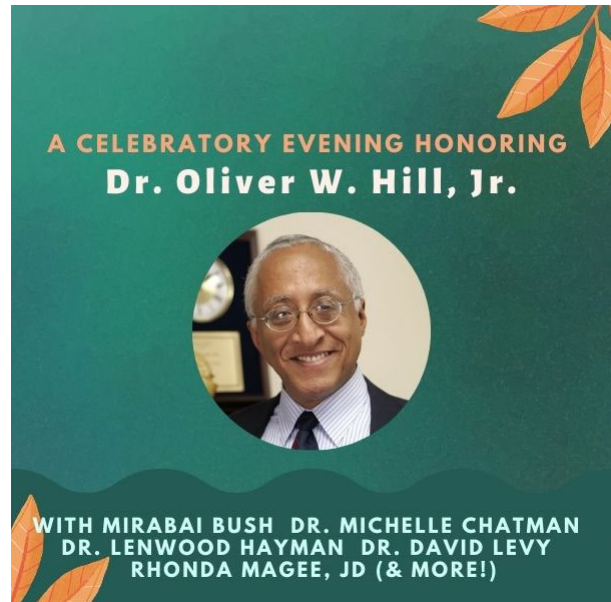
The 2022 Contemplative Practices for Higher Education (CPHE) Conference will be the ninth year we have offered an opportunity for a variety of contemplative practitioners to come together in order to share the good work they have accomplished within their respected fields. This gathering is sponsored by the Mid-Atlantic Contemplative Higher Education Alliance for Research, Teaching and Services (C-HEARTS). The intention of this conference is to foster and encourage the integration and sustainability of contemplative practices into our professional lives: in the classroom, in the research laboratory, in the office, in healthcare, in the arts, and in the workplace.

We invite contributions on contemplative practices within the higher education setting that have not been presented elsewhere. Proposals are due no later than Monday, December 6, 2021. Submitters will be notified no later than Friday, January 7, 2022.

Suggested areas include, but are not limited to:

- Contemplative pedagogy (CP) in higher education,
- CP-Research in arts, humanities, medicine, science, and technology,
- Leadership and management (e.g., university administration, campus-wide initiatives),
- Health and wellness,
- Antiracism, inclusion, and other social justice efforts,
- The environment and sustainability,
- Student communities and student life,
- Campus mindfulness.

Details of the CFP: <https://inside.msmary.edu/cphe/2022/call-for-proposals.html>



A Celebratory Evening Honoring Dr. Oliver W. Hill, Jr.

From **Carrie Bergman/CMind**

Longtime ACMHE member **Dr. Oliver W. Hill, Jr.** truly exemplified a contemplative mind in the many inspiring dimensions of his life. Join us online in a celebration of his memory through storytelling, music, meditation, and love!

Special guest speakers include **Mirabai Bush**, Dr. **Michelle Chatman**, Dr. **Lenwood Hayman**, Dr. **David Levy**, **Rhonda Magee**, and more to be announced.

Saturday, November 6th, 2021

7 – 8:30pm ET

Online, open to all

[RSVP Here for the Link](#)

4th Annual

Mindfulness in Society

Rebuilding for a Better Future



Presented by NHTI – Concord's Community College

This 4-part virtual speaker series invites you to explore how mindfulness can help us address challenges that have become central to our society over the last year. Personal and interpersonal insight can help build communities that foster connection, opportunity, health, and fulfillment.



Oct. 4 Vaishali Mamgain

Coming into Alignment: Visioning a Humane Post Pandemic World

We are acknowledging that “reality” as we knew it is different. But tapping into that and not sliding into what we consider “normal” requires us to pause and reflect on what that “normal” was, whether it was humane and just, and what changes we might affect to build a better future.



Oct. 11 Sara Flitner and Scott Rogers

The Role of Mindfulness in Transforming Communities

Learn how to strengthen community health by increasing focus, compassion, and critical thinking in major community sectors: nonprofit, civic, education, healthcare, business, law enforcement, arts, and emergency response.



Oct. 18 Jamie Bristow

Mindfulness: Meeting the Existential Challenges of the 21st Century

Mindfulness helps us reclaim and reorient attention towards what matters, reflect more wisely, and act from a place of collective purpose. In this session, we will explore a three-fold model for understanding how mindfulness supports human agency, our ability to act intentionally.



Oct. 25 Norman Farb

Befriending Breath: The Subtle Neuroscience of Breath Awareness

Breath monitoring is a foundational practice in contemplative traditions and secular adaptations such as modern mindfulness training, yoga, and progressive muscle relaxation. Why is monitoring the breath, an omnipresent body signal, so challenging and potentially transformative?

Each session runs from 5-6:30 p.m.

Cost: \$15 per session; \$50 for the full series

Sign up at [NHTI.edu/mindfulness](https://nhti.edu/mindfulness)

All money raised will support NHTI students through the NHTI Lynx Pantry, and NHTI Cares emergency fund.

Sponsors:



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AUGUST
LEARNING SOLUTIONS



The ACMHE is a multidisciplinary academic association with a membership of educators, administrators, staff, students, researchers and other academic professionals committed to the transformation of higher education through the recovery and development of the contemplative dimensions of teaching, learning and knowing.

The ACMHE promotes the emergence of a broad culture of contemplation in the academy, connects a broad network of academic professionals with online resources, and stimulates scholarship and research concerning contemplative pedagogy, methodology and epistemology within and across disciplines through initiatives and events including the annual ACMHE conference.

The ACMHE is an initiative of the Center for Contemplative Mind in Society, a 501-c(3) non-profit organization which works to integrate contemplative awareness and contemporary life in order to create a more just, compassionate, reflective, and sustainable society. For over 20 years, the Center has fostered the inclusion of contemplative practice and inquiry in colleges and universities.

