

**Behind-the-scenes**

Preparing for the Dalai Lama's visit involves many hands across the University. **Page 2**

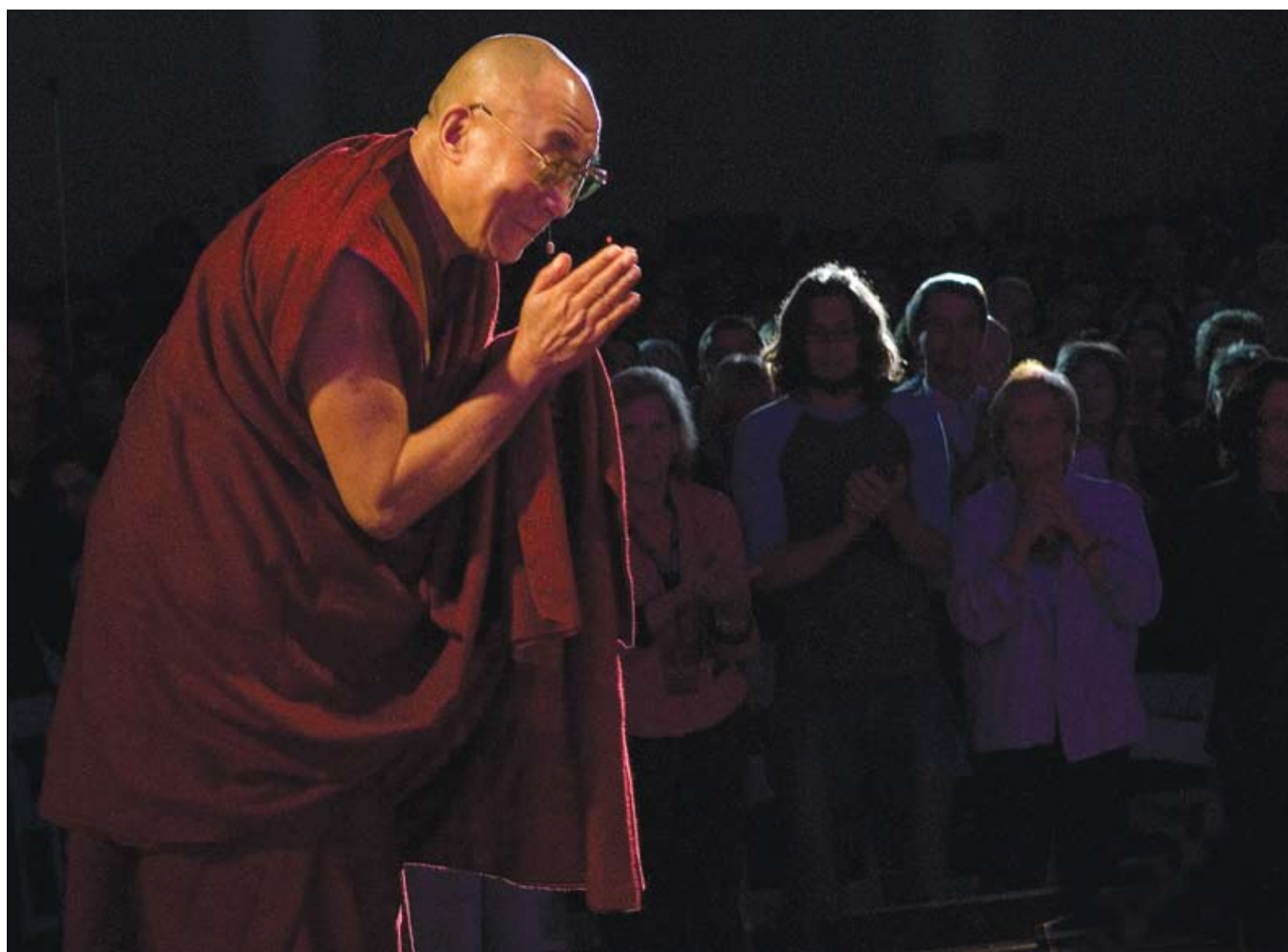
**Meditation for health**

A new study is looking at how stress can be mitigated. **Page 4**



Crossing cultures, changing paths	<b>3</b>
Teaching kids compassion	<b>4</b>
Religious leaders on happiness	<b>5</b>
The Dalai Lama on Twitter	<b>6</b>
Personal experiences	<b>7</b>

# 'The Professor' returns



KAY HINTON

## Dalai Lama's visit affirms the teaching and research of a special partnership

**Inside this issue**

As the campus prepares to welcome His Holiness the XIV Dalai Lama as Presidential Distinguished Professor on Oct. 17-19, this special issue of Emory Report chronicles the contributions of a unique partnership to teaching, research, scholarship, health care and social action.

By NANCY SEIDEMAN

Bringing together the "best of the Western and Tibetan Buddhist intellectual traditions" to create new knowledge for the benefit of humanity has been the goal of the Emory-Tibet Partnership since its inception more than a decade ago.

This lofty vision — shared by His Holiness the XIV Dalai Lama and the Emory community — is being realized in very

tangible ways, from a comprehensive science curriculum for Tibetan Buddhist monastics and student-scholar exchange programs, to compassion meditation studies that have further revealed the correlation between preventive practice and improved health.

Emory's close relationship with Tibetan institutions of higher learning and unparalleled access to distinguished Tibetan scholars has greatly

enhanced the University's Tibetan Studies Program, which focuses on Tibetan Buddhist philosophy and contemplative practices and is supported by a library of more than 30,000 volumes of Tibetan texts.

The Dalai Lama's second visit to Emory in his role as Presidential Distinguished

Please see **THE VISIT** page 2

## Science initiative melds best of East, West

By CAROL CLARK

When you're talking about cells, are you referring to their minds or their bodies?

The question from a Tibetan translator temporarily stumped Emory biologist Arri Eisen. In Tibetan, every organism has a mind and a body, and you have to be speaking about one or the other, explained Geshe Dadul Namgyal, a member of the team translating Western scientific concepts into the Tibetan language.

"I told him that Westerners don't usually think of cells as having a mind," Eisen recalls.

These are the sorts of conversations sparked by a groundbreaking program to bring the best of Western science to Tibetan Buddhist monastics, and the insights of Buddhist meditative practices to Western scientists.

Launched in 2006, the program recently became officially known as the Robert A. Paul Emory-Tibet Science Initiative (ETSI). It was the vision of Paul, the former dean of Emory College, and His Holiness the XIV Dalai Lama that led to the formation of the Emory Tibet-Partnership and the ETSI.

"It's the way globalization should happen — taking the best of different traditions and creating something new," says Eisen, director of Emory's Program in Science & Society, and one of many Emory science faculty who are involved with developing the ETSI.

"The enthusiasm and the commitment of the science faculty has been a huge gift," says Geshe Lobsang Tenzin Negi, director of the Emory-Tibet Partnership and co-director of the ETSI along with Preetha Ram, associate dean for pre-health and science education.

"It's amazing how smoothly the program has developed," Negi says. "The pieces keep coming together as we need them."

Emory faculty are developing special science curriculum for the monastics, and teaching it every summer at the Institute of Buddhist Dialectics in Dharamsala, India, the seat of the Tibetan community in exile. The faculty are working

Please see **ETSI** page 6

## Tibetan studies abroad program celebrates 10 years

By JEN CHRISTENSEN

Stephen "Pii" Dominick was well on his way to becoming a physicist when his decision to participate in the Emory Tibetan Studies Program in 2003 changed his life. The Emory student had always had an interest in Buddhism, but held off taking classes in the subject until he got into the

program in Dharamsala, India, the capital of the Tibetan exile community.

"I guess I didn't really have a strong sense of what I was going to encounter, but I knew I was interested in the subject," Dominick says. "Just a few weeks into the program, all of a sudden there was the Dalai Lama sharing his teachings with us. It was totally sur-

real. And it totally changed my focus."

And so it has been for many students. This is the program's 10th anniversary. To celebrate, 40 of its 120 students are coming back to campus for a reunion during the Oct. 17-19 visit of His Holiness the XIV Dalai Lama as Emory Presidential Distinguished Professor.

The study abroad program

was the first manifestation of the Emory-Tibet Partnership in Dharamsala, according to Director Tara Doyle. She launched the program in 2001 after The Coca-Cola Company gave Emory a grant to help internationalize the campus.

"We didn't feel the students

Please see **ANNIVERSARY** page 3



# The Visit

## Online extras: Webcasts, resources

Did you miss out on tickets to one of the events with His Holiness the XIV Dalai Lama?

You can view webcasts of any of The Visit 2010 programs as they become available online at [www.emory.edu/dalailama](http://www.emory.edu/dalailama), and select events will be video-streamed live on [dalailama.emory.edu](http://dalailama.emory.edu).

While these events are a remarkable opportunity to highlight many aspects of the relationship between the Dalai Lama and Emory, much of the work of the Emory-Tibet Partnership happens throughout the year. Visit [www.emory.edu/dalailama](http://www.emory.edu/dalailama) for more on the incredible programs happening as a result of this unique partnership:

- Learn about the Emory-Tibet Science Initiative and the ground-breaking research taking place on compassion meditation.
- View a sample of the 30,000 volumes of Tibetan texts that have been translated and preserved.
- Access iTunesU and try a course in the Tibetan language.
- See how Emory science faculty and scholars are developing a comprehensive program for educating Tibetan monks and nuns in science.
- Listen to Emory faculty perspectives on how the ancient traditions of Christianity, Judaism and Islam define happiness.

And Emory Report will continue to offer ongoing coverage, in articles and videos, at [www.emory.edu/emoryreport](http://www.emory.edu/emoryreport).

## EMORY report

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## Many hands help prepare for 'Visit' events

By SUZI BROZMAN

When His Holiness the XIV Dalai Lama visited Emory in 2007, the Office of University Events faced a gargantuan task. They were responsible not only for the "on stage" events, but every aspect of the visit.

**Suzanne Eden-Antola** and **Andrew Shahan**, events managers for the Office of University Events, commented about some of the challenges they face this time in what is being billed as The Visit 2010.

Eden-Antola described the recruitment and training of some 340 volunteers, who will be stationed around campus to assist the nearly 20,000 event attendees with everything from getting them onto the 36 buses hired for Oct. 18 and Oct. 19, to helping them find their seats in the Woodruff P.E. Center.

The excitement for Eden-Antola is heightened by anticipation. She is expecting the birth of her first child just five days after the Dalai Lama's visit.

Shahan says they are using the experience from 2007, "tweaking that and making it even better." He notes the importance of being "ready for virtually any scenario."

**Ann Borden**, executive director of Emory Photo/Video, will have her team of three photographers capturing everything, from official events to candid moments backstage and on. She covered the 2007 event and remembers, "It was an exciting time. The Dalai Lama is not distant, but very personable, engaged and friendly."

Her job is eased somewhat by the stage designed by University Events executive director **Michael Kloss**. It contains eight stationary unmanned cameras that will allow closer access with less distraction.

The Emory-Tibet Partnership, with the help of administrator **Jim Wynn**, is integrally involved with the Dalai Lama's visit, particularly the International Conference on Tibetan Buddhism taking place during The Visit. **Brendan Ozawa-de Silva**, a doctoral student and researcher,



KAY HINTON

The Dalai Lama visited the campus and the city in 2007.

was hired in 2007 to be the program coordinator for that visit. He also serves as associate director for Buddhist Studies and Practice at Drepung Loseling Monastery in Atlanta.

Ozawa-de Silva will accompany the Dalai Lama and the entourage for three days, smoothing the way, keeping everyone updated at their hotel and at events. He calls the schedule "packed, minute by minute." He has also been involved in educating volunteers and coordinating events, including the Compassion Meditation Conference, for which he is the organizer.

Another Emory-Tibet Part-

nership member involved is graduate student **Brooke Dodson-Lavelle**, who piloted a compassion meditation proram for youth in Atlanta's group foster care system with Ozawa-de Silva and others, and coordinated a comprehensive continuing education certificate program for The Visit.

With the influx of so many people on campus for Dalai Lama events, University Events has had to coordinate plans to keep campus life going during work and school days.

Classes will continue as normal, and buses shuttling visitors will keep traffic disruptions to a minimum, except on Dickey

Drive, which will be closed to general traffic to allow buses to drop off and pick up attendees.

Emory Catering is providing lunches for volunteers and selling box lunches for the all-day event on Monday. A recycling team will be on hand to clean up the entirely compostable boxes and packaging.

There will be extra sanitary facilities with running water. At the ready will be three sets of emergency personnel, an ambulance, and of course at Emory, there are always doctors in the house.

## THE VISIT: Celebrating the relationship

Continued from the cover

Professor is an opportunity to acknowledge formally the teaching and research that has taken place as a result of the relationship between Emory and Tibetan Buddhist institutions.

But the visit also is an occasion to celebrate the deep, personal ties that have been established over the years between two communities that have discovered, not surprisingly, that they share a commitment to nurturing human values as well as pursuing vigorous intellectual inquiry.

**Geshe Kalsang Damdul**, assistant director of the Institute of Buddhist Dialectics and co-director of the Emory Tibetan Studies Program in

Dharamsala, will be in Atlanta to celebrate the 10th anniversary of the program along with 40 Emory students and alumni who are returning to campus for a reunion.

"The crises and conflicts in the world are not due to a lack of educated people, but due to a lack of kind and responsible people," notes Damdul. "So we feel that Emory and the IBD have made some contribution in producing people who give value to humanness, compassion, truth and peace."

The values of mind, heart and spirit that are so much of the Emory ethos are exemplified in the learning and discovery that is emerging from bringing together Western and Tibetan Buddhist intellectual traditions.



Geshe Lobsang Tenzin Negi, His Holiness the XIV Dalai Lama and Bobby Paul

JON ROU



# The Visit

# 3

## ANNIVERSARY: Educating the heart and mind

Continued from the cover

were going abroad enough, particularly to nontraditional locations,” says Doyle, a senior lecturer in religion.

The spring semester Emory Tibetan Studies Program in Dharamsala – there is a second, a summer Tibetan Mind/Body Sciences program — is now considered one of the leading study-abroad efforts in the country. Students study language, Tibetan culture, religious practice and they have an opportunity to do Tibet-related research in the community. The semester-long program fully immerses American students in the life of the Tibetan exile community.

Emory partners with the Institute of Buddhist Dialectics in Dharamsala to facilitate the study-abroad partnership and exchange program. Institute Assistant Director Geshe Kalsang Damdul notes how both groups of students, through studying and living together, “have been able to learn each others’ way of life, social, culture and educational systems firsthand.”

“In this kind of human-to-human interaction,” he says, “both sides learned the importance of human values of kindness, hospitality, tolerance and openness as key to becoming happy individuals and good and responsible citizens of the world.”

It is that immersion that makes it so remarkable, says Doyle.

“When you are exposed to refugees who risk life and limb to come into exile to be educated, you recognize what an enormous sacrifice it is to learn. It blows our students’ minds,” Doyle says.

Emory Law student Elizabeth Ura agrees. She enrolled in the semester abroad as an undergraduate in 2005. “The program shows students how important it is to be a part of the global community,” Ura says. “Plus, living in a refugee community, you certainly learn not to take things for granted.”

Ura was so moved by the program, she decided to go back as a teaching assistant this past year. One of the more memorable occasions was the audience she got as a student with the Dalai Lama. “It’s almost overwhelming,” she says. “To be in a class with just him and 20 or so people and to get to ask him questions — that kind of access is amazing.”

Dominick has been back to Dharamsala four times, which has helped his work studying — not physics, but comparative philosophy for his PhD. “You can visit the [Tibetan] community as a traveler, but you aren’t as easily integrated into the community as we were,” he says. “What I encountered — intellectually, emotionally and spiritually — profoundly changed me.”



Emory Tibetan Studies Program alumni will have a reunion during the Dalai Lama’s visit.

SPECIAL

## Exchanges of cultures puts two students on different paths

### Kunjo Baiji

Kunjo Baiji is a Tibetan monk and resident of Dharamsala, India. For the next nine months, he will be a visiting scholar with the Emory-Tibet Partnership.

As a young child, he says he discovered he had a real aptitude for science. However, the intensive training required to become a monk kept him from his science studies. “I really missed it,” he says.

Now on the Emory campus, he’s enrolled in chemistry and biology classes. When not in the lab applying his knowledge to more hands-on work, he is instructing others on their meditation practices.

In addition to science, the visiting scholar program gives monks a rare chance to learn more about Western culture and to practice their English. Fortunately, he says, he has friends in the Emory Tibetan Mind/Body Sciences Program to help.

“They’ve been so good to me — especially in helping me understand some of the more complicated English on my



(Upper left) Kunjo Baiji next to the Dalai Lama.

SPECIAL

professors’ PowerPoint presentations,” Baiji says.

After Emory, he’ll go back and share what he has learned with his fellow monks in Dharamsala. “I love teaching, especially the young monks.”

### Blair Davis Burgess III

Only two months into his college education, Blair Davis Burgess III had an experience that would change the direction of his life. He met the Dalai Lama. His Holiness met with each member of Students for Free Tibet, including Burgess.

“I had joined the club for this moment,” Burgess says. “He touched my face when we met, then he blessed us. As I watched



Blair Davis Burgess III

SPECIAL

him interact with people, I wanted to know more.”

The math and political science major from Florence, Ala. decided to take advantage of Emory’s many opportunities to learn about Tibetan culture. He enrolled in a few classes and changed his study abroad plans.

“I thought I would go to Spain and work on my language skills, but when I learned about this program I knew I needed to go.”

He enrolled in the highly competitive Tibetan Mind/Body Sciences summer study abroad program in Dharamsala, India. There he studied Tibetan culture and mind-body sciences in the heart of the Tibetan exile community. He worked alongside monks and nuns in the community and tutored some of them. His research project there examined the kinds of support systems that were in place for refugee children in exile.

“This was the highlight of my academic career,” Burgess says.

—Jen Christensen

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## Study will see if calm mind can mean healthy body

By KATHI BAKER

A new study is under way at Emory testing the value of meditation in helping people cope with stress. The Compassion and Attention Longitudinal Meditation Study (CALM) will help scientists determine how people's bodies, minds and hearts respond to stress, and which specific meditation practices are better at turning down those responses.

"Anything that affects the normal functioning and integrity of the body tends to activate a part of the immune system that's called inflammation," says Charles Raison, associate professor in Emory's Department of Psychiatry and Behavioral Sciences, and principal investigator of the study.

"Inflammation includes processes that the immune system uses to deal with virus or bacteria, or anything foreign and dangerous," says Raison, clinical director of the Emory Mind-Body Program. "Data show that people who practice meditation may reduce their inflammatory and behavioral responses to stress, which are linked to serious illnesses including cancer, depression and heart disease."

Raison and principal contemplative investigator, Geshe Lobsang Tenzin Negi, senior lecturer in the Department of Religion, collaborated on a 2005 study at Emory showing that college students who regularly practiced compassion meditation had a significant reduction in stress and physical responses to stress. Negi, who is president and spiritual director of Drepung Loseling Monastery, designed the compassion meditation practices.

The success of the initial study led the pair to embark on the expanded protocol for adults.

The CALM study has three different components.

The main component, which is funded by a federal grant, is called the "Mechanisms of Meditation." This aspect of the study compares compassion meditation with two other interventions — mindfulness training and a series of health-related lectures. Participants are randomized into one of the three interventions.

A second component involves the use



A video looks at efforts under way at Emory to use compassion meditation to respond to stress; visit Emory Report online to watch.

COREY BROMAN-FULKES

of an electronically activated recorder (called the "EAR") that is worn by the participants before beginning and after completion of the meditation interventions.

The recorder will be used to evaluate the effect of the study interventions on the participants' social behavior by periodically recording bits and pieces of ambient sounds from participants' daily lives.

The third component involves neuroimaging of the participants to determine if compassion meditation and mindfulness meditation have different effects on brain architecture and the function of empathic pathways of the brain.

Secular compassion meditation is based on a thousand-year-old Tibetan

Buddhist mind-training practice called "lojong." Lojong uses a cognitive, analytic approach to challenge a person's unexamined thoughts and emotions toward other people, with the long-term goal of developing altruistic emotions and behavior toward all people.

Mastering meditation takes dedication and time.

"Meditation is not just about sitting quietly," says Negi. "Meditation is a process of familiarizing, cultivating or enhancing certain skills, and you can think of attentiveness and compassion as skills."

"Meditation practices designed to foster compassion may impact physiological pathways that are modulated by stress and relevant to disease."

**"Data show that people who practice meditation may reduce their inflammatory and behavioral responses to stress."**

— Charles Raison

Raison and Negi hope to show that centuries of wisdom about the inner mind and how to nurture it, combined with Western science about how the body and brain interact, will be tremendously helpful to humanity, personal well-being and health.

## Teaching kids compassion through meditation

By LESLIE KING

Compassion is not something you keep to yourself. Compassion meditation, a systematic method for cultivating emotional balance and pro-social behavior and highlighting interconnectedness, isn't either.

Wanting to share compassion meditation and its outcomes, two Emory graduate students developed pilot programs on this Tibetan Buddhist contemplative tradition in two educational settings, one in a private school and one in the foster care system.

Brooke Dodson-Lavelle and Brendan Ozawa-de Silva used the compassion meditation protocol designed by Geshe Lobsang Tenzin Negi, director of the Emory-Tibet Partnership, co-director of the Emory Collaborative for Contemplative Studies and spiritual director of Atlanta's Drepung Loseling Monastery.

Negi's protocol uses a cognitive, analytic approach to challenge a person's unexamined thoughts and emotions toward other people, with the long-term goal of developing altruistic emotions and behavior toward everyone.

Ozawa-de Silva and Dodson-Lavelle collaborated with teachers at The

Paideia School, an Atlanta-area private, independent school. They were invited by the school's consulting psychologist Barbara Dunbar.

The program, says Dodson-Lavelle, was for "children aged 5-8, an in-class program to see if we could systematically teach compassionate meditation, which encompasses qualities like empathy, perspective, impartiality, equanimity." It built on the mindfulness meditation the teachers there were already using.

"The kids," Dodson-Lavelle says, "were great! They got the concepts instantly."

Kelly Richards is the lead teacher for a class of 7- and 8-year-olds at The Paideia School. She noticed "how big the impact was on the kids; how perfectly comfortable they were with it."

"It really helps children in lots of ways, to get in touch with their feelings, to be kind and considerate and to pay attention," Richards says.

Jonathan Petrash, who co-teaches a class of 5-, 6- and 7-year-olds, says, "I really think it helps the kids [to] center. The biggest impact was around interpersonal dynamics — how to talk to friends, being open and closed, body language and what it tells us."

"We have tried to make it a part of our daily routine," Petrash says. "There is a real calm, settled feel in our classroom

with deeper and richer conversations. The kids are better able to show empathy, better able to show compassion."

Both Paideia classrooms were fascinated with compassion meditation's concept of "interconnectedness." Ozawa-de Silva brought in a sweater to illustrate the concept, pointing out all the different people involved in growing the material for the fabric, getting it to the producers, making the sweater, packing it, bringing it to the store.

"The kids saw how you are connected to so many people through objects. They really grasped that idea," Petrash says.

The second pilot program, developed and implemented by Ozawa-de Silva and Dodson-Lavelle, Negi and Charles Raison, clinical director of the Emory Mind-Body Program, was in early 2009 for youth in Atlanta's group foster care system.

Six girls, age 13-16, were trained in a six-week compassion meditation program, in which the goal, Dodson-Lavelle says, was to give them a sense of self-worth and hope.

Kids in foster care have "emotional problems and behavioral problems, such as connecting with adults, for a lot of different reasons," Dodson-Lavelle says.

The girls later told external reviewers of the program how powerfully the medi-

tation had helped them in their relationships. Dodson-Lavelle confirmed that one of the participants said the training transformed her relationship with her estranged adoptive mother.

Looking to the future, Dodson-Lavelle and Ozawa-de Silva plan to conduct a scientific study this spring to see what effect the pilot program had on the The Paideia School children.

"We have anecdotal evidence" that the teaching has a continuing effect, Dodson-Lavelle says.

The pair also wants to make a more systematic program and expand it into the public schools.

For the foster care program, "We want to bring in a training program for caregivers" in the foster system, Dodson-Lavelle says. "We see that as a crucial piece."

Compassion meditation is inspired by His Holiness the XIV Dalai Lama's long-held idea for an education of heart and mind, a vision for education that Emory fully shares, says Ozawa-de Silva.

The work will be presented to the Dalai Lama during the Compassion Meditation conference on Oct. 18.

The work was funded by philanthropist and benefactor Joni Winston through the Emory-Tibet Partnership.



# The Visit

5

## Religious leaders take an interfaith look at happiness

By APRIL L. BOGLE

Are human beings supposed to be happy? What is happiness? How is it achieved and supported, measured or mapped?

The Center for the Study of Law and Religion (CSLR) has been probing answers to these questions during its five-year Pursuit of Happiness Project. Through the lenses of historical, literary and religious texts, and through the rigors of the humane, social and exact sciences, researchers are shedding new light on these ancient questions.

“Originally, ‘happy’ meant ‘fortunate.’ But by Shakespeare’s day it had acquired the sense of personal fulfillment combined with contentment,” says Philip L. Reynolds, Aquinas Professor of Historical Theology at Candler School of Theology who is the project’s director.

Detailed findings about how happiness comes from forgiveness, compassion and living a virtuous life, among other topics, will be published during the next two years in eight new volumes (including “Intelligent Virtue” and “The Bible and the Pursuit of Happiness”) and dozens of journal articles.

In the meantime, CSLR experts have been taking the stage to discuss these concepts with the Emory community and the public at large. On Sept. 21, Patrick Allitt, Emory’s Cahoon Family Professor of American History, challenged the passage in the American Declaration of Independence “that all men...are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness.”

“I don’t suppose anyone here actually believes all that,” Allitt said to his audience in Tull Auditorium. “Even less do

they believe that they are ‘self-evident truths.’ Surely not: they are highly contentious propositions. At best, aspirations.”

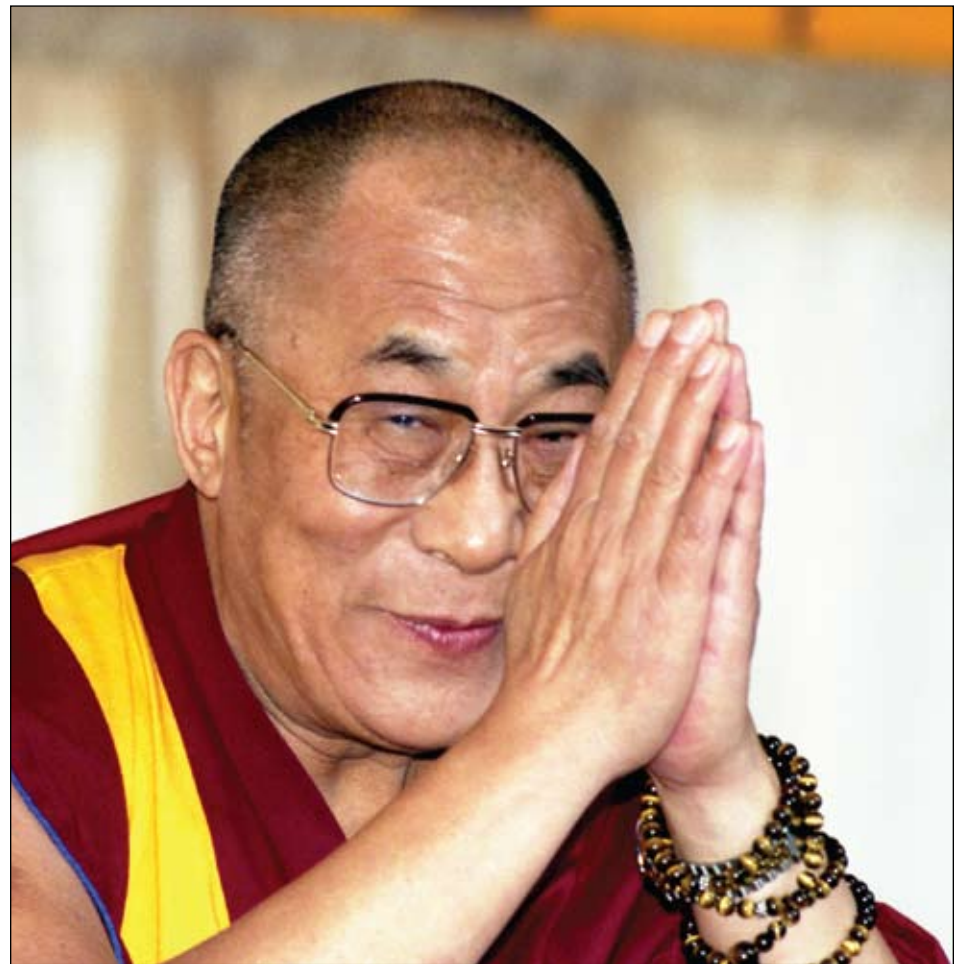
CSLR has asked the world’s most famous happiness expert, His Holiness the XIV Dalai Lama, to lead the project’s capstone event.

At the “Interfaith Summit on Happiness” on Oct. 17, the Dalai Lama will discuss happiness with other world religious leaders: The Most Reverend Katharine Jefferts Schori, the 26th Presiding Bishop of the Episcopal Church; Chief Rabbi Lord Jonathan Sacks of the United Hebrew Congregations of the Commonwealth; and George Washington University Professor Seyyed Hossein Nasr, a distinguished scholar of Islam.

According to the Dalai Lama, happiness is what life is all about. “I believe that the very purpose of our life is to seek happiness. That is clear. Whether one believes in religion or not, whether one believes in this religion or that religion, we are all seeking something better in life,” he states in “The Art of Happiness” (Riverhead Books, 1998).

Including an Asian religion in its spectrum is new for CSLR. “We are purposely widening our faith discussions beyond the West, consulting with the wisdom of the Buddhist tradition and comparing it with the Abrahamic traditions to deepen our understanding of the pursuit of happiness,” says John Witte Jr., Jonas Robitscher Professor of Law and CSLR director.

The debate continues after the summit. At 5 p.m. on Oct. 17, CSLR is hosting “Reception and Reflections on the Summit,” a panel discussion featuring CSLR experts and led by Krista Tippett,



The Oct. 17 Interfaith Summit on Happiness caps a multiyear research project at the Emory Center for the Study of Law and Religion.

KAY HINTON

host of NPR’s “Speaking of Faith” and “Being.”

The following day, Jefferts Schori, Sacks, Hossein, and The Venerable Matthieu Ricard, a world-renowned

Buddhist teacher and author, will present full academic papers on happiness from their respective religious traditions during the one-day conference, “Happiness in Interreligious Perspective.”

### What would you ask the Dalai Lama?

What would you ask His Holiness the XIV Dalai Lama? Questions representing the breadth and depth of the University’s academic community will be posed by video to the Dalai Lama at the “The Professor’s Office Hours” on Oct. 19. Based on questions submitted by faculty, staff and students, here’s a sampling of what the Emory community wants to know:

- How can we stop people using fear to incite extreme political reactions?
- You were put in charge of a country at the age of 15. How were you able to deal with being in charge of the country at such a young age?
- How can we address the degradation of the Tibetan natural environment separate from the fragile socio-political climate and work constructively with the Chinese to address this pressing need?
- What type of music do you like to listen to?
- What is your message, or advice, for the next Dalai Lama? And could you imagine that the next Dalai Lama, or any Dalai Lama, could ever be a woman?

—April Rim



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By AVIVA

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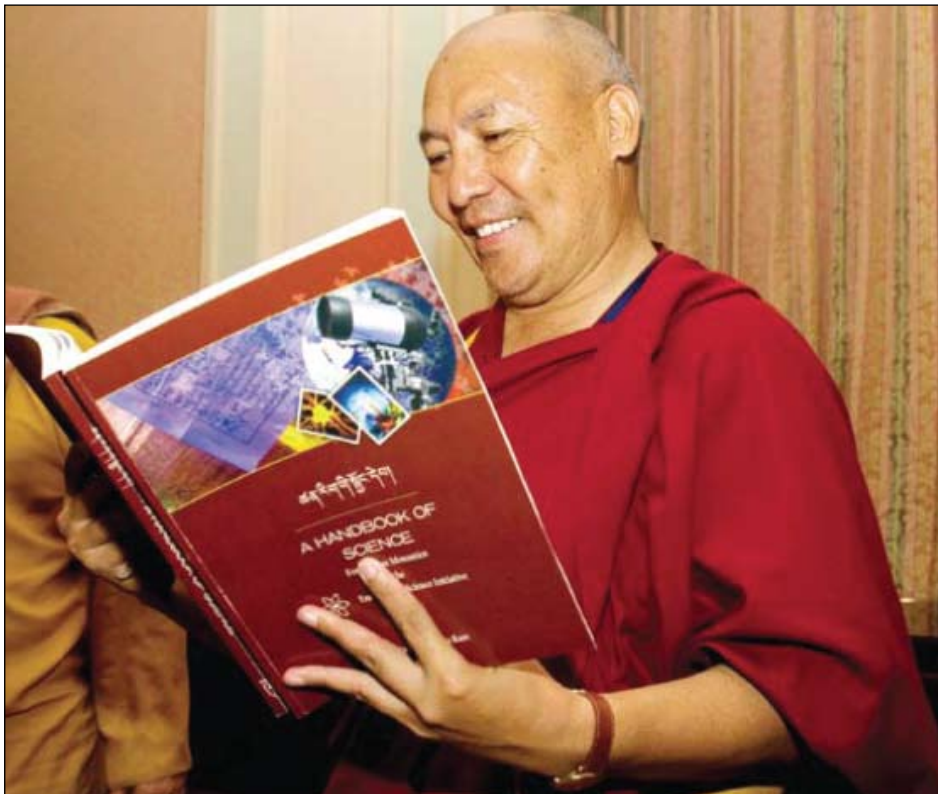


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## ETSI: Program refined to expand reach



**Geshe Lhakdor, director of the Library of Tibetan Works and Archives, looks at one of the early science textbooks created for the program.**

KAY HINTON

Continued from the cover

in conjunction with three Tibetan translators based at Emory, and five more at the Library of Tibetan Works and Archives in Dharamsala.

Prototype materials were created in English covering three areas: physics, neurosciences and the other life sciences. Work is under way to refine the curricula, based on feedback from faculty and the monastics as the program progresses. The long-term goal is to develop and translate five primers for each of these three areas, and eventually integrate the five-year science education program into Tibetan monasteries and nunneries throughout India. (The completed texts for the first-year primers for neurosciences and for the other life sciences were recently sent to the printers.)

Instruction of the first cohort of 30

monastics began in 2008. Six monks from this cohort are on the Emory campus this fall, where they will sharpen their English skills while gaining more exposure to Western-style science.

“We want to train monastics and other science educators in India to teach the curriculum themselves, so that the program becomes rooted in the community and doesn’t disappear,” Eisen says.

Each year, ETSI keeps expanding its reach. Its student body now includes 90 monks and nuns from 19 different monastic institutions.

“When ETSI first began, there was quite a bit of skepticism in the monastic community about the idea,” Negi says. “Now we’re seeing a 180 degree shift in that attitude. There is huge interest and enthusiasm among the major monasteries for making Western science part of their education.”

## Greeting, eating and other etiquette

University Events has issued a protocol for “do’s and don’ts” for those who may come in contact with His Holiness the XIV Dalai Lama.

- You may say “Tashi Delek. Welcome,” or just “Welcome.”
- Making direct eye contact is fine. So is shaking hands, but with two hands, not one.
- When addressing the Dalai Lama, say “Your Holiness,” or when speaking about him, say “His Holiness.” After that, you may say you or he.
- Pass or receive an item using both hands.
- When sitting, if you cross your legs, avoid pointing your feet toward the Dalai Lama.
- During meals, wait until the Dalai Lama begins eating or drinking before you do, unless the Dalai Lama specifically requests people to start.
- When the Dalai Lama enters or leaves a room, one should stand.
- Allow the Dalai Lama to sit first, and then take your seat.
- When leaving with the Dalai Lama staying, take a few steps back still facing him before turning to leave, rather than turning your back on him directly.
- Be yourself and be natural. The Dalai Lama relates to everyone as they are.



KAY HINTON

—Suzi Brozman



His Holiness the XIV Dalai Lama has embraced social media to spread the word of peace. Some fun facts:

- This year the Dalai Lama launched a Twitter feed, the day after he met Twitter founder Evan Williams. (Williams, of course, tweeted about the encounter: “Met the Dalai Lama today in LA. Pitched him on using Twitter. He laughed.”)
- @DalaiLama now has about 850,000 followers.
- The Dalai Lama also has a Facebook page.
- Currently he has almost 1 million fans.
- His most popular post? Receiving 39,411 comments on Sept. 7, it read:

“My true religion, my simple faith is in love and compassion. There is no need for complicated philosophy, doctrine, or dogma. Our own heart, our own mind, is the temple. The doctrine is compassion. Love for others and respect for their rights and dignity, no matter who or what they are — these are ultimately all we need.”

- Follow @EmoryUniversity #thevisit on Twitter the visit for coverage of his Emory events. Or visit Emory’s Facebook page for updates.

—April Rim

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FIRST PERSON ESSAYS

## Profound lessons learned in the presence of visionaries

By NANCY SEIDEMAN

After five years of immersion in the Emory-Tibet Science Initiative — from witnessing its inception to observing Emory faculty teaching monastics in India — I have learned what it means to be part of a university.

I have had the privilege of being in the presence of visionaries — not only the Dalai Lama and former Emory College Dean Bobby Paul — but all of the teachers, researchers, students, staff and monastics I have met along the way.

I have discovered that Tibetan Buddhist monastics are highly analytical and vigorous in their intellectual inquiry, creating a truly reciprocal relationship with our approach to scientific investigation. “And how do you know that?” is the constant question posed by monastics of the Emory faculty.

The medical journalist in me always wants the facts, the bottom line. In first writing about the initiative, I had difficulty in explaining what was meant by “bringing together the best of Western and Tibetan Buddhist intellectual traditions.”

I asked questions cautiously, embarrassed by my lack of knowledge, but then more boldly, encouraged by Emory faculty and Tibetan Buddhist scholars. I tried hard to get to “the answer,” particularly with Geshe Lobsang Tenzin Negi: “OK, so if this is true, then this

follows, and this is the conclusion, right?”

“Well yes, but not exactly,” would invariably be his reply as Lobsang proceeded to give me an appreciation for what is meant by layers and layers of knowledge. I learned to remain still and listen.

I am humbled and moved when Tibetan Buddhist leaders and teachers unfailingly talk about the goal of creating new knowledge within the context of its ultimate purpose — to benefit humanity. In my everyday life, I had never thought of my work being connected to such an aspiration. I learned to make connections.

The environment is my passion. Sitting in a Dharamsala classroom with Emory faculty and monastics, I perked up when monastic and science student Geshe Sonam Dakpa talked about his concern regarding global warming and what he is trying to do as an individual to conserve resources (including, with mixed success, to convince his fellow monks to turn off the water when brushing their teeth). When he tells me that solicitude for global water issues has “seeped into his heart,” I am reminded of our shared humanity.

So when the Dalai Lama referred to the science initiative as a “100-year project” in my presence, I smiled but did not blink. That’s another thing I learned from my Emory and Tibetan Buddhist colleagues and friends — to take the long view.



Nancy Seideman is associate vice president for University Communications and executive editor of Emory Report.

HAL JACOBS

## Monks’ eagerness to learn helps fulfill Dalai Lama’s goal

By P. V. RAO

Four years ago, when Emory entered into a partnership with Library of Tibetan Works and Archives in India to develop and implement a comprehensive science education curriculum for Tibetan monks and nuns, I was one of the first few faculty members who volunteered to join the Emory Tibet-Science Initiative.

The project is inspired by His Holiness the XIV Dalai Lama’s conviction that “a dialogue and cross-fertilization between science and spirituality is essential for enriching the human life and alleviating suffering.”

As a preliminary to participate in this program, I went to Himachal Pradesh in India in the summer of 2007 to teach elementary particle physics to a group of monks gathered by the Sager family foundation. That experience has given me the confidence that I can contribute to the development of this program.

When in January of 2008, His Holiness officially inaugurated the Emory-Tibet Science Partnership in a large gathering of Tibetan monks in South India, I was there to deliver the first lecture on cosmology.

Dr. John Malko and Dr. Jed Brody, my colleagues in the physics department, and Dr. David Finkelstein from Georgia Tech joined me in developing the physics and cosmology part of the curriculum.

We now believe that a five-year instruction on this and other subjects would be essential to build the necessary foundation for the monks so that they can have a general view of the scientific knowledge. More recently Drs. Tad Day, Rick Williamon and Paul Wallace joined

to help us in the teaching.

We are now busy writing the reading material suitable to serve as a text for the monks. These are translated into Tibetan language. When I went to India the first year to teach, there was a Tibetan translator to translate whatever I said in English. Only a few monks in the class knew some English.

Translation is an important key in the project. I wish the monks would receive sufficient education in English language early on in their monastic studies — then the window of opportunity to learn modern science will be wider.

The monks are very alert and eager to learn the new subjects. Their eagerness to ask many questions during the class and outside is a testimony for their commitment to learn and follow the recommendation of the Dalai Lama. In their monastic studies, debate is an important activity that helps them study their subjects critically and with understanding. I wish some of our own undergraduates at Emory followed that route in their classrooms!

Our stay in Himachal Pradesh, India, was a very pleasant experience. We, the faculty who went there, received red carpet hospitality. While enjoying the relaxed atmosphere I felt I was participating in a historic process that is beginning to take shape in the lives of Tibetan monks who are living in India.

Sometimes I wonder whether I was a Buddhist in my previous life, and if I am fulfilling the karma I had accumulated then in this present encounter with Buddhist monks.



P. V. Rao is associate professor of physics.

SPECIAL

## Tibetan translation team busy minting scientific lexicons

By TSONDUE SAMPHEL

Since the inception of the Emory-Tibet Science Initiative in 2006, a team of translators, based at Emory and the Library of Tibetan Works and Archives (LTWA) in Dharamsala, India, have been busy minting scientific lexicons in Tibetan and translating scientific materials prepared by ETSI’s science faculty.

With a good number of the initiative’s monastic students having little, and in many cases minimal, English language training, translation becomes an essential part of the initiative’s science education efforts. Moreover, given the larger goal of introducing a comprehensive science education into the monastic curriculum, production of scientific literature in Tibetan — including textbooks, reference materials, teaching tools and so on — takes an even more central role in this endeavor, which His Holiness the Dalai Lama once called “the 100-year project.”

The translation team, consisting of three translators at Emory and four at LTWA, labors hard to provide not only literary translations of course materials, such as syllabus, lecture notes and handouts of all sorts, but also in-class and on-the-spot translation of lectures, discussions and dialogues. The team has thus far translated materials for six textbooks and three primers, all of which will eventually be used in majority of the Tibetan Buddhist monasteries and nunneries in India.

The translators, or *lo-tsa-was* in Tibetan, have to grapple with words as simple as “switch,” which when translated into Tibetan not only becomes object-specific but rather quite cumbersome; to words loaded with meanings such as “process” that may seem easy to an English reader but carries a range of meaning not easily duplicable in a Tibetan translation.

Creating names for almost all of the brain parts and other anatomical features may seem daunting, but even more challenging is the coining of names for the thousands of molecules, chemical compounds and drugs, which will require developing a very systematic and thorough method, and a strong dosage of patience. The ETSI translation team has thus far avoided venturing into this solution (pun unintended) by taking the easy path of transliterating the names of chemical compounds. However, this in itself is another bitter medicine to take.

As daunting as it may seem, we can draw inspiration from our history and the precedence set by our pioneering *lo-tsa-was*, who not only translated and transported entire Buddhist thoughts from Indian languages and in the process created a whole new set of vocabulary, but were highly successful in capturing the Buddhist thoughts perfectly. We take comfort in the fact that Tibetan language is a very flexible and creative language.



Tsondue Samphel is a research assistant and translator for the Robert A. Paul Emory-Tibet Science Initiative.

ANN BORDEN



## Schedule

### TEACHING TO THE BUDDHIST COMMUNITY



**Sunday, Oct. 17, 9:45–11:15 a.m.**  
**Woodruff P.E. Center**

Witness a teaching to the region's Buddhist community. The Dalai Lama will explain the nature of compassion and the practices for cultivating it as understood in the Tibetan Buddhist tradition.

### INTERFAITH SUMMIT ON HAPPINESS



**Sunday, Oct. 17, 1:30–3:30 p.m.**  
**Woodruff P.E. Center**

His Holiness the Dalai Lama will open the forum with an address followed by responses from The Most Reverend Katharine Jefferts Schori, the 26th Presiding Bishop of the Episcopal Church; Chief Rabbi Lord Jonathan Sacks of the United Hebrew Congregations of the Commonwealth; and George Washington University Professor Seyyed Hossein Nasr, a world-renowned scholar on Islam. Krista Tippett, host and producer of the public radio program "Speaking of Faith," will moderate a discussion among the Dalai Lama and other panelists immediately following their presentations.

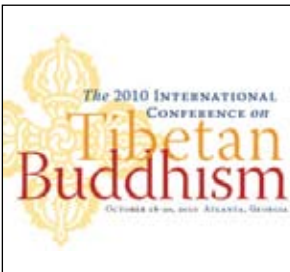
### CONFERENCE ON COMPASSION MEDITATION



**Monday, Oct. 18, 9:30–11:30 a.m. and 1:30–3:30 p.m.**  
**Woodruff P.E. Center**

This event will bring together researchers from leading universities to map the current field of compassion meditation research and to chart future directions as well as to discuss implementing this knowledge in educational and clinical settings. The Dalai Lama will participate fully in both sessions.

### INTERNATIONAL CONFERENCE ON TIBETAN BUDDHISM



**Monday, Oct. 18 -Wednesday, Oct. 20**  
**Emory Conference Center**

The first of its kind and scope, the International Tibetan Buddhism Conference will bring together the preeminent leaders, teachers, scholars and translators of Tibetan Buddhism from both traditionally Tibetan Buddhist areas and Western countries to engage in substantive discussion about the current state of Tibetan Buddhism in the modern world and how best to move forward collectively. His Holiness the Dalai Lama will inaugurate the conference and preside over the opening session.

### THE PROFESSOR'S OFFICE HOURS



**Tuesday, Oct. 19, 10–11:30 a.m.**  
**Woodruff P.E. Center**

Emory students, faculty and staff gather for a town-hall style conversation with His Holiness the XIV Dalai Lama, Presidential Distinguished Professor. Questions, representing the breadth and depth of Emory's academic community, will be posed to the Dalai Lama. President Jim Wagner will moderate the conversation.

### THE CREATIVE JOURNEY



**Tuesday, Oct. 19, 1:30–3:30 p.m.**  
**Woodruff P.E. Center**

Listen to Internationally known humanitarian and award-winning actor Richard Gere and Pulitzer Prize-winning author Alice Walker as they converse with the Dalai Lama on the symbiotic relationship between spirituality and the arts.

For more information, visit [www.dalailama.emory.edu](http://www.dalailama.emory.edu).

## Lessons in the sand

In a fascinating tradition of art and ceremony, a mystical representation of the universe, known as a mandala, is painted from colored sands. A mandala is a circle, often enclosing a square. The mandala's creation takes three to five days of painstaking work. A consecration ceremony concludes the creation, during which time the mandala is dismantled. The monks sweep up the colored sands to show the impermanence of all that exists.

These photographs were taken of mandala sand painting at the Carlos Museum during Tibet Week; this year the mandala sand painting live exhibition took place at the Drepung Loseling Monastery in Atlanta.

