

## Mystics and Scientists 32

### The Science of Happiness and the Experience of Bliss

#### BOOKING DETAILS

**Venue** University College, Winchester (formerly King Alfred's College) is set in attractive surroundings overlooking one of the oldest cities in Britain. One hour by train from London Waterloo.

#### Accommodation

*On site* - in single rooms. Please indicate if you require special accommodation considerations due to a physical disability.

*Off site* - we have reserved 20 en suite rooms at The Winchester Hotel, with a bed and breakfast rate of £140 per room for two nights. These rooms will be allocated on a first-come first-served basis and must be booked and paid for directly by delegates (i.e. not through the SMN office) in addition to the non-residential conference fee. Address: the Winchester Hotel, Worthy Lane, Winchester SO23 7AB, telephone 01962 709988/ fax 01962 840862. You will need to quote the booking reference SMN0449. The rooms will only be held until the end of January.

**Fees** Fees include accommodation (for residential delegates), lecture programme, and all meals. They are payable in full on booking. Vegetarian meals provided. A limited number of bursaries are available. Please apply in writing to the office, explaining your circumstances.

**Cancellations** A fee of £25 will be retained, or £75 after 10th March; after 18th March, no refund.

**Booking Places are strictly limited so early application is essential.** Send cheque for full amount, payable to "Scientific and Medical Network". Detailed information about the venue will be sent with the booking confirmation.

#### WE CANNOT GUARANTEE BOOKINGS MADE AFTER 25th MARCH

Please send to: **Conference Administrator, Scientific and Medical Network, PO Box 11, Moreton-in-Marsh, Glos GL56 0ZF. Tel: +44 (0) 1608 652000, Fax: +44 (0)1608 652001, Email: info@scimednet.org**

### BOOKING FORM

#### PLEASE WRITE IN BLOCK CAPITALS

Name

Address

E-mail

Phone

#### CONFERENCE OPTION

##### Members

Residential ..... £220.00

Non-residential ..... £185.00

##### Non-Members

Residential ..... £235.00

Non-residential ..... £200.00

Please send me a joining form and another leaflet so that I can enrol at the Members' rate

How did you hear about the conference?

**MEALS - are you?** Vegetarian  Vegan

**SPECIAL DIETARY REQUIREMENTS:**

##### PAYMENT OPTION

Cheque/Bank Draft/Money Order (payable to "Scientific and Medical Network")

Credit card (VISA or MasterCard)

Card No.:

Expires:  Security Code

Signature:



#### Dr. Carol Craig: *Positive Psychology: A Common Sense Perspective on Happiness*

Positive psychology aims to be a major development not just in psychology but in social science. It also aims to affect practitioners and the public by bringing the learning from the ivory tower to the main street. The Centre for Confidence and Well-being, run by Dr Carol Craig, is one of the main organisations in the UK to disseminate the findings and ideas from positive psychology. In this talk Carol Craig will briefly explain the history and main pillars of positive psychology and why her organisation has been keen to work with its ideas. She will outline how its research can be useful in counteracting the materialism of the age and empower individuals to make better choices for their lives. However, Carol will also warn of what she sees as the potential dangers of positive psychology particularly for young people.

**Dr Carol Craig** is Chief Executive of the Centre for Confidence and Well-Being which was launched in December 2004 at the highly successful Scotland's Tipping Point conference. Prior to taking up this post Carol ran her own training and development business specialising in personal and team development. Dr Craig is author of *The Scots' Crisis of Confidence*, and has recently written a second book entitled *Creating Confidence: a handbook for professionals working with young people* which has already generated a great deal of interest and publicity. Dr Craig is a leading figure in the field of Positive Psychology. She gave the keynote speech at the first ever Positive Psychology Conference, in Warwick 2007. Carol has a B.A. in politics from the University of Strathclyde and a Ph.D. in politics from the University of Edinburgh. In July 2006 she was awarded an honorary doctorate by the University of Abertay.

## THE ORGANISER

The Scientific and Medical Network was founded in 1973 by George Blaker, Dr. Patrick Shackleton, Dr. Peter Leggett and Sir Kelvin Spencer. The founders believed that neither orthodox religion nor conventional science was sufficient to answer pressing questions about human existence and the cosmos, and that new ways of thinking were needed.

The Network provides interdisciplinary education exploring the frontiers of science, consciousness and spirituality. It draws on a worldwide community of scientists, doctors, psychologists, engineers, philosophers and theologians to provide events, publications, and courses that link insights from the spiritual traditions and the arts, with the study and application of science and medicine.

www.scimednet.org

## MYSTICS & SCIENTISTS 32

# The Science of Happiness and the Experience of Bliss

3rd-5th April 2009

University College, Winchester



Chairs:

Dr. Peter Fenwick,  
David Lorimer

Speakers:

Rev. Dr. Matthew Fox, Lord Richard Layard,  
Dr. Carol Craig, Shakti Maira, Shantha and  
Devika Narendra Rao, Dr. Peter Malinowski



The Scientific and Medical Network

# The Science of Happiness and the Experience of Bliss

The Mystics and Scientists conferences have been held every year since 1978, and are dedicated to forging a creative understanding of the complementary roles of scientific and mystical approaches to reality. This year we are looking at the relationship between the emerging science of happiness and the personal experience of bliss, and have brought together some high profile speakers to address the conference. Matthew Fox is travelling specially from the USA to be with us. Matthew will expand on the implications for happiness of the Sacred Masculine, while renowned economist Richard Layard will elaborate on his groundbreaking work on economics and happiness, asking if our children can be happier than us. Artist Shakti Maira is coming from India and will bring an Indian philosophical perspective on beauty and bliss, which will be embodied by the Annapurna Dance Company later in the evening. Peter Malinowski will explain the neuroscience of happiness and meditation, while Carol Craig will give an overview of Positive Psychology. On Saturday afternoon Matthew Fox will be conducting a workshop focusing on the inner landscape of happiness. The programme will enable us to gain a comprehensive understanding of our theme, which is so important at both an individual and social level. We can look forward to a rich exchange, and the conference is sure to provide a highly engaging and creative opportunity to come together with like-minded people in a spirit of exploration and dialogue. It is open to all and we greatly look forward to your participation.

## SPEAKERS and PROGRAMME

### FRIDAY 3rd April

Opening Wine Reception followed by dinner and introductions



**David Lorimer:**  
*Can Happiness be Pursued?*

David Lorimer is Programme Director of the Scientific and Medical Network and Vice-President of Wrekin Trust. He is editor of *The Spirit of Science, Thinking Beyond the Brain and Science, Consciousness and Ultimate Reality*. His book on the Prince of Wales's philosophy and work – *Radical Prince* - has been translated into French, Spanish and Dutch.

### SATURDAY 4th April



**Rev. Dr. Matthew Fox:**  
*Happiness and Bliss and the Return of the Sacred Masculine*

Are men happy? Are women happy? Are men making women happy? Might both men and women be happier if both moved beyond a distorted view of masculinity and recovered more of the Sacred Masculine? Just as the Divine Feminine and the Goddess have returned through women's expanded consciousness in our time, so it is time that the Sacred Masculine, lagging behind and serving Empire-building in its present forms of

punitive fatherhood, be excavated and renewed. We will explore healthy and ancient archetypes and metaphors for awakening the Sacred Masculine.

**Matthew Fox** is author of 28 books including *Original Blessing; The Reinvention of Work; Creativity: Where the Divine and the Human Meet; One River, Many Wells: Wisdom Springing from Global Faiths; A Spirituality Named Compassion; A New Reformation!* He was a member of the Dominican Order for 34 years. He holds a doctorate (received summa cum laude) in the History and Theology of Spirituality from the Institut Catholique de Paris. Fox has taught at Stanford University, Vancouver School of Theology, Association for Transpersonal Psychology, California Institute of Integral Studies among other places. He is currently scholar in residence with the Academy for the Love of Learning headquartered in Santa Fe, New Mexico. Fox believes that by "reinventing work, education and worship we can bring about a non-violent revolution on our planet" and has committed himself to this vision for many years. A new book published in 2006 is called *The A.W.E. Project: An Educational Transformation for Post-Modern Times* lays out the elements of an educational revolution for young people that is based on his 30 years of educating adults with an alternative pedagogy based on cosmology, creativity and contemplation.



**Prof. Lord Richard Layard:**  
*Can our Children be Happier than Us?*

Richard Layard argues that there is a paradox at the heart of our lives. Most people want more income. Yet as societies become richer, they do not become happier. This is not just anecdotally true, it is the story told by countless pieces of scientific research. We now have sophisticated ways of measuring how happy people are, and all the evidence shows that on average, people have grown no happier in the last fifty years,

even as average incomes have more than doubled. Will our children overcome this paradox in view of the fact that the First World has more depression, more alcoholism and more crime than fifty years ago?

**Richard Layard** is Emeritus Professor of Economics at the London School of Economics, where he was until 2003 the founder-director of the Centre for Economic Performance. He now heads the Centre's Programme on Well-Being. Since 2000 he has been a member of the House of Lords. He is currently working on how to produce a happier society. His book *Happiness – Lessons from a New Science* was published in March 2005 and appears in 20 languages. He is coordinator of the Local Well-Being Programme in which three local authorities have introduced the Resilience Programme into the curriculum for their 11-year-olds, and will in due course be offering a guaranteed apprenticeship to all teenagers who want it. Richard Layard is an active member of the Children's Society Inquiry into The Good Childhood, and is drafting the Inquiry's Report.

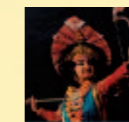


**Shakti Maira: Bliss & Beauty – An Indian Vision**

The purpose of philosophy in India is not knowledge but transformation. The word for philosophy – darshan – is 'seeing' and is most frequently used in the religious sense of going to a temple, to an image of a deity or to a guru. All of these are lenses through which one's vision is directed and focused to cognize reality more clearly. It was thought that the ultimate aim of consciousness is to experience 'Ananda' – bliss and transformative joy, and experiencing this was considered the heart of the aesthetic experience. The movement of the human spirit towards ananda furnished the central purpose of all the classical arts in India. The classical Indian aesthetic philosophy and its practice in the arts will be outlined

with an eye on the relevance of these ideas in the contemporary world, with a special emphasis on the connections between beauty and bliss – in the arts, and in other social and life systems.

**Shakti Maira** is a respected artist. He has had 24 one-person shows around the world and his work is in the collection of the National Gallery of Art in India, and in many private collections in India, Europe and USA. He has been engaged in children's education and development through art, and has conducted numerous workshops in schools in the US and India. In 2005 he helped organise the 'Learning through the Arts in Asia' symposium in New Delhi, and was subsequently invited by UNESCO to formulate the *Asian Vision of Arts in Education: Learning through the Arts*. Shakti has written extensively on art, aesthetics and education for newspapers and magazines, and in 2006 his book *Towards Ananda: Rethinking Indian Art and Aesthetics* was published by Penguin/Viking in India. It has developed a passionate following for pulling art out of its modern confusions and reconnecting it with everyday life and living.



**Shantha and Devika Narendra Rao, Annapurna Dance Company:**  
*Expressions of Ecstasy*

The evening performance will embody the title of Shakti's lecture, when the magical Annapurna Indian dancers share their close affinity with the God of dance Shiva and the joy of dancing, revealing an inner sense of liberation. The belief that life is part of great rhythmic process of creation, new beginnings and natural endings sparked the imagination of the ancient Hindus. And this is reflected in the dance of Shiva Nataraja, the great cosmic dancer. His dance embodies layers of symbolism, celebrating the bliss and eternity of life itself.

Shiva literally means auspiciousness, truth and beauty. Annapurna Indian dancers attempt to search this wonderful experience whilst bringing fresh interpretations of the mythology and mysticism behind their vibrant traditional and rhythmic dances using storytelling and stunning costumes.

### SUNDAY 5th April



**Dr. Peter Malinowski: The Happy Brain: The Psychology and Neuroscience of Meditation**

Studies from psychology and cognitive neuroscience suggest a variety of positive effects of sustained meditation practice on brain function, well-being and the experience of happiness. This talk will provide an overview of accumulating empirical evidence in this field and relate it to a theoretical framework of mental balance, well-being and sustainable happiness. It will show how ancient Buddhist ideas of extraordinary well-being and current psychological ideas of happiness can work in unison.

**Peter Malinowski** is senior lecturer in psychology and cognitive neuroscience at Liverpool John Moores University and experienced meditation teacher. Integrating psychological as well as physiological dimensions, his research aims at increasing the understanding how meditation practice benefits in a variety of non-clinical contexts.

