Metamorphosis

Create the Transformation We Need Now

A daylong public forum, gathering leaders and practitioners in the emergent field of contemplative-based social change

Thursday, November 9, 2023
Rockefeller University, 1230 York Avenue, New York City

GARRISON INSTITUTE
Metamorphosis
Program

8:00 a.m. – 9:00 a.m. | Caspary Auditorium
Check In

9:00 a.m. – 9:20 a.m. | Caspary Auditorium
Welcome Remarks

9:20 a.m. – 9:30 a.m. | Caspary Auditorium
Philip Glass “Metamorphosis” Performance (on video)

9:30 a.m. – 10:30 a.m. | Caspary Auditorium
Dialogues I
Contemplation & Transformation
Moderated by David Germano with Cynthia Bourgeault, Gyalwa Dokhampa and Tiokasin Ghosthorse.

10:40 a.m. – 11:40 a.m. | Caspary Auditorium
Dialogues II
A New Human Story for the Future
Moderated by Doug Abrams with Monica Gagliano, Dan Harris, David Sloan Wilson and Yuria Celidwen

11:50 a.m. – 12:45 p.m. | Locations to be determined
Immersion Sessions
You can choose to join one of the following in depth Immersion Sessions.

The Role of Contemplative Practice
Moderated by Cynthia Bourgeault and H.E. Gyalwa Dokhampa

Indigenous Worldviews on Transformational Change
Moderated by Yuria Celidwen and Tiokasin Ghosthorse

Inner Development to Outer Transformation
Moderated by Jamie Bristow and Dan Siegel

The Journey of Our Universe
Moderated by Mary Evelyn Tucker, John Grim and Marcelo Gleiser

The Role of the Media in Shifting the Narrative
Co-Moderated by Doug Abrams and Dan Harris

2:05 p.m. – 3:00 p.m. | Caspary Auditorium
Dialogues III
Regenerative Society & Economics for the Common Good
Moderated by Stephen Posner with Samuel Myers, Darrick Hamilton and Amanda Janoo

3:10 p.m. – 4:05 p.m. | Locations to be determined
Immersion Sessions
You can choose to join one of the following in depth Immersion Sessions.

Science, Spirituality and the Wisdom of the Elders
Moderated by Monica Gagliano

Reinventing the Common Good
Moderated by David Bollier

Relational Sensemaking
Moderated by Angel Acosta

Compassionate Systems Change
Moderated by Mette Boell

The Planetary Health Alliance
Moderated by Samuel Myers

4:15 p.m. – 5:15 p.m. | Caspary Auditorium
Dialogues IV
Holistic Resilience: Personal, Societal & Systemic
Moderated by Christa Tinari with Dan Siegel, Angel Acosta and Victor Koo

4:15 p.m. – 5:15 p.m. | Dining Hall
Dialogues V
Leadership for a New Paradigm in Business and Finance
Moderated by Sander Tideman with John Fullerton, Jennifer Pryce, Nathan Romano and Howard Fischer

5:25 p.m. – 5:45 p.m. | Caspary Auditorium
Live Performance by artist Laurie Anderson

5:45 p.m. – 6:15 p.m. | Caspary Auditorium
Harvesting Collective Insights
Moderated by Doug Abrams and Karen Doyle Grossman

6:15 p.m. – 7:30 p.m.
Catered Reception for All

Program may change after publication.
This forum is in honor of the Garrison Institute’s 20th anniversary. We are excited to invite you to celebrate the remarkable growth of the fields of contemplative-based change and systems thinking.

It is apparent that society and the natural world are in crisis on multiple fronts, and that humanity needs a course correction, developing our collective capacity to discern and elevate that which is life-sustaining over the self-destructive. Joanna Macy calls this “the Great Turning,” pointing us to the essential adventure of our time: the shift from the industrial growth society to a civilization designed to sustain life. We need metamorphosis, in which an emergent process of deep transformational change unfolds and reveals itself in fundamentally new ways.

As the Institute enters its third decade, it is working with many others to help usher in just such a metamorphosis — a transcendence of our current problems to a higher state and a better future. Metamorphic change is encoded into natural evolution and human brain development and has long been gestating in diverse social and environmental change movements. This emergent process is increasingly surfacing in surprising and hopeful ways. The Garrison Institute is marking its 20th anniversary with today’s Metamorphosis Forum, taking stock of this emergence and forging new collaborations to accelerate it.

Karen Doyle Grossman
Executive Director of the Garrison Institute
We live in times of enormous change, calling for radical new ways of understanding and acting in the world. Incremental change will not be enough; we will need a true Metamorphosis in how we sense our relationship to one another and with all life on this precious planet.

The Forum is intended to engage leaders, practitioners and all our participants, in a process towards transformational change. We intend to collectively co-create solutions, while being aware of the larger patterns of nature that we are part of. “Life creates the conditions conducive to life”, as Janine Benyus powerfully stated.

Therefore, we envision the forum not as a regular conference but as a real-life changing experience. “There is a great difference between comprehending the knowledge of things and tasting the hidden life of them”, wrote Quaker Isaac Pennington.

After a few opening remarks to frame the day, we will set a tone inspired by Philip Glass’s video performance of his renowned composition ‘Metamorphosis’, leading us into our first Dialogue on ‘Contemplation and Transformation’.

Our first Dialogue will give a voice to insights from contemplative traditions. What can we learn from them in the face of our current poly-crisis? What patterns of wisdom can help us in designing pathways forward?

In the second Dialogue on ‘The New Human Story for the Future’, we will explore what new narratives are emerging, to shift our collective worldview towards a more interconnected, resilient and compassionate world.

Following the second dialogue session, participants will have an opportunity to deepen their inquiry in one of the five Immersion Sessions offered. This will be a chance to engage in smaller groups, in open conversations led by inspiring leaders in their fields.

Lunch follows, a time in which to reflect on the themes of the morning or continue your conversations. In the afternoon, three more Dialogues are planned, as we continue to learn from leading scholars and practitioners, who are actively engaged in transformative change-making:

Dialogue session 3: Regenerative Society and Economics for the Common Good
Dialogue session 4: Holistic Resilience: Personal, Societal and Systemic
Dialogue session 5: Leadership for the New Paradigm in Business and Finance

All Dialogues will include an exchange with the audience. Throughout our day, we hope to bring in moments of reflection and inspiration, through poetry, story telling and music.

“Nothing retains the form that seems its own, and Nature, the renewer of all things, continually changes every form into some other shape. Believe my word, in all this universe of vast extent, not one thing has ever perished. All have changed appearance. Men say a certain thing is born, if it takes a different form from what it had; and yet they say that a certain thing has died, if it no longer keeps the same shape.”

Ovid – ‘The Metamorphoses’ 8 A.C.E.
Through our dialogues and immersion sessions, we will work together to create the conditions to move from possibility to actuality.

9:30 a.m. – 10:30 a.m. | Caspary Auditorium

**Dialogues I**

**Contemplation and Transformation**

Moderated by David Germano with Cynthia Bourgeault, Gyalwa Dokhampa and Tiokasin Ghosthorse

Earlier civilizations have experienced and learned from facing major crises with radical shifts. Indigenous and contemplative traditions hold vast reservoirs of wisdom accumulated over centuries filled with stories of intentional and transformational change, empowering people to embrace and work with change rather than resist and rebel against it. Our first Dialogue will give a voice to insights from these traditions. What can we learn from them in the face of our current poly-crisis? What patterns of wisdom can help us in designing pathways forward?
Dialogue Sessions

10:40 a.m. – 11:40 a.m. | Caspary Auditorium

Dialogues II
A New Human Story for the Future
Moderated by Doug Abrams with Monica Gagliano, Dan Harris, David Sloan Wilson and Yuria Celidwen

Civilization is an invention of the human imagination. As we transition to a thriving and sustainable relationship to our world and the rest of life we need new stories that can offer us a hopeful vision of a post-extraction world and a new relationship with one another and with the rest of life. Modern society is the first civilization in human history not to have a vision of where we come from, who we are, and where we are going. This panel will offer brief examples of potential future stories that can guide us to the world that we are trying to create together.

2:05 p.m. – 3:00 p.m. | Caspary Auditorium

Dialogues III
Regenerative Society and Economics for the Common Good
Moderated by Stephen Posner with Samuel Myers, Darrick Hamilton and Amanda Janoo

A regenerative society can restore and maintain balance during periods of rapidly-unfolding changes. As individuals and societies transition to new ways of being, regenerative systems can also be a source for replenishing reserves and creating the conditions for planetary health. This panel will feature diverse perspectives on how we can engage with systems change — in ecosystems, political economies, and internal systems of care and thought — in ways that regenerate health and well-being.
4:15 p.m. – 5:15 p.m. | Caspary Auditorium

**Dialogues IV**

**Holistic Resilience: Personal, Societal and Systemic**

Moderated by Christa Tinari with Dan Siegel, Angel Acosta and Victor Koo

Resilience is a natural quality of all living systems, and includes states of feeling, being, thinking, knowing, sensing, doing, embodying and relating. This dialogue will explore the relationships between these aspects of resilience, from multiple perspectives, highlighting how a holistic understanding can support and transform our individual and collective well-being.

- **Christa Tinari**
  Program Director,
  Contemplative-Based Resilience Project, Garrison Institute

- **Daniel Siegel, M.D.**
  Author, Founding Co-Director of the Mindful Awareness Research Center and Mindsight Institute

- **Angel Acosta, PhD**
  Program Director Garrison Institute Fellowship

- **Victor Koo**
  Co-founder of Tianren Culture, a next-generation social platform that focuses on supporting social enterprises, impact investing, and giving with positive global values

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4:15 p.m. – 5:15 p.m. | Dining Hall

**Dialogues V**

**Leadership for a New Paradigm in Business and Finance**

Moderated by Sander Tideman with John Fullerton, Jennifer Pryce, Nathan Romano and Howard Fischer

A regenerative society cannot be realized if business and finance continue to seek financial growth while ignoring the needs of society and the ecosystem. Business and finance are the heart of our economy, so they should create value not only for themselves, but also for their clients and society and nature at large from one integrated and coherent perspective. This will require a different attitude of leaders, capable of seeing the deeply interconnected and regenerative nature of life. We will explore what it takes to develop and demonstrate this new paradigm leadership.

- **Sander Tideman**
  Program Director Compassionate Leadership in Finance (CLiF), Garrison Institute and Founder Triple Value Leadership

- **John Fullerton**
  Founding Director of Capital Impact Institute, an Impact Investor and a leading Architect of the Regenerative Economics movement

- **Jennifer Pryce**
  President and CEO of Calvert Impact, a global nonprofit investment firm, focusing on equitable climate solutions and systems change

- **Nathan Romano**
  President of Atalaya Capital and President Emeritus of the National Alliance on Mental Illness (NAMI)

- **Howard Fischer**
  Founder and CEO of Gratitude Railroad and Founder of Basso Capital

www.garrisonmetamorphosis.org
We invite you to engage in an immersion sessions of your choice in which you can more deeply explore themes on transformation.

**Morning Session**

11:50 a.m. – 12:30 p.m. | Locations to be determined

- **The Role of Contemplative Practice**
  - Cynthia Bourgeault, modern day mystic, Episcopal Priest and Author, Gyalwa Dokhampa, Spiritual Master of the Drukpa Order of Buddhism in Bhutan, and Victor Koo, Co-founder of Tianren Culture

- **Indigenous Worldviews on Transformational Change**
  - Yuria Celidwen, Senior Fellow at the Othering and Belonging Institute, UC Berkeley

- **Inner Development to Outer Transformation**
  - Jamie Bristow, Leader Public Policy at the Inner Development Goals, with Dan Siegel, Author, Founding Co-Director of the Mindful Awareness Research Center and Mindsight Institute

- **The Journey of Our Universe**
  - Mary Evelyn Tucker and John Grim Co-Founders of the Forum on Religion and Ecology at Yale University and Marcelo Gleiser, Professor of Natural Philosophy, Physics and Astronomy at Dartmouth College

- **The Role of the Media in Shifting the Narrative**
  - Doug Abrams, Author, Editor, Literary Agent, and Dan Harris, Author of 10% Happier

**Afternoon Session**

3:05 p.m. – 4:00 p.m. | Locations to be determined

- **Science, Spirituality and the Wisdom of the Elders**
  - Monica Gagliano, Author and Research Professor of Evolutionary Ecology

- **Reinventing the Common Good**
  - David Bollier, Director of the Reinventing the Commons Program at the Schumacher Center for New Economics

- **Relational Sensemaking**
  - Angel Acosta, Program Director Garrison Institute Fellowship

- **Compassionate Systems Awareness**
  - Mette Boell, Co-founder and Director Center for Systems Awareness

- **Planetary Health Alliance**
  - Sam Myers, Director of the Planetary Health Alliance, Harvard University

— Yuria Celidwen

“We need a new ‘ethics of belonging,’ encouraging awareness, intention, and relational wellbeing, so that our actions will contribute toward planetary flourishing. This ethos orients us toward an ever-expansive unfolding of a path of meaning and participation rooted in honoring Life.”

— Yuria Celidwen
Inspiration

Throughout the day we’ll offer inspiring moments with composer Philip Glass, a performance by artist Laurie Anderson, poetry by Plum Village monks, and words of wisdom from renowned author Joanna Macy.

“The Great Turning cannot take root and survive without deeply ingrained values to sustain it. They must mirror what we want and how we relate to Earth and each other. They require, in other words, a profound shift in our perception of reality—and that shift is happening now, both as cognitive revolution and spiritual awakening.”
— Joanna Macy

Philip Glass
Renowned composer and pianist. Widely regarded as one of the most influential composers of the late 20th century.

Laurie Anderson
Artist, Composer, Musician, Electronic Literature Writer and Film Director whose work spans performance art, pop music, and multimedia projects.

Joanna Macy
Renowned environmental activist and scholar of Buddhism, general systems theory and deep ecology. Author of highly acclaimed books such as “World as Lover, World as Self.”
Since its founding in 2003, the Garrison Institute's mission has been to apply skills and wisdom cultivated through contemplative practice, together with new insights from science, to today's urgent social and environmental challenges, leveraging transformational change and helping build a more compassionate, resilient future.

Contemplation infuses our actions with the awareness that we live in a relational world, where everyone and everything is connected and interdependent. This awareness can help shift behaviors and mindsets and enable deep change.

The Institute serves as convener, sanctuary, learning hub, incubator, collaborator, and connector for an emerging field of contemplative-based changemaking.

Current initiatives include Pathways to Planetary Health which addresses global environmental issues; Contemplative Based Resilience for caregivers, humanitarian aid workers, and helping professionals; and the Garrison Institute Fellowship, a collaboration and leadership development hub for next-generation changemakers.

To learn more visit www.garrisoninstitute.org.
The Garrison Institute is profoundly grateful for the vision and generosity of our sponsors and partners who have made the Metamorphosis Forum possible.

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**Yale Forum on Religion and Ecology**
“Today, in the 21st century, science and spirituality have the potential to be closer than ever and to embark upon a collaborative endeavor that has far-reaching potential to help humanity meet the challenges before us.”
— The Dalai Lama