



# 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

*"We will have to redefine how we see ourselves and our relationship to each other and to the rest of the community of life on Earth. Only by changing our cultural narrative can we transform our vision of the future and heal our relationship with life as a whole."*

— Daniel Christian Wahl



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# Why we do this

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. As we launch our third decade with this daylong public forum in New York City, you will have the opportunity to co-create with an extended community of leaders and practitioners the conditions enabling a more rapid advancement of the social and environmental solutions the world needs today.



# Metamorphosis

## The Great Turning

It's apparent that society and the natural world are in crisis on multiple fronts, and that we need a course correction from self-destructive to life-sustaining. Our colleague Joanna Macy calls this "the Great Turning," which is a name for the essential adventure of our time: the shift from the industrial growth society to a life-sustaining civilization. We now need metamorphosis, where an emergent process of deep transformational change unfolds and reveals itself in fundamentally new ways.

## Accelerating Networks and Community

Our intention for the Metamorphosis Forum is to create a community of leaders, thinkers, and doers who can collectively reflect, reorganize, and emerge stronger. We will be able to pollinate and cultivate a rich new world of deep social and environmental change which is already underway.

## Acting Now

That's our invitation to you. Your work is crucial, and it's crucial you don't do it alone. Please join us on November 9th for a chance to connect, reflect, and prepare for the next level of contemplative-based changemaking.

*"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

# The Heart of Our Approach

## DIALOGUES:

### “Contemplation & Transformation”

Moderated by **David Germano**, Professor of Buddhist Studies, Center for Contemplative Science and Studies, University of Virginia

### “The New Human Story for the Future”

Moderated by **Doug Abrams**, author, publisher and founder of Idea Architects

### “Regenerative Society & Economics for the Common Good”

Moderated by **Stephen Posner**, Program Director, Pathways to Planetary Health, Garrison Institute

### “Holistic Resilience: Personal, Societal & Systemic”

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

### “Compassionate Leadership in Business, Finance & Society”

Moderated by **Sander Tideman**, Program Director, Compassionate Leadership in Finance (CLiF), Garrison Institute

Through our dialogues and immersion sessions, we will work together to create the conditions to move from possibility to actuality.

Some of our key panelists and speakers:



**Tiokasin Ghosthorse**

Activist, Advocate, Musician and Executive Producer of “First Voices Radio.” Member of the Cheyenne River Lakota Nation



**Monica Gagliano, PhD**

Author and Research Professor of Evolutionary Ecology. She pioneered the research field of plant bioacoustics and extended the concept of cognition to plants



**Daniel Siegel, M.D.**

Author, Founding Co-Director of the Mindful Awareness Research Center and Mindsight Institute



**Tamara Toles O’Laughlin, JD**

Environmental Activist and CEO of the Environmental Grantmakers Association



**Sander Tideman**

Program Director Compassionate Leadership in Finance (CLiF), Garrison Institute



**Howard Fischer**

Founder and CEO of Gratitude Railroad and Founder of Basso Capital

# Metamorphosis

*"Amid all the doom-laden exhortations to change our ways, let us remember that we are striving to create a more beautiful world, and not sustain, with growing sacrifice, the current one. We are not just seeking to survive. We are not just facing doom; we are facing a glorious possibility."*

— Charles Eisenstein



**Laurie Anderson**

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



**David Sloan Wilson**

Distinguished Professor Emeritus of Biological Sciences and Anthropology at Binghamton University



**Stephen Posner**

Program Director Pathways to Planetary Health, Garrison Institute



**Amanda Janoo**

Economics and Policy Lead at Wellbeing Economy Alliance



**Yuria Celidwen, PhD**

Scholar, Advocate and Senior Fellow at the Othering and Belonging Institute, UC Berkeley. An Indigenous voice for contemplative insight



**Samuel Myers, MD, MPH**

Professor at the Bloomberg School of Public Health, Director of the Institute for Planetary Health, Johns Hopkins University, and Director of the Planetary Health Alliance



**Doug Abrams**

Author, Editor, Literary Agent, and truth hunter who is committed to helping catalyze the next evolutionary stage of our global culture



**David Francis Germano**

Professor of Tibetan and Buddhist Studies at the Center for Contemplative Science and Studies at the University of Virginia



**Cynthia Bourgeault**

A modern day mystic, Episcopal Priest, Author, and internationally acclaimed Retreat Leader, working "at the depths where the great traditions embrace each other"



**Gyalwa Dokhampa**

Contemporary Spiritual Master of the Drukpa Order of Buddhism in Bhutan and an eminent Teacher of Buddhist philosophy and practice across the world



**John Fullerton**

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



**David Bollier**

Director of the Reinventing the Commons Program at the Schumacher Center for New Economics



**Jamie Bristow**

Former Director of Mindfulness Initiative in the UK, Clerk to the UK's All-Party Parliamentary Group on Mindfulness. He leads Public Policy at the Inner Development Goals



**Nathan Romano**

President of Atalaya Capital and President Emeritus of the National Alliance on Mental Illness (NAMI)



**Dr. Sará King**

Mother, Neuroscientist, Medical Anthropologist and Meditation Instructor



**Christa Tinari**

Program Director Contemplative-Based Resilience Project, Garrison Institute

See all speakers on: [www.garrisonmetamorphosis.org](http://www.garrisonmetamorphosis.org)

# Immersion Sessions

We invite you to engage in a number of immersion sessions of your choice in which you can more deeply explore various themes on transformation.

*"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



## Indigenous Worldviews on Transformational Change

**Yuria Celidwen**, Senior Fellow at the Othering and Belonging Institute, UC Berkeley



## The Journey of Our Universe

**Mary Evelyn Tucker and John Grim**, Co-Founders of the Forum on Religion and Ecology at Yale University



## Planetary Health Alliance

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



## Relational Sensemaking

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



## Reinventing the Common Good

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



## The Responsibility of the Media

**Doug Abrams**, Author, Editor, Literary Agent, and truth hunter



## The Inner Development Goals

**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



## Compassionate Systems Awareness

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



## Science & the Wisdom of the Elders

**Monica Gagliano**, Author and Research Professor of Evolutionary Ecology



## The Role of Contemplative Practice

**Cynthia Bourgeault**, modern day mystic, Episcopal Priest and Author, and **Gyalwa Dokhampa**, Contemporary Spiritual Master of the Drukpa Order of Buddhism in Bhutan

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**.

# What will you learn?

### METAMORPHOSIS

*"If it is to be more than just  
a new variation on the old  
degeneration, it must be  
above all an expression  
of life in the process of  
transforming itself."*

— Václav Havel

Today, the world needs this work more than ever. It is work that none of us can do alone. Our goal for the forum is to catalyze a shift in consciousness, focused on new strategies for deep economic, social, and environmental change. We hope to contribute to a true Metamorphosis, transforming despair into hope, and crisis into a positive future.

- Make connections with people and organizations doing critical work in inner development and societal and systems change.
- Share best practices with researchers, policy makers, practitioners, and change leaders.
- Develop a new, integrative framework for a fresh worldview that will unleash courage and inspiration to think big and act boldly.

*"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

# Registration

[www.garrisonmetamorphosis.org](http://www.garrisonmetamorphosis.org)

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## Host



GARRISON INSTITUTE

The Garrison Institute's mission is to apply the skills and wisdom cultivated through contemplative practice, together with the insights emerging from science, to address today's urgent social and environmental challenges, helping build a more compassionate, resilient future.

## Location

THE ROCKEFELLER UNIVERSITY

The world's leading biomedical research university, Rockefeller draws top scientists and graduate students from around the world in pursuit of one mission: to conduct science for the benefit of humanity.

## Partners

The Planetary Health Alliance, Harvard University

Reinventing the Commons

Mindsight Institute

Inner Development Goals

The Capital Institute

Center for Systems Awareness

Wellbeing Economy Alliance

Yale Forum on Religion and Ecology