Meditation and Compassion: Skills for a Happier Life

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”
— Dalai Lama XIV, “The Art of Happiness”

Compassion means “to suffer together.” It involves recognizing another’s suffering and being moved to help relieve it. Compassion is often viewed as a gift that we give others. However, research has shown that when we help others, we are also happier ourselves. The challenge is to learn to experience compassion without being overwhelmed by others’ pain. Weaving together philosophy, science and spirituality, Tibetan meditation expert Alejandro Chaoul, Ph.D., will demonstrate meditative practices to help you relax and remain present, effective and compassionate.

Drawing on Dr. Chaoul’s more than 25 years of training and meditative experiences, this course is ideal for parents, caregivers, healthcare providers, teachers or anyone who wants to explore the role meditation can play in connecting more deeply to oneself and to others.

Co-Sponsors: Asia Society Texas Center, Ligmincha Texas Institute for the Tibetan Meditative and Healing Arts, Rice University Chao Center for Asian Studies, Rice University Department of Religion

COURSE DETAILS:
Section Dates: Two Fridays, April 8 and 15, 2016, 4-6 p.m.
Fee: $108  For Rice alumni: $97  CEUs: 0.4  Limited enrollment

Instructor: Alejandro Chaoul, Ph.D., who has trained with Tibetan lamas since 1989, is an assistant professor and director of education in the integrative medicine program at The University of Texas MD Anderson Cancer Center, where he is involved in research using Tibetan mind-body techniques with cancer patients and facilitates meditation for cancer patients and their caregivers, as well as staff and faculty. Dr. Chaoul is also associate faculty at the McGovern Center for Humanities and Ethics at The University of Texas Medical School at Houston. He holds a Ph.D. from Rice University focusing on Tibetan spiritual traditions.