

# **Dalai Lama Affiliated Events - UNI 2010 - Joy Cole Corning Distinguished Leadership Lecture Series**

## **Tibetan Exhibit**

April 22 - May 22

Normal business hours

University Book and Supply

This exhibit originated at the Tibet Museum in Dharamsala, India, one of the exile communities for the Tibetan people and the current home of His Holiness the 14th Dalai Lama of Tibet. It features a series of panels depicting a journey, based on the Tibetan perspective, through Tibet's history, including an introduction to Tibet, life in Tibet before the Chinese takeover, the current conflict with the Chinese and Tibetans in exile.

## **Webinar: The Dalai Lama: A Sacred Tradition**

Wednesday, May 5

Noon - 1 p.m.

Register at [www.uni.edu/pantherspeakers](http://www.uni.edu/pantherspeakers)

UNI is offering a special presentation via the Web about the cultural, political and philosophical traditions of the Dalai Lama. The presentation will discuss him as an individual and what he represents to the Tibetan people and the world. Part of the discussion will focus on non-violence, an important element of his universal message. Presenters include The Venerable Geshe Thupten Dorjee, a Buddhist monk and instructor at the University of Arkansas; Sidney Burris, director of the Fulbright College Honors Program and the Religious Studies Program at the University of Arkansas; and Jeannie Steele, professor of curriculum and instruction at UNI.

## **Peace Flag Family Workshop**

Saturday, May 8

1:30-3:30 p.m.

Hearst Center for the Arts, Cedar Falls

Tuition cost is \$12 for one child and one adult and \$5 for each additional person

Sponsored by UNI Art Education Department and the James & Meryl Hearst Center for the Arts

Using different forms of stenciling and printmaking, attendees will create flags with symbols of peace and harmony as seen through the eyes of a child. Each child is invited to create two flags; one to take home and the other to be included in a display at the McLeod Center at UNI to greet His Holiness the Dalai Lama when he speaks.

For more information or to register for the workshop call the Hearst Center for the Arts at 319-273-8641, or visit online at [www.hearstartcenter.com](http://www.hearstartcenter.com) and click on the Leisure Link.

### **Welcome Reception**

Monday, May 17

6:30 - 9 p.m.

Gallagher-Bluedorn Performing Arts Center

The university is hosting a reception for guests to learn more about the sand mandala, as well as other cultural, political and philosophical traditions of the Dalai Lama. The Venerable Geshe Thupten Dorjee will speak at 7 p.m., light refreshments will be available as well as visitor information about the Cedar Valley community.

### **Workshop: Meditation in the Tibetan Tradition - Why and How to Meditate**

**Wednesday, May 19**

7 - 8:30 p.m., no charge, however registration is recommended as seating will be limited to the first 30 attendees. Call 266-7581.

University Book and Supply

Join Vilma Staiano for a class about the benefits of meditating and the preliminaries to a successful meditation. Learn to do one of the most popular meditations practiced in Tibetan

monasteries without leaving your chair! Staiano has been studying in the tradition of the Dalai Lamas for 17 years. She has completed the Asian Classics Institute course of study in New York City and is presently in the last term of Advanced Buddhist Studies at Diamond Mountain University in Arizona. She has been teaching for 10 years.

### **Philosophy of the Dalai Lamas**

Thursday, May 20

Noon - 1:30 p.m., no charge, however registration is recommended as seating will be limited to the first 30 attendees. Call 266-7581.

University Book and Supply

What are the principles of the ancient Tibetan tradition by which His Holiness the Dalai Lama lives and that guide his decisions? Do they have any relevance to a 21st century American? Vilma Staiano leads discussion; she has been studying in the tradition of the Dalai Lamas for 17 years. She has completed the Asian Classics Institute course of study in New York City and is presently in the last term of Advanced Buddhist Studies at Diamond Mountain University in Arizona. She has been teaching for 10 years.

### **Past Events**

#### **Community Conversations**

Community Conversations based on the following books will be held at University Book & Supply, 1009, W 23rd Street, Cedar Falls from noon to 1 p.m. each date. Preregistration is required; a book purchased

at UBS holds the reservation, limit of 30 per session. Bring your lunch. Call 319-266-7581 for more information. "Freedom in Exile," "The Art of Happiness in a Troubled World," "The Art of Happiness at Work" and "Ethics for the New Millennium" have been discussed.

### **The Truth About Media Violence: What TV Won't Tell You**

Guest Lecturer Doug Gentile

Wednesday, April 21, 7 p.m.

Maucker Union Ballroom

Sponsored by the Center for Social and Behavioral Research and the Department of Sociology, Anthropology and Criminology

Douglas Gentile is a research scientist, author, award-winning educator, and is an assistant professor of developmental psychology at Iowa State University. He manages the Media Research Lab at ISU where he conducts research on media's impact on children and adults. As the leader of this effort, he develops and conducts research projects designed to give parents and other caregivers the kind of information they need and want to make informed media choices for their children.

### **Meditation Lesson and Practice**

Saturday, April 17, 1:30-2:30 p.m.

Wellness Recreation Center, Rm. 176

Join a meditation lesson and practice led by visiting scholar The Venerable Geshe Thupten Dorjee, instructor, University of Arkansas and Tibetan Cultural Institute of Arkansas co-founder. Meditation practice can help you achieve a higher state of consciousness, greater focus, self-awareness and a more relaxed and peaceful state of mind. Contact [durinova@uni.edu](mailto:durinova@uni.edu) for more information.

### **Documentary and Discussion with the Director**

Tuesday, April 13, 7 p.m.

Maucker Union Ballroom

Sponsored by the Campus Activities Board

The documentary "Dalai Renaissance" will be shown and a question and answer session will follow with the director, Khashyar Darvich. At the edge of the new Millennium, the Dalai Lama invited 40 of the West's leading, most innovative thinkers in their respective fields to his residence. Tucked away in the Himalayan mountains of Northern India, the guests discussed the world's problems and how to solve them. What transpired was unexpected and powerful, and was captured by an 18-person, five-camera film crew. The week-long meeting and exploration of the future of mankind provided enough gripping and beautiful footage to make a powerful and cinematic documentary.

### **Forgiveness and the Dalai Lama**

Saturday, April 3, 10:30-11:30 a.m.

University Book and Supply

Discussion leader: Gerri Perreault, director of leadership studies, University of Northern Iowa

Sponsors: American Democracy Project, University of Northern Iowa Office of the Provost, University Book and Supply and University of Northern Iowa Student Affairs

### **Tibetan Food Samples at Prexy's, Maucker Union**

Monday, March 22 - Thursday, March 25

11 a.m.-1 p.m.

A Tibetan food will be offered for sampling each day. Monday features cream cheese barfi, a dessert; Tuesday, churu soup; Wednesday, khir, a Tibetan rice pudding; and Thursday, Tibetan pork ribs.

### **Dinner and a Movie**

Tuesday, March 9

Dinner: 5-7 p.m., Piazza Dining Center; 5-7:30 p.m., Rialto Dining Center

Movie: 8 p.m., Center for Multicultural Education

\$9.50 for the general public, payable by cash or check; students can use their meal plan, Dining Dollars, cash or check.

Tibetan food to be served includes churu soup, a blue cheese and chili soup with Tibetan spices; pork ribs with radishes and spices; and desserts carrot barfi, a pudding-like dessert with carrots and cashews, and cream cheese barfi, similar to cheesecake. "Kundun" will follow at Maucker Union with Tibetan tea and a light Tibetan dessert. "Kundun" is the incredible true-life story of the Dalai Lama and his daring struggle to lead a nation at one of the most challenging times in its history. The movie is directed by Martin Scorsese.

### **Forgiveness and the Dalai Lama**

Wednesday, March 3, 11 a.m. - Noon

Maucker Union, College Eye Room

Presenter: Suzanne Freedman, associate professor, Department of Educational Psychology and Foundations, University of Northern Iowa

Session will focus on the basic concepts related to forgiveness, the Dalai Lama's perspective, and implications for interpersonal relationships and society.

Sponsor: American Democracy Project, University of Northern Iowa Office of the Provost

### **Meditation Lesson and Practice**

Saturday, Feb. 20, 1:30-2:30 p.m.

Wellness/Recreation Center, Rm. 176

Join a meditation lesson and practice led by visiting scholar The Venerable Geshe Thupten Dorjee, instructor, University of Arkansas and Tibetan Cultural Institute of Arkansas co-founder. Meditation practice can help you achieve a higher state of consciousness, greater focus, self-awareness and a more relaxed and peaceful state of mind. Contact [durinova@uni.edu](mailto:durinova@uni.edu) for more information.

### **Mindful Leadership Workshop**

Tuesday, February 2, 8:30 p.m.

Maucker Union Ballroom

In conjunction with the upcoming visit of the Dalai Lama, this workshop will focus on the benefits and strategies of mindful leadership. The facilitator is Janelle Railey M.A., LMHC, RYT from the Eastwind Healing Center in Iowa City.

Sponsor: Student Leadership Center

### **A Continuing & Distance Education course**

#### **The Dalai Lama: A Sacred Tradition and a Political Institution**

University of Northern Iowa Continuing & Distance Education is accepting enrollments for the upcoming two-credit-hour course, The Dalai Lama: A Sacred Tradition and a Political Institution. This spring 2010 interdisciplinary course is open to members of the community with an interest in the Dalai Lama. Students in the course will get a look into the life and ideas of His Holiness the Dalai Lama - Nobel peace prize-winner and wise, gentle teacher.

Coursework, materials and discussions will focus on: (1) Who is the Dalai Lama?; (2) Why is he important to the Tibetan people?; and (3) What does he stand for, and how has he parlayed his unique significance to the Tibetan people into a more universal appeal that has given him immediate access to practically every country in the world?

**All students who complete the course will receive a ticket to the Dalai Lama keynote event on May 18.**

**January 21 - April 17, 2010**

Various Thursday evenings and Saturday mornings

Schindler Education Center

#### **To enroll**

- **UNI students:** enroll for course number 010:159, section 1T through MyUNiverse
- **Community members:** \$530 tuition and fees for 2 hours undergraduate credit (or audit). Enroll for course number 010:159 through **Continuing & Distance Education**.
- **Teachers:** \$500 tuition for 2 hours graduate credit (reflects special workshop rate for teachers). Enroll for course number 210:133g through **Continuing & Distance Education**.

*Tuition rates, fees and course schedule are subject to change.*

#### **Instructors**

- Jeannie Steele, professor, Curriculum & Instruction, University of Northern Iowa
- Visiting scholar The Venerable Geshe Thupten Dorjee, instructor, University of Arkansas, and Tibetan Cultural Institute of Arkansas co-founder
- Visiting scholar Sidney Burris, professor of English, Fulbright College Honors and Religious Studies Programs, University of Arkansas, and Tibetan Cultural Institute of Arkansas co-founder

#### **Questions?**

For more information visit

[www.uni.edu/continuinged/programs/courses/spring10/010159\\_dalai\\_lama.pdf](http://www.uni.edu/continuinged/programs/courses/spring10/010159_dalai_lama.pdf)

Phone: 800-648-3864 or 319-273-2121

E-mail: [ContinuingEd@uni.edu](mailto:ContinuingEd@uni.edu)

### **Sand Mandala to be constructed at UNI Again**

The University of Northern Iowa hosted four visitors from the Tibetan Cultural Institute and the University of Arkansas in April 2009 who constructed a sand mandala. Another one will be constructed and finished in time for the visit of the Dalai Lama in May 2010. Mandalas are geometric patterns laid out with compasses and chalk lines and then filled in, grain by grain, with sand ground from white marble and colored. The sand is applied with small tubes, funnels and scrapers until the pattern is achieved.

**[Information and photos of the sand mandala](#)**

