

Andrew Olendzki, Ph.D.

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integrateddharma.org

CURRICULUM VITAE

EMPLOYMENT

LESLEY UNIVERSITY, Cambridge, MA.

Professor, Director of Mindfulness Studies

(July 2019-present)

Adjunct Faculty, Mindfulness Studies Specialization.

(fall 2012) semester: *Principles of Mindful Leadership.*

HAMPSHIRE COLLEGE, Amherst, MA.

Visiting Associate Professor of Buddhist Studies (2018-2019).

Emptiness; Buddhism in America.

Adjunct Faculty, Dept. of Religion

(fall 2013) semester: *The Buddha: His Life and Teaching.*

WESLEYAN UNIVERSITY, Middletown, CT.

Visiting Assistant Professor, Dept. of Religion (2017-2018).

*Buddha: His Life and Teaching; Buddhism in America; Buddhism: An Introduction;
Buddhist Psychology in Modern Perspective.*

INTEGRATED DHARMA INSTITUTE, Amherst, MA.

Founder, Senior Scholar (2015-present) Online Learning Management System.

Integrated Dharma Program: Living with Integrity; Developing the Mind; Deepening Wisdom.

BARRE CENTER FOR BUDDHIST STUDIES, Barre, MA.

Senior Scholar (2006-2014). Executive Director (1994-2012). Core Faculty (1990-2015).

MIND & LIFE INSTITUTE, Hadley, MA.

Senior Scholar (2013-2014). Visiting Scholar program.

Oversight: *Mapping the Mind project;*

Visiting Scholar, Mapping the Mind project.

(spring 2013) *Dhamma and Abhidhamma Maps of the Mind.*

AMHERST COLLEGE, Amherst, MA.

Adjunct Faculty, Dept. of Religion.

(spring 2017) semester: *Buddhist Psychology in Modern Perspective.*

(spring 2013) semester: *Reading Early Buddhist Texts—Mind, Meditation and Transformation.*

SMITH COLLEGE, Northampton, MA.

Adjunct Faculty, Religious Studies.

(spring 2014) semester: *Classical Buddhist Psychology and the Philosophy of Mind.*

(fall 2010) semester: *The Buddha: His Life and Teaching.*

HARVARD DIVINITY SCHOOL, Cambridge, MA.

Adjunct Faculty, Buddhist Ministry.

(fall 2012) semester: *Buddhist Psychology: Theory & Practice.*

(fall 2011) semester: *Buddhist Thought in Action—Contemporary Buddhist Teachings.*

Adjunct Faculty, Area III Studies.

(fall 1998) semester: *Buddhist Thought & Practice in Contemporary Perspective—Consciousness.*

(fall 1997) semester: *Reading Early Buddhist Texts—Mind, Meditation and Transformation.*

BRANDEIS UNIVERSITY, Waltham, MA.

Adjunct Faculty, Religious Studies.

(fall 2006) semester: *The Buddha: His Life and Teaching.*

(spring 2006) semester: *Buddhist Science of Mind—and Its Influence on Modern Thought.*

HARVARD UNIVERSITY, Cambridge, MA.

Adjunct Faculty, Committee for the Study of Religion.

(fall, 1996) semester: *Reading Early Buddhist Texts—Mind, Meditation and Transformation.*

(fall, 1996) semester: *Advanced Pāli—Reading Majjhima Texts* (Doctoral consultation).

INSIGHT MEDITATION SOCIETY, Barre, MA.

Executive Director (1990-1996).

CONNECTICUT COLLEGE, New London, Connecticut.

Adjunct Faculty, Department of Religion.

(spring, 1990) semester: *The Buddhist Tradition.*

(spring, 1989) semester: *The Buddhist Tradition.*

MONTSERRAT COLLEGE OF ART, Beverly, MA.

Assistant Professor of Philosophy and Liberal Arts.

(1989-90) *History of World Religions; Comparative East-West Philosophy; Survey of Asian History; Life and Work of Carl Jung; Aesthetics and Criticism.* (Acting Chair, Lib. Arts Dept. 1989-90).

(1988-89) *Ancient Chinese Philosophy; Humanity and the Arts in India, China and Japan; Mythology (2 sections); Introduction to Philosophy; Ethics.*

(1987-88) *History of Western Philosophy; Aesthetics & Criticism.*

BRYANT COLLEGE, Smithfield, RI.

Philosophy & Humanities Instructor.

(fall, 1988) semester: *Introduction to Philosophy; Introduction to Western Humanities.*

EDUCATION

UNIVERSITY OF LANCASTER, Lancaster, England.

D.Phil Religious Studies (1987).

Areas of study: Early Buddhist thought; Pāli language and literature; Buddhist traditions; Sanskrit language and literature; Indian traditions. Dissertation: *Interdependent Origination and Cessation: The Paṭiccasamuppāda as an Early Buddhist Model of Liberation.* Advisors: Ninian Smart; Andrew Rawlinson. External examiner: Stephen Collins.

M.A. Religious Studies (1978).

Graduate Exchange Scholarship, British Council of Education. Concentration in History of Religions (w/Eric Sharpe), Buddhism & Hinduism (w/Ninian Smart, Andrew Rawlinson), and Sanskrit (w/David Smith). Thesis: *The Doctrine of No-Mind and the Problem of Insentience in Ch'an Buddhism and Taoism.*

HARVARD UNIVERSITY, Cambridge, MA.

Special Student, Dept. of Sanskrit and Indian Studies, and Dept. of East Asian Languages and

Civilizations (1980-1985). Studied Sanskrit (w/Dan Ingalls, Gary Tubb), Buddhist Sanskrit, and Pāli (w/Mas Nagatomi); Buddhist Studies, Asian Studies. Mentor: Prof. Masatoshi Nagatomi.

UNIVERSITY OF SRI LANKA, Peradeniya, Sri Lanka.

Special Student, Dept. of Buddhist Studies (1980). Studied Pāli Language and Literature, Theravāda Buddhism, and Sinhalese Culture. Mentor: Lilly de Silva.

UNIVERSITY OF COLORADO, Boulder, CO.

B.A. Philosophy, Religious Studies (1977). Double major, *with distinction*. Broad liberal arts with emphasis on Western & Eastern Philosophy, History of Religions, Asian Studies.

PUBLICATIONS

BOOKS:

UNTANGLING SELF: A BUDDHIST INVESTIGATION OF WHO WE REALLY ARE. Wisdom Publications (2016).

UNLIMITING MIND: THE RADICALLY EXPERIENTIAL PSYCHOLOGY OF BUDDHISM. Wisdom Publications (2010).

La Mente Que No Limita (Spanish edition); *La Mente Non Limitante* (Italian edition); (also Polish edition).

OLDER AND WISER: CLASSICAL BUDDHIST TEACHINGS ON AGING, SICKNESS, AND DEATH. co-authors: Mu Soeng, Gloria Taraniya Ambrosia. Barre Center for Buddhist Studies (2017).

CHAPTERS:

FREUD AND THE BUDDHA: THE COUCH AND THE CUSHION. Axel Hoffer, ed. Karnac Books (2015).

chapter: *Buddhist Psychology: A Work in Process*. (pp. 65-87)

WILEY-BLACKWELL HANDBOOK OF MINDFULNESS. Ellen Langer et. al. Wiley-Blackwell (2014).

chapter: *From Early Buddhist Traditions to Western Psychological Science*. (pp. 58-73)

MINDFULNESS: DIVERSE PERSPECTIVES ON ITS MEANINGS, ORIGINS AND APPLICATIONS. J. Mark G. Williams, Jon Kabat-Zinn, eds. Routledge (2013).

chapter: *The Construction of Mindfulness*. (pp. 55-70)

WISDOM AND COMPASSION IN PSYCHOTHERAPY: DEEPENING MINDFULNESS IN CLINICAL PRACTICE. C.K. Germer and R.D. Siegel, eds. Guilford Press (2011).

chapter: *Wisdom in Buddhist Psychology*. (pp. 121-137)

CLINICAL HANDBOOK OF MINDFULNESS. Fabrizio Didonna, ed. Springer Publishers (2008).

chapter: *Mindfulness and Meditation*. (pp. 37-46) chapter: *Mindfulness: What Is It? Where Did it Come From?* (with: C.K. Germer and R.D. Siegel.) (pp. 17-36)

BUDDHIST THOUGHT AND APPLIED PSYCHOLOGICAL RESEARCH: TRANSCENDING THE BOUNDARIES. D.K. Nauriyal, ed. Routledge Curzon (2006).

chapter: *The Transformative Impact of Non-Self*. (pp. 250-261)

MINDFULNESS AND PSYCHOTHERAPY. Germer, Siegel & Fulton, eds. Guilford Press (2005/2013 [2nd ed.]). A collaborative project of the members of the *Institute for Meditation and Psychotherapy*.

chapter: *The Roots of Mindfulness*. (pp. 261-281) *Glossary of Buddhist Psychology*. (pp. 309-316)

ENCOUNTERING BUDDHISM: WESTERN PSYCHOLOGY AND BUDDHIST TEACHINGS. Seth Segall, ed. SUNY Press (2003).

chapter: *Buddhist Psychology*. (pp. 9-30)

ENGAGED BUDDHISM IN THE WEST. Christopher Queen, ed. Wisdom (2000).

chapter: *Meditation, Healing and Stress Reduction*. (pp. 307-327)

PĀLI BUDDHISM. Frank J. Hoffman and Deegalle Mahinda, eds. Curzon Press (1996).

chapter: *A Proposed Model of Early Buddhist Liberation*. (pp. 43-56)

ARTICLES:

PERSPECTIVES ON PSYCHOLOGICAL SCIENCE. (Oct 2017) pp. 1-26.

article: *Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation*. (with: Van Dam, N. T., van Vugt, M. K., Vago, D. R., Schmalz, L., Saron, C., Meissner, T., Lazar, S. W., Kerr, C. E., Gorchov, J., Fox, K. C. R., Field, B. A., Britton, W. B., Brefczynski-Lewis, J. A., & Meyer, D. E.).

MINDFULNESS. Volume 6, Issue 2 (2015), pp. 356-372.

article: *Moving beyond mindfulness: Defining equanimity as an outcome measure in meditation and contemplative research*. (with: G. Desbordes, T. Gard, E. Hoge, B. Holzel, C. Kerr, S. Lazar, D. Vago).

CANADIAN JOURNAL OF BUDDHIST STUDIES. Volume 8, (2012), pp. 85-88.

review: Y. Karunadasa. *The Theravada Abhidhamma: Its inquiry into the nature of conditioned reality*.

CONTEMPORARY BUDDHISM: AN INTERDISCIPLINARY JOURNAL. Volume 12 . Special edition on *Mindfulness*.

Mark Williams, Jon Kabat-Zinn, eds. Routledge (2011), pp.55-70.

article: *The Construction of Mindfulness*.

BUDDHIST-CHRISTIAN STUDIES. Volume 17 (1997), pp. 97-106.

article: *Mission and Dialogue: A Paradox?*

ONLINE PROGRAMS AND LECTURES:

INTEGRATED DHARMA INSTITUTE, Amherst, MA. <http://www.integrateddharma.org/>

Integrated Dharma Program. 48-week online study and practice program.

Living with Integrity: 16-week program, 32 texts (Sep/2016-Dec-2016).

Developing the Mind: 16-week program, 32 texts (Jan/2017-Apr/2017).

Deepening Wisdom: 16-week program, 32 texts (May/2017-Aug/2017).

All three programs ongoing (2017-present).

Reverse-Engineering the Mind: A Buddhist Contribution to Artificial Intelligence. Shanghai, 2017.

https://youtu.be/ZQNIIRu_fLY?list=PLcC8O-x0sIKzGnx0zdn6aVjT_znkKi6Np

Consciousness, Non-Self, and Contemplative Art. Smith College, 2015.

https://www.youtube.com/watch?v=iNVLxE_j8I

Kisagotami. An animated illustration of the Buddhist story of Skinny Gotami and the mustard seed.

<https://www.youtube.com/watch?v=Tbc9ZU1kGsA&t=6s>

MIND & LIFE INSTITUTE, Hadley, MA.

A Buddhist Contribution to Neurophenomenology. Master Lecture, ISCS 2014.

<https://www.youtube.com/watch?v=jDCmFum-Jbg&t=15s>

Early Buddhist Maps of the Mind. MLI Summer Research Institute Lecture, 2013.

<https://www.youtube.com/watch?v=sD5Hkz4CwXI>

TRICYCLE ONLINE COURSES, New York, NY.

Living in Harmony. 8-week program (Jun-Jul 2017)

<https://learn.tricycle.org/courses/living-in-harmony>

Going Forth. 8-week program (Jan-Feb 2017)

<https://learn.tricycle.org/courses/going-forth>

Integrated Dharma Program. 48-week online study and practice program.

Living with Integrity: 16-week program, 32 texts (Sep/2015-Dec/2015).

Developing the Mind: 16-week program, 32 texts (Jan/2016-Apr/2016).

Deepening Wisdom: 16-week program, 32 texts (May/2016-Aug/2016).

BARRE CENTER FOR BUDDHIST STUDIES, Barre, MA.

Older and Wiser. An online retirement community (28 monthly postings) (2012-2014).

ASHOKA: THE E-DHARMA LEARNING CENTER. <http://www.dharmanet.org/coursesM/18/1.html>

The Metta Sutta. Word-by-word translation, analysis, and commentary, including numerous multi-media tools for investigating the text (2004).

OTHER WRITING:

TWENTY-FIRST CENTURY BUDDHISTS IN CONVERSATION. Melvin McLeod, ed. Wisdom Publications (2015).
discussions: *How Does Suffering End? The Third Noble Truth*. (pp. 101-110)

The Practice of Sila: Ethics and Morality in Modern Buddhism. (pp. 203-212)

TRICYCLE TEACHINGS: MEDITATION VOLUME 3. A Tricycle E-Book.

chapter: *The Mindfulness Solution*. (2016)

DAILY DOSES OF WISDOM: A YEAR OF BUDDHIST INSPIRATION. Josh Bartok, ed. Wisdom Publications (2013). quotations: 7, 32, 62, 75, 101, 114, 139, 163, 192, 219, 305, 323, 346.

TRICYCLE TEACHINGS: ANGER. A Tricycle E-Book.

chapter: *Practicing with the Five Hindrances: The Second Hindrance*.

THE BEST BUDDHIST WRITING 2010. Melvin McCloud, ed. Shambhala Press (2010).

essay: *Burning Alive*.

TRICYCLE TEACHINGS: GENEROSITY. A Tricycle E-Book.

chapter: *The Wisdom of Giving*. A Q&A With Andrew Olendzki.

THE BEST BUDDHIST WRITING 2006. Melvin McCloud, ed. Shambhala Press (2006).

essay: *Removing the Thorn*.

TRICYCLE: THE BUDDHIST REVIEW, New York, NY.

column: **THUS HAVE I HEARD**. (Fall 2019) Karma; (Summer 2019) Samsara; (Spring 2019) Nirvana; (Winter 2018) Emptiness; (Fall 2018) Time to Wake Up; (Summer 2018) Of Mara and Men; (Spring 2018) No Exceptions; (Fall 2017) The Poison Cup; (Summer 2017) Non-Fighting Words; (Spring 2017) Decisions; (Winter 2017) Giving Pain the Slip; (Summer 2016) A Noble Path; (Spring 2016) The Trouble with Teachers; (Winter 2015) Helping the World; (Fall 2015) Shining a Light; (Summer 2015) Music of the Mind; (Spring 2015) Growing Pains; (Winter 2014) Waking Up; (Fall 2014) The Mindfulness Wedge; (Summer 2014) Simple Awareness; (Spring 2014) Pleasure and Pain; (Winter 2013) The First Person; (Fall 2013) Ten Billion Moments; (Summer 2013) Bait and Switch; (Spring 2013) Turning the Corner; (Winter 2012) The Buddha's Smile; (Fall 2012) Pinch Yourself; (Summer 2012) Finding the Center; (Spring 2012) Moral Health; (Winter 2011) Primordial Soup; (Fall 2011) Castles Made of Sand; (Summer 2011) Blinded by Views; (Spring 2011) A Perfect Storm; (Winter 2010) Mind Like a Mirror; (Fall 2010) The Other Dukkha; (Summer 2010) A Modest Awakening; (Spring 2010) I Think I Am; (Winter 2009) Busy Signal; (Fall 2009) Appearance and Reality; (Summer 2009) Burning Alive; (Winter 2008) Karma in Action; (Summer 2008) Medicine for the World; (Spring 2008) Unreal Imagination Exists; (Fall 2007) The Ties that Unbind; (Spring 2007) A Universal Formula; (Winter 2006) Changing Your Mind; (Fall 2006) Calm in the Face of Anger; (Summer 2006) Keeping Your Balance; (Spring 2006) In the Blink of an Eye; (Winter 2005) No Essence; (Fall 2005) Removing the Thorn; (Summer 2005) Self is a Verb; (Spring 2005) This Fathom-Long Carcass.

article: (Fall 2016) On Translation: Singing the Dharma; (Summer 2003) The Wisdom of Giving.

interview: (Winter 2003) Back to the Beginning: An Interview with Andrew Olendzki.

BUDDHADHARMA: THE PRACTITIONERS QUARTERLY, Halifax, NS.

(Fall 2013) Forum: Karma; (Spring 2013) Walking the Talk; (Summer 2010) Forum: Sex, Lies and Buddhism; (Fall 2008) The Real Mindfulness: An Abhidhamma Perspective; (Spring 2008) Forum: Does Buddhism Make You Happier?; (Fall 2006) Dharma Dictionary: *Papañca*; (Fall 2005) Mapping the Buddhist Landscape; Book review: *In the Buddha's Words*; (Fall 2003) Dharma Dictionary: *Nibbida*.

SHAMBHALA SUN / LION'S ROAR, Halifax, NS.

(Sep 2016) What is Mindfulness? All of the Above; (Fall 2012) Self Illusion 2.0; (Winter 2005) Three Little Words: Translating the *Dhammapada*.

INSIGHT JOURNAL. Journal of the Barre Center for Buddhist Studies.

Editor; author (from 2011-2002) of:

Teacher Interviews: David Loy; John Peacock; Gregory Kramer; Sensei Pat Enkyo O'Hara; Issho Fujita; Taitetsu Unno; Trudy Goodman; U Pandita Sayadaw; G. Taraniya Ambrosia; Bhikkhu Bodhi.

Editor's Essays: A Protestant Buddhism?; Cherish the Nuns; The Radical Buddha; Mind and Brain; Here and Now; Where the Action Is; Making the Best of It; This World is Not Yours; What the Buddha Taught; An Organic Spirituality; Interconnected...Or Not?; War and Peace; The Non-Pursuit of Happiness; Whose Life Is This, Anyway?; Evolving Beyond Delusion; Healing the Wounds of the World.

Articles: Mindfulness of Breathing; The Fourth Foundation of Mindfulness; Outline of Abhidhamma; The Case Against Racism; Understanding the Hindrances; Truth; Advice to a Dying Man; The Matrix of Experience; Pilgrimage to Buddhist India (photos); The Net of Brahma; Brahma Vihāra Matrix.

Pali Translation (with comment): Kāma Sutta; Words Well Said; The Greatest Happiness; Free of Fear; Resourcefulness; Attached to Nothing; Mara Rebuffed; No Harmful Thought; Beyond Joy and Sorrow; Fully Quenched; A Face So Calm; Buddha in the Forest; The Steadfast Family Man; Crossing the Rohini; Keeping the Wheel Rolling; The Edicts of King Ashoka; The Lonely Forest Dweller.

INSIGHT. Journal of Insight Meditation Society & Barre Center for Buddhist Studies.

Editor; author (from 2002-1990) of:

Teacher interviews: Paula Green; Ajahn Sundara; Myoshin Kelley; Ajahn Sucitto; Judy Phillips; Thanissaro Bhikkhu; Sharda Rogell; Larry Rosenberg; Joseph Goldstein; Rodney Smith; Kamala Masters & Steve Armstrong; Ruth Dennison; Stephen & Martine Batchelor; Corrado Pensa; Narayan Liebenson Grady; Sylvia Boorstein; Christopher Titmus; Christina Feldman; Carol Wilson; Sister Chandasiri; Vimalo Kulbarz; Steven Smith & Michelle McDonald Smith; Sharon Salzberg & Joseph Goldstein.

Essays and articles: Healing or Harming?; The Distortions of the Mind; The Interdependent Origination of Feeling; The Context of Impermanence; Practicing the Middle Path; Lions in the Wilderness: Early Buddhist Appreciation of Nature; conference report: Theravāda in the West; Dedicated to Dhamma: Inauguration of a New Dhamma Hall; A New Vision for Buddhist Studies: BCBS; Sāriputta Relic Comes to Barre; Forging a New Middle Path; How Many Middle Paths?; An Invisible Line: Between the Dhamma and the Dhamma.

Pali Translation (with comment): Skinny Gotami and the Mustard Seed; Dharma Rain; The Moon Released; Stealing the Scent; Teaching the Dhamma; Cutting the Stream; The Blooming Lotus; Three Views of Transience, The Healing Medicine of Dhamma; Not Arming Oneself; Like Moths to a Flame; The Foolish Monkey; You Call Yourself a Farmer?; Upon the Tip of a Needle; Let the Wilderness Serve!; Ashoka's Dharma; Directed and Undirected Meditation; Breaking the Cycle; A Tree Called Steadfast; No Greater Contentment; The Tathāgata is 'Truly Gone'; Māra Meets His Match; Mahākassapa: At Home in the Mountains; A Mother's Blessing; The Parable of the Six Creatures; Beaten Like a Thief; The Soothing of Grief; The Call of the Peacocks; A Wish of Loving Kindness; A Teaching Hard To Know; The Bamboo Acrobat; This World is Blind!; Buddha Speaks

to Rāhula in the Mango Sapling Garden; Calm in the Face of Anger; The Kālāma's Dilemma; Ānanda Alone; Kāmada's Lament; Rain of the Deva.

INQUIRING MIND, Journal of the Vipassanā Community (Berkeley, CA).

articles: (Spring 2004) Making Sense of the Mind; (Fall 2000) Translations of Impermanence; (Spring 1995) Everything is Important but Nothing Matters; (Fall 1994) Nobody's In; (Fall 1993) An Irresistible Force Meets an Immovable Object; (Spring 1993) Insight and Ethics; (Spring 1992) Sharing the Dhamma; (Spring 1991) *Sati Poṭ-ṭhāna*: The Mindfulness of Pot Scrubbing.
book review: The Middle Length Discourses of the Buddha (Fall 1995).

TEACHING EXPERIENCE

BODHI COLLEGE, Devon, UK.

(Jun 2017) Introduction to Pali Language (7-day residential course).

(Jul 2017) Classical Buddhist Psychology (weekend workshop)

CENTRUM VOOR MINDFULNESS, Amsterdam, NL.

(Jul 2017) Mind, Body, and Human Behavior (weekend workshop)

BARRE CENTER FOR BUDDHIST STUDIES, Barre, MA.

Integrated Study and Practice Program. (2006-2015—7 cycles) Year-long study and practice program.

Bhāvana Program in Buddhist Studies. (1998-2015) Founder and core teacher of 7-day study/retreat program bringing detailed study of Buddhist texts into a classical silent vipassanā retreat setting.

Buddhist Psychology Program. (1996-2015) Founder and core teacher of a 5-day study program in Buddhist Psychology; CE credits offered to qualified mental health professionals.

Nālanda Program in Buddhist Studies. (1994-2014) Full immersion study/practice for undergraduates.

Experiential Pāli and Buddhist Studies. (1990-2014) Pāli language and texts; Buddhist philosophy, psychology, Abhidhamma. Emphasis upon the integration of academic study with meditative practice.

Cambridge Campus, Cambridge, MA. (1999-2001)

(Fall 2001) Semester: Classical Buddhist Psychology in Contemporary Perspective (with *Institute of Meditation and Psychotherapy* guest faculty). (Spring 2000) Semester: Looking Closely at What the Buddha Said About... (thematic textual study seminar). (Feb 2000) Workshop: Mind, Meditation & Transformation. (Mar 2000) Workshop: The Foundations of Mindfulness. (Apr 2000) Workshop: Interdependent Origination. (May 2000) Workshop: Early Buddhist Nature Poetry. (Oct 2000) Workshop: De-Mystifying the *Abhidhamma*. (Spring 1999) Semester: The Buddhist Doctrine of Interdependent Origination: An Historical, Philosophical and Contemplative Investigation.

INSTITUTE FOR MEDITATION AND PSYCHOTHERAPY, Boston, MA.

(2009-2017—9 cycles) IMP Certificate Course, 5-day workshop: *Principles of Buddhist Psychology*.

NEW YORK INSIGHT MEDITATION CENTER, New York, NY.

Visiting Teacher.

(Dec 2017) Karma and Rebirth; (Nov 2017) Dhamma and Abhidhamma; (Oct 2017) Buddhism in America; (Sep 2017) Who Was the Buddha?; (Sep 2016-Apr 2017—9 sessions) Untangling Self; (May 2016) Early Buddhist Nature Poetry; (Jan 2016) Classical Teachings on Lovingkindness; (Sep 2015) Dynamics of Consciousness; (Nov 2014) Mind, Meditation, and Transformation; (Apr 2014) Early Buddhist Maps of the Mind; (Jan-Dec 2013—12 sessions) year-long Integrated Study and Practice Program; Dharma Past (Sep 2012) Present (Oct 2012) Future (Nov 2012); (Jan-Dec 2011—12 sessions) year-long Study and Practice Program; (spring 2010) The Lost Art of Doing One Thing at a Time; (spring 2009) Peace; (spring 2008) Interdependent arising of Self and World; (fall 2004) The Earliest Teachings of the Buddha; (spring 2004) 108 Mental Objects of Meditation; (fall 2003) Living Together in Harmony; (spring 2003) Rebirth Occurs, But Nobody is Reborn; (fall 2001—3

sessions) Cultivating Healthy Relationships; Working With Mental States; The Transformative Power of Intention. (fall 2000) Workshop: Buddhist Psychology.

CAMBRIDGE INSIGHT MEDITATION CENTER, Cambridge, MA.

Visiting Teacher.

(Jan 2017) workshop: *Understanding Self and Non-Self* (Feb 2016) workshop: *Dynamics of Consciousness*; (Apr 2001) workshop: *Cultivating Wise Attention*. (Apr 2000) workshop: *Working With Mental States*. (Apr 1996) workshop: *Classical Buddhist Psychology*. (Apr 1995) workshop: *Essentials of Buddhist Psychology*. (fall 1994) Semester: *Introduction to Pāli language*. (fall 1991) Semester: *Pāli Textual Studies*. (fall 1990) semester: *Introduction to Pāli language*.

INSIGHT MEDITATION SOCIETY, Barre, MA.

Visiting Teacher.

(2013, 2011) Teacher Training Program; (2007-8) Integrated Study & Practice Program, IMS staff.

Pāli Language Teacher.

(fall 1993) semester: Selected Readings of Pāli Texts. (fall 1992) Semester: Pāli Texts: *Mettā Sutta*. (fall 1991) semester: Pāli Texts: *Satipaṭṭhāna Sutta*. (fall 1990) Semester: Pāli Texts: *Jhāna Suttas*. (fall 1989) semester: Pāli Texts: *Jātakas*. (fall 1988) semester: Intermediate Pāli. (fall 1987) semester: Introduction to Pāli.

SATI CENTER FOR BUDDHIST STUDIES, Palo Alto, CA.

Visiting Teacher.

(winter 2005) The Psychology of Transformation; (spring 2004) The Fourth Foundation of Mindfulness; (fall 2001) Householder Practice. (fall 1999) The Nature of Consciousness. (fall 1998) The Life and Times of Gotama Buddha. (fall 1997) The Doctrine of Interdependent Origination. (fall 1996) A Guide to the Pāli Tipiṭaka.

LECTURES AND PAPERS

VISITING LECTURES

(Sep 2018) Princeton University: *Awakening the World*; (Aug 2015) Smith College: *Consciousness, Non-Self, and Contemplative Art*; (Apr 2013) Mind & Life Institute symposium: *Buddhist Maps of the Mind*; (Jan 2013) Glastonbury Abbey: Listening to Other Voices. *The Interdependence of Self and Other*.

Numerous talks and workshops given at: Princeton University (NJ); Brown University (MA); Boston University (MA); Westchester University (PA); Amherst College (MA); University of Toronto; Nālandā College (Toronto); Williams College (MA); Smith College (MA); Mass. School of Professional Psychology (MA); The Garrison Institute (NY); The United Nations (NY); Brandeis University (MA); Wesleyan University (CT); Dowling College (NY); Fairfield University (CT); New York University (NY); The Interfaith Center (NY); Blanton-Peale Institute of Psychology (NY); Deaconess School of Psychiatry (MA); Institute for Meditation and Psychotherapy (MA); Mercyhurst College (PA); The Tibet Center (NY); Naropa University (CO); Swarthmore College (PA).

CONFERENCES AND OTHER PAPERS

(Nov 2018; Nov 2016) Warsaw School of Social Sciences and Humanities, Workshop: *Buddhist Psychology*. (Jun 2017) Woodenfish Foundation: Buddhism and New Technology Conference (Shanghai) Paper: *Reverse Engineering the Mind: An Abhidharma Contribution to AI*. (2016-17) Kahn Liberal Arts Institute, Smith College: Robed Warriors Faculty Seminar. (Apr 2016) The Brattleboro Retreat: Continuing Education Conference: *Understanding Mindfulness: A Classical View*. (Jan 2016) Radcliffe Institute for Advanced Study: Theoretical and Methodological Challenges in Mindfulness Research: *An Abhidhamma Perspective on Mindfulness*. (Nov 2015) Harvard Divinity School conference: Enlightening Conversations: *Enlightenment, Idealized or Real?* (Apr 2015) Harvard Divinity School conference: Education and Ministry. Breakout: *Meditation in Ministry Training*. (Apr 2015) Center for Mindfulness, Shrewsbury. Panels: *Mindfulness and Ethics*;

Exploring Lovingkindness. Presentation: *The Inherent Morality of Mindfulness*. (Oct 2014) Mind & Life Institute International Symposium of Contemplative Science Conference, Boston. Master Lecture: *A Buddhist Contribution to Neurophenomenology*; Panel: *Scientific and Contemplative Perspectives On Equanimity*. (Sep 2014) Center for Mindfulness—Umass, New England Contemplative Science Working Group. Presentation: *Understanding Mindfulness*. (Mar 2014) Mind & Life Institute symposium: *The Experience of Self-Grasping*; (Oct 2013) Inter-Disciplinary Buddhist Studies, Hebrew University, Jerusalem. Keynote: *Interdependent Aggregates of Experience*. (Sep 2013) The Couch and the Cushion: Psychoanalysis and Buddhism, PINE Psychoanalytic Center, Boston, MA. Paper: *Buddhist Psychology: A Work in Process*. (Jun 2013) Mind and Life Summer Research Institute, Garrison Institute, NY. Presentation: *Early Buddhist Maps of the Mind*. (Mar 2013) Convener and moderator: *Secular Buddhism: Rethinking the Nikāyas for our Times* [at BCBS]. (Apr 2012) Harvard Medical School, Meditation and Psychotherapy: Practicing Compassion. Paper: *Loving Kindness and Compassion: What the Buddha Knew*. (Oct 2011) Columbia University, Contemporary Perspectives on Buddhist Ethics. Paper: *Why Meditation is Transformative*. (Apr 2010) Smith College, Technologies of Awareness. Paper: *Understanding Consciousness*. (Jul 2009/10) Upper Midwest Institute of Buddhist Studies, Workshops: Buddhist Psychology; Buddhist Ethics. (Nov 2008) Warsaw School of Social Sciences and Humanities, Mindfulness: Theory and Practice. Keynote address: *A New Psychology for a New Era*. (Jul 2008) Garrison Institute, Community Dharma Leader Training. (Oct 2007) New York University Postdoctoral Program in Psychotherapy & Psychoanalysis, and The New School for Social Research Clinical Psychology Program, Enlightening Relationships: Psychotherapy & Buddhism. Paper: *Dependent Origination*. (Jul 2007) Institute For Meditation And Psychotherapy, Boston, MA New England Educational Institute course: *Buddhist Psychology*. (Jan 2006) Lesley University, Cambridge, MA. Keynote speaker, faculty development day: *Mindfulness and Education*. (Jul 2006) Conference Paper: *The Interdependent Self*. (Jun 2006) Harvard Medical School, Boston, MA. & Cambridge Hospital, Cambridge, MA. Paper: *Meditation in Psychotherapy: Constructing the Self, Moment by Moment*. (Jul 2005) Conference Paper: *The Construction of Self*. (Sept. 2004) Boston University Institute of Philosophy and Religion, Boston, MA, Buddhism and Psychotherapy in the 21st Century. Paper: *The Promise of No-Self*. (July 2004) Conference Paper: *Mindfulness and Buddhist Psychology*. (Jul 2002) Conference Paper: *Understanding (Inter-Dependent Origination*. (Nov 2001) Kripalu Center, Lennox, MA, Yoga and Buddhism Conference. Keynote Lecture: *Perspectives on Self and Non-Self*. (Apr 1999) University Of Massachusetts, Amherst, MA, Mindfulness and Learning. Conference organizer, host and moderator. Paper: *Mindfulness and Learning: Overcoming the Hindrances*. (Mar 1996) Harvard University Conference in Honor of Masatoshi Nagatomi. Paper: *Early Buddhist Appreciation of Nature*. (Nov 1995) Society for Buddhist-Christian Studies, Annual Convention, Chicago. Paper: *Mission and Dialogue: Theravāda Perspectives*. (Jun 1995) Theravada Buddhism and the West, Barre, MA. Organizer, host and moderator for major 3-day conference held at BCBS involving Theravada monastics and Western lay dharma teachers. (Nov 1988) American Academy of Religion, Buddhism Section. National Convention, Chicago. Paper: *Cognitive Science and Buddhism*. (Nov 1987) Harvard University, Buddhist Studies Forum. Paper: *Interdependent Origination Reconsidered*.

"DHARMA TALKS" IN THE VIPASSANA COMMUNITY

Numerous talks and workshops at: Princeton Meditation Group (NJ); Tovana Meditation Group (Tel Aviv), Community Meditation Center (NY), Garrison Institute (NY), Yucca Valley (CA), Cambridge Insight Meditation Center (MA), Sati Center for Buddhist Studies (CA), New York Insight (NY), Redwood City Dharma Center (CA); Northampton Sitting Group (MA), Pioneer Valley Meditation Center (MA), Brattleboro Sitting Group (VT), Insight Meditation Society (MA), San Diego Dharma Study Group (CA), Santa Cruz Sitting Group (CA), Common Ground (MN), and elsewhere.

OTHER EXPERIENCE

BOARD OF DIRECTORS:

(2000-present) Institute for Meditation and Psychotherapy.
(1997-2013) Insight Foundation.
(1994-2008) Dharma Seed Archive (president 1998-2008).
(1996-2002) Insight Meditation Society.

FIELD WORK, ASIA:

(Jan 2019; Jan 2018) Leader of a Tricycle Study and Practice journey to Sri Lanka.
(Feb 2007) Leader of a Tricycle Pilgrimage in India: *In the Footsteps of the Buddha*.
(1989-90) One month's research in Rājgir, site of the ancient capital Rājagaha, and Nālandā University (*Nava Nālandā Mahā Vihāra*).
(1979-80) One year's travel and study in India (5 mos.), Sri Lanka (6 mos.), Thailand, China and Japan: study of meditation, language, religion, culture, and arts.