



La science contemplative en Europe

*Effets et impacts de l'expérience et de l'entraînement à la méditation
sur le corps et l'esprit humain.*

Visio-Conférence Inaugurale
(anglais)

Samedi 19 Novembre 2022
14h-19h (CET)

Perspective et discussions

Sur les grandes questions philosophiques, scientifiques et pratiques soulevées par la recherche dans le domaine des sciences contemplatives, combinant l'expérience méditative, les vues traditionnelles, les neurosciences et la phénoménologie, combinant expérience méditative, vues traditionnelles, neurosciences et phénoménologie

Avec six grands **intervenants qualifiés**
enseignants du Dharma & chercheurs universitaires
Explorant des **questions fondamentales**, telles que :

:

- ✚ Qu'est-ce que la science contemplative ? Que remet-elle en question et que propose-t-elle ?
- ✚ Comment la science contemplative s'inscrit-elle dans le champ de la pensée et de la civilisation occidentales ?
- ✚ Comment la science contemplative peut-elle transformer l'épistémologie, la philosophie, la vision et le mode de vie contemporain ?
- ✚ Neurosciences et méditation : Quelles ont été les grandes étapes de la recherche en neurosciences sur les effets de la méditation ? Aujourd'hui, quels sont les enjeux et les perspectives philosophiques et scientifiques ?

- ✚ Qu'apporte la rencontre de la psychologie bouddhiste et des neurosciences cognitives à la compréhension de la nature humaine, est-ce que cela aide et comment ?
- ✚ Qu'est-ce que la neuro-phénoménologie contemplative ? Comment la science intérieure traditionnelle de l'esprit (Dharma) rencontre-t-elle la phénoménologie occidentale ? Qu'apporte cette approche à la compréhension de la philosophie et de l'expérience méditative ?

❖ ENSEIGNANTS DU DHARMA DES TROIS YANAS



PROF. HENK BARENDREGT : Born in 1947 Amsterdam he enjoyed (1952-1965) the form of education pioneered by Maria Montessori. Barendregt is Emeritus professor of Foundations of Mathematics and Computer Science at Radboud University, Nijmegen, The Netherlands. In California he studied from 1972 until 1979 Zen meditation under Kobun Chino Roshi (1938-2002); later in the Netherlands from 1979 until 2006 Vipassana meditation under Phra Mettavihari (1942-2007). Barendregt has been teaching Vipassana since 2001 in the style of Mahasi Sayadaw. In the last

years his teaching style has been influenced by having followed retreats emphasizing Abhidhamma under U Nandamalabhivamsa, Jhana practice under Sheila Catherine, and Metta practice under Delson Armstrong.

With colleagues at Nijmegen University Barendregt has studied the physiological basis of vipassana meditation and clinical applications of mindfulness interventions. Inspired by vipassana meditation Barendregt joins at present Prof. Antonino Raffone at Sapienza University, Roma, designing computational models of the mind, including mindfulness.



VENERABLE DARIO DOSHIN GIROLAMI : Arco Zen Center (Italy), San Francisco Zen Center (USA) and CMC (Consciousness, mindfulness compassion) international association founder.

Dario Doshin Girolami, M.Phil., is a Soto-Zen priest and a Dharma Teacher in the lineage of Shunryu Suzuki Roshi. He founded the Centro Zen L'Arco of Rome - Italy, where he teaches regularly. He received Dharma Transmission from Eijun Roshi-Linda Cutts, Central Abbess of San Francisco Zen Center.

He started to practice in 1986 and was ordained as a Zen monk by Zenkei Roshi - Blanche Hart an. Doshin attended Zenshinji-Tassajara, Hosshinji-City Center and Soryuji-Green Gulch monasteries in the process of becoming a Zen monk and teacher, and studied under the guidance of Zen masters including Thich Nhat Hanh and Maezumi Roshi. He also received the Avalokiteshvara initiation from His Holiness the Dalai Lama. Prior to entering the Zen path, he received a Laurea degree in Indian and Eastern Religions and Philosophies under the instruction of Professor Corrado Pensa at Sapienza University of Rome. Former Adjunct Professor of "Zen" at John Cabot University and of "Comparative Religion" at the American University of Rome, he currently holds regular seminars at the Faculty of Psychology at Sapienza University of Rome, and teaches Meditation at Rebibbia Prison - Rome.



DENYS RINPOCHÉ : Drupön Denys Rinpoché is a lineage holder of the Shangpa Kagyü yogic tradition that transmits Mahâmudrâ-Dzogchen in a 'unity in diversity' essential approach.

After studies in medicine, philosophy and psychology, he started in 1969 a training of lama including two three years retreats. He was later entrusted as Drupön Vajrachârya, 'yogic practices master, vajra holder' by Vajradhara [Kalu Rangjung Künchab](#) (1904-1989) of whom he is a direct spiritual heir.

He has then guided eight three years retreats training lamas, the ninth being on going presently. He is the Superior of the Rimay congregation recognized by the French government in 1994 and he recently created the [Buddha Online University](#) that includes three departments: Altruistic Open Mindfulness Training, Universal Path Training and The Yogic School of the Lineage.

❖ CHERCHEURS SCIENTIFIQUES & CONTEMPLATIFS



Dr. **ELENA ANTONOVA** is Senior Lecturer in Psychology at [Brunel University London](#), which she joined in June 2019. Prior to that she was a lecturer at the Institute of Psychiatry, Psychology and Neuroscience, [King's College London](#) (KCL), where she remains a Visiting Researcher. Elena's research focuses on the effects of long-term **mindfulness practice** using neuroimaging and psychophysiology methods, with the application to the prevention and management of psychopathologies. She has been actively involved with the [Mind and Life Institute](#) since 2011 and Mind & Life Europe since 2013, and was elected a Mind and Life Research Fellow for

her contribution to contemplative science in 2017. Elena has had a personal meditation practice since 1998 and has attended numerous meditation retreats since 2001, mainly studying and practicing **Dzogchen** approach.



DR. ANTOINE LUTZ : is currently a director of research at the French Medical Research Institute (INSERM) in the [Lyon Neuroscience Research Center](#) (CNRL) where he co-leads the Experiential Neuroscience and Mental Training Team (EDUWELL). After a Master degree in engineering and a BA in philosophy at the Sorbonne under the direction of Natalie Depraz, he did his PhD in **cognitive neurosciences** in

Paris, France, with **Francisco Varela** where he applied for the first time his neurophenomenology program to study the neural correlates of attention and perception. Since 1998, he has studied **meditation** with various

teachers including Mingyur Rinpoche, Tsoknyi Rinpoche, Matthieu Ricard and Joseph Goldstein.

During his postdoctoral work with Richard Davidson, at the [University of Madison-Wisconsin](#), he studied using **neuroimaging** techniques meditation practices such as mindfulness or compassion meditations in expert meditators and in novices who learnt to meditate using the Mindfulness-Based Stress Reduction program (MBSR). In 2008, Richard Davidson and him were awarded a NIH-NCCAM grant to fund in Madison the first American Center of Excellence on Research dedicated to neurophysiological study of meditation practices. After working for ten years in the US as a research scientist, he joined the Lyon Neuroscience Research Center in France in January 2013. His current research group focuses on the **neurophenomenology of mindfulness** and compassion meditations and on the impact of these practices on consciousness, attention and emotion regulations, and pain perception as measured by cognitive, affective and social neuroimaging paradigms using EEG, MEG, intra-cortical EEG, and fMRI. This research is currently funded by a European ERC consolidator grant (Brain&Mindfulness, 2014-2021).

He is also currently collaborating to a European research consortium investigating the impacts of meditation practices on ageing and well-being as measured by brain imaging (PET, IRMf, DTI, EEG), biomarkers of ageing, and psycho-affective and cognitive behavioural measures (Meditageing, H2020, 2016-2021, study coordinated by Gaël Chételat, INSERM Caen, <https://silversantestudy.fr>). He recently started a collaboration investigating the neurocomputational principles of meditation (ANR MindMadeClear, coordinated by Hugues Mounier, CNRS).

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PROF. ANTONINO RAFFONE: completed a Master in “Psychology” and a Doctorate in “Cognitive Psychology and Science” at [Sapienza University](#) of Rome. He is currently Associate Professor at the Department of Psychology of Sapienza University of Rome (Italy), and Visiting Professor and Advisory Faculty at [Nalanda University](#) (India). He is also Director of the Interuniversity [Center ECONA](#) at Sapienza University of Rome, President of “Consciousness, Mindfulness, Compassion – [CMC](#) – International Association”, and Chief Editor of the Specialty Section on “Consciousness Research” of “[Frontiers in Psychology](#)”. His internationally recognized research is interdisciplinary, with a particular focus on cognitive neuroscience of consciousness and meditation. Finally, he is a dedicated **Soto Zen** partitioner.

❖ HÔTES ET MODÉRATEURS



RON EICHHORN The meeting is host bay **EBU president**, Current President of EBU, Ron is a professional **film director** and a Buddhist practitioner for over 30 years. He was elected as President of the European Buddhist Union in 2017, and re-elected in 2020. He is a Head Disciple of the [Yun Hwa Denomination of World Social Buddhism](#) and the Abbot of its Buddhist temple in Berlin. Ron loves his work and appreciates the opportunity to spread

the Dharma within civil society. He also likes sailing, cooking with and for friends and working in his vineyard.



FRÉDÉRIC LA COMBE (L. Lhündroup): **Dharma instructor** and mindfulness facilitator, translator, graduate in **Chinese**, after living several years in China, he went for a **three-year retreat** in the Tibetan tradition under the guidance of **Denys Rinpoche**. He has been working in the service of the Buddha's teachings and the [Buddha University](#)'s Shédra and meditation programs for the past twenty years. He has written numerous articles and organized many inter-tradition meetings with a humanist vision of **unity in diversity**. He is interested in the realization and meeting of the Buddha's wisdom with our lives today, particularly in the fields of **deep ecology** and others.

❖ PROGRAMME

Chaque intervention dure 30 minutes, suivie d'une courte discussion et de questions (10 minutes), la dernière heure étant consacrée à une table ronde.

- **14h**: OPENING WITH **RON EICHHORN**, EBU PRESIDENT
- **14h10**: **DENYS RINPOCHÉ**
 - ✓ ***The Dharma phenomenology of liberation***

The Dharma proposes a phenomenology of liberation which is the base of all liberating practices and philosophy among dharma's schools from Theravada to Zen and Dzogchen. It is based on the understanding of consciousness as a 'dual cognitive conceptual seizing'. All its liberating practices are based on open mindfulness training leading to the realization of direct, primordial and non-dual experience, free from illusion and passion.
- **14h40**: Exchanges and discussions
- **14h50**: **DR. ANTOINE LUTZ**
 - ✓ ***Update and perspectives on neuroscience research on meditation training and neuroplasticity.***

Research on mindfulness-based interventions has increased in response to a growing interest in alternative treatments for reducing stress and improving well-being. Findings from a few small studies have permeated popular media with the notion that a few weeks of training in mindfulness-based stress reduction (MBSR) can lead to measurable changes in brain structure and have been cited over 3200 times, combined. However, there was still a lack of replication (conceptual or direct) or confirmatory analysis of these findings in a fully randomized trial. In the largest and most

rigorously controlled study to date, we recently failed to replicate prior findings and found no evidence that MBSR produced neuroplastic changes compared to either control group, either at the whole-brain level or in regions of interest drawn from prior MBSR studies (Kral et al. Sci Adv. 2022). After briefly reviewing this study and other recent studies on meditation and brain structures, we will discuss the challenges to communicate and potentially misinformed the public about the results from investigations about meditation.

○ 15h20: Exchanges and discussions

○ 15h30: **VENERABLE DARIO DOSHIN GIROLAMI**

✓ ***The Eight Consciousnesses - the Way of Transformation***

Based on the Abhidharma, the Yogacara developed a description of the Eight Consciousnesses: an explanation of how the mind works and how it contributes to creating the reality we experience. Zen practice indicates how to turn the light of awareness inward, and thus move from misconceptions about the nature of reality as external, to seeing one's own nature directly, thereby transforming the Eight Consciousnesses into the Samadhi of the Luminous Mirror. Such a system offers interesting insights into the workings of the Mind to modern Neuroscience.

○ 16h00: Exchanges and discussions

○ 16h10: **Break**

○ 16h30: **PROF. ANTONINO RAFFONE**

✓ ***The A consciousness science perspective on the Eight Consciousnesses Abhidharma model.***

Based on the Abhidharma, the Yogacara developed a description of the Eight Consciousnesses, i.e. an explanation of how the mind works and how it contributes to creating the reality we experience. In this talk I offer a consciousness science perspective on the Eight Consciousnesses Abhidharma model, including research insights in the field of neuroscience of consciousness. I will also address how Buddhist meditation and more comprehensively Dharma practice can transform the interplay between consciousnesses and related brain networks, with a wholesome evolution of the mind states and actions of the practitioner.

○ 17h00: Exchanges and discussions

○ 17h10: **PROF. HENK BARENDREGT**

✓ ***Hypotheses concerning the development of concentration and insight***

First a brief sketch will be given of the phenomenological development of concentration and insight, as taught in Theravada Buddhism. Then some hypotheses will be coined about a part of the underlying neurophysio-logical mechanisms.

Keywords: reification, virtual reality, volume transmission, cover-up, mindfulness, (un)wholesomeness.

- **17h40:** Exchanges and discussions
- **17h50: Panel discussion**, led and moderated by **DR. ELENA ANTONOVA**
- **18h50:** Conclusion
- **19h:** End

NB: *The conference will be recorded and post in the EBU Website and the link will be sent to the people who registered.*

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