



**“BODY-MIND-SCIENCE:
CONVERSATIONS WITH THE DALAI LAMA
AT THE UNIVERSITY OF STRASBOURG.”**

With the participation of:

**Gilles Bertschy - Michel Bitbol - Jean-Gérard Bloch - Gaël Chételat -
Michel Deneken - Steven Laureys - Antoine Lutz - Michel de Mathelin -
Matthieu Ricard – Tania Singer - Wolf Singer - B. Alan Wallace -
Cornelius Weiller**

FRIDAY 16 SEPTEMBER (9h-15h30)

University of Strasbourg (by invitation)

The University of Strasbourg invites the **Dalai Lama** to a dialogue **with the scientific community**, on the interface of **modern science, engagement, and meditation**.

This scientific discussion with the Dalai Lama will be a first in France. Based on 4 different thematic conversations between scientific experts, a moderator and the Dalai Lama, this conference will be an opportunity for a shared enlightening on scientific knowledge and meditation.

What are the mutual contributions of neuroscience and meditation? What are the interactions between body, consciousness, and meditation? How is meditation affecting our ability to act? What are the links between body and mind? The panels will debate all these questions and more.

This event is presented by the **University of Strasbourg**, during the visit of the **Dalai Lama** in Strasbourg, in partnership with the **Mind and Life Institute**.

The speakers: **Gilles Bertschy** Professor and Director of the Psychiatric, Mental Health and Addiction Department, University and University Hospital of Strasbourg - **Michel Bitbol** Director of Research CNRS, Archives Husserl, ENS Paris - **Jean-Gérard Bloch** MD, Rheumatologist, Director of the continuing medical education course, Medicine Meditation and Neuroscience, University of Strasbourg - **Gaël Chételat** Director of Research INSERM UMR-S 1077, INSERM-EPHE, University of Caen - **Steven Laureys** MD PhD, Director of the Coma Science Group at the GIGA Research and Neurology Department, University and University Hospital of Liège, Belgium - **Antoine Lutz** Tenured Scientist, Lyon Neuroscience Research Center (CNRL), INSERM - **Matthieu Ricard** Buddhist monk, author, French translator for the Dalai Lama - **Tania Singer** Director, Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany - **Wolf Singer** Director Emeritus, Max Planck Institute for Brain Research, Frankfurt, and founding Director, Frankfurt Institute for Advanced Studies (FIAS) and Ernst Strüngmann Institute for Brain Research (ESI), Germany

The moderators: **Michel Deneken** First Vice-President, University of Strasbourg - **Michel de Mathelin** Professor, ENS Physics, University of Strasbourg - **B. Alan Wallace** President, Santa Barbara Institute for Consciousness Studies, USA - **Cornelius Weiller** Professor and Director of the Neurology and Neuroscience Department, University and University Hospital of Freiburg-am-Brigau, Germany.

"BODY-MIND-SCIENCE, CONVERSATIONS WITH THE DALAI LAMA" is organized by **Alain Beretz** President, University of Strasbourg, **Jean Sibilia** Dean, Medical School, University of Strasbourg and Vice-President, Dean's National Conference, and **Jean-Gérard Bloch** MD, Rheumatologist.

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"Getting meditation to dialogue with science is the ambition of the scientific meeting that the Dalai Lama will be joining on his next visit to Strasbourg. This initiative gathers not only all the University of Strasbourg researchers working on this subject from various perspectives, but also numerous scientists from the Eucor - The European campus - partner institutions. This is an opportunity to understand meditation from a rigorous scientific stand point, and from our different cultural perceptions.

Speakers and participants will be respected scientists chosen by our University. They represent the diversity of contributions and approaches that the academic world brings to this special dialogue with one of the highest spiritual authorities.

This exceptional event is an example of the University of Strasbourg's ambition to go beyond borders."

Alain Beretz
President, University of Strasbourg

"A physician... is a body and mind doctor! Medicine can only be integrative... from knowledge to awareness. Humility, far from pride, allows one to take care of another person, from all perceived perspectives; with patience, empathy and respect.

Educators of young physicians are the guides on an enthusiastic journey to knowledge and mastery of the incredible mechanisms of life. This also requires walking a more tortuous and narrow path to one's soul. Science and humanism, from all aspects, are the two key pieces of a long and wonderful apprenticeship nurtured with a diversity of codes and cultures, based on methodological and professional savoir-faire. Acquiring this complex symbiosis is certainly difficult.

Accompanying our young and not so young doctors and caregivers in the lifelong education process is the mission of a medical university enriched with its hard, human and social sciences. It is our responsibility to teach and transmit body and mind health to modestly change the world, to make it better for future generations... it is the essence of our academic missions."

Jean Sibilia
Dean, Medical School, University of Strasbourg
Vice-President, Dean's National Conference

"We implemented meditation at the University and the University Hospital of Strasbourg, setting it into an institutional frame in healthcare, research and academia. Since 2010, Mindfulness-Based Stress Reduction programs are offered to patients and caregivers in the Rheumatology Department of Prof. J. Sibilia at the University Hospital. In 2012, along with Prof. G. Bertschy, we launched a continuing medical education course, Medicine, Meditation, and

Neuroscience, at the Medical School. This training enables health professionals, physicians, psychologists and neuroscientists to experience meditation in-depth and discover its epistemological, philosophical and scientific foundations. In 2014, a meditation course is included in the Cognitive-Behavioral Therapy Master's Degree curriculum, headed by Prof. P. Tassi, at the School of Psychology. This year, 3rd year students of the Medical School have the opportunity to take a meditation course.”

Jean-Gérard Bloch
MD, Rheumatologist

FRIDAY 16 SEPTEMBER PROGRAMME

9H Introduction

Alain Beretz President, University of Strasbourg
Jean Sibilia Dean, Medical School, University of Strasbourg

9H15 - 10H15 Round table n°1: Neuroscience

Regulation of attention and emotions by mindfulness meditation: neurophysiological basis and implications for mental and physical health.

Wolf Singer Director Emeritus, Max Planck Institute for Brain Research, Frankfurt, and founding Director, Ernst Strüngmann Institute (ESI)
Antoine Lutz Tenured Scientist, Lyon Neuroscience Research Center (CNRL), INSERM
Gaël Chételat Director of Research INSERM UMR-S 1077, INSERM -EPHE, University of Caen

Moderator:

Michel de Mathelin Professor, ENS Physics, University of Strasbourg

10H30 - 11H30 Round table n°2: Clinical aspects

What are mindfulness based programs and the associated research teaching us in healthcare, especially about pain and depression? What are the benefits of meditation in body and mind integrative medicine? Academic and institutional preliminary results from scientific and clinical studies.

Jean-Gérard Bloch MD, Rheumatologist
Gilles Bertschy Professor and Director of the Psychiatric, Mental Health and Addiction Department, University and University Hospital of Strasbourg

Moderator:

Cornelius Weiller Professor and Director of the Neurology and Neuroscience Department, University and University Hospital of Freiburg-am-Brisgau, Germany

13H - 14H Round table n°3: Empathy and compassion

Training mind and heart: effects of mental training on mental and physical health, brain and prosocial behavior.

Tania Singer Director, Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, Germany
Matthieu Ricard Buddhist monk, author, French translator for the Dalai Lama

Moderator:

Michel Deneken First Vice-President, University of Strasbourg

14H15 - 15H15 Round table n°4: Consciousness

Can science explain consciousness? Lessons from coma and related states.
Consciousness from the first-person standpoint: an introduction to phenomenology.

Michel Bitbol Director of Research CNRS, Archives Husserl, ENS Paris
Steven Laureys MD PhD, Director of the Coma Science Group at the GIGA Research and Neurology Department of the University and University Hospital of Liège, Belgium

Moderator:

B. Alan Wallace President of Santa Barbara Institute for Consciousness Studies, USA

16H - 17H30 Studies Symposium: Francisco Varela

Closing with a symposium dedicated to prominent biologist, philosopher and neuroscientist Francisco Varela who was a powerful advocate in promoting dialogue between science and Buddhism. The symposium will recognize his pervasive contributions and inspiring legacy.

(conversations by invitation)

Live feed available at the Medical School (Grand Amphi)

Webcast will be available on: WWW.CANALC2.TV

THE SPEAKERS



Gilles Bertschy Professor and Director of the Psychiatric, Mental Health and Addiction Department, University and University Hospital of Strasbourg

His clinical, teaching and research activities are dedicated to mood disorders, with an interest in an integrative approach including neurobiological and psychopharmacological aspects, as well as incorporating clinical, psychological and social parameters. Introduced to mindfulness meditation by Zindel Segal, he created in 2012 with Jean-Gérard Bloch the continuing medical education course, Medicine Meditation and Neuroscience, at the Medical School of the University of Strasbourg.



Michel Bitbol Director of Research CNRS, Archives Husserl, ENS, Paris

He is presently based at the Archives Husserl, a center of research in Phenomenology. He received successively his M.D., his Ph.D. in physics, and his "Habilitation" in philosophy in Paris.

He worked as a research scientist in biophysics from 1978 to 1990. From 1990 onwards, he turned to the philosophy of physics. He edited texts by Erwin Schrödinger and developed a neo-kantian philosophy of quantum mechanics. In 1997 he received an award from the Académie des sciences morales et politiques for his work in the philosophy of quantum mechanics. Later on, he studied the relations between the philosophy of physics and the philosophy of mind, working in close collaboration with Francisco Varela. He then learnt some Sanskrit and published a book (*De l'intérieur du monde*, 2010) in which he draws a parallel between Buddhist dependent arising and non-supervenient relations, in quantum physics and the theory of knowledge. He recently developed a conception of consciousness inspired from an epistemology of first-person knowledge, together with a phenomenological critique of naturalist theories of consciousness (*La conscience a-t-elle une origine?* 2014).



Jean-Gérard Bloch MD, Rheumatologist

After his medical degree, he earned a MSc in neuro-immuno-pharmacology, then focused on clinical practice. Inspired by his studies of philosophy and psychology in contemplative traditions, he offers and promotes a mind-body integrative medicine approach, supported by scientific validation, and collaborates on applied and fundamental meditation research. He is a certified MBSR program instructor, based on Jon Kabat Zinn's curriculum at UMass Medical School Center for Mindfulness in Medicine, Health Care, and Society, and develops this approach at University of Strasbourg and its Hospital since 2010. In 2012, he implemented, along with Pr. Gilles Bertschy, the continuing medical education course, Medicine Meditation and Neuroscience. Since 2014, he has instructed a meditation course at the School of Psychology, and will introduce the course this year for 3rd year students of the Medical School.



Gaël Chételat Director of Research INSERM UMR-S 1077, INSERM -EPHE, University of Caen

She is responsible for a research team working on normal ageing and Alzheimer's disease using neuroimaging, with a particular interest in the factors and mechanisms allowing to promote ageing well. Gaël Chételat is the coordinator of the European Project Silver Santé Study (public name of the Medit-ageing project) granted by the European Commission since January 1st, 2016 and aiming at assessing the effects of meditation on mental health and well-being in ageing populations.



Steven Laureys MD PhD, Director of the Coma Science Group at the GIGA Research and Neurology Department of the University and University Hospital of Liège, Belgium

He is Research Director at the Belgian National Fund for Scientific Research and board-certified in neurology and in end-of-life medicine. He is President of the Association for the Scientific Study of Consciousness and Chair of the World Federation of Neurology Applied Research Group on Coma. His team has an international reputation in the assessment of consciousness and patients come to his center in Liège from all over Europe for neuroimaging tests and medical expertise. His latest book, published by Academic Press, is entitled "The Neurology of Consciousness".



Antoine Lutz Tenured Scientist, Lyon Neuroscience Research Center (CNRL), INSERM

He did his PhD in cognitive science in Paris with Francisco Varela and his postdoctoral work with Richard Davidson, at the University of Madison-Wisconsin. After working for ten years in the US as a scientist, he joined the CNRL in January 2013. His main research interest is the neuroscience of mindfulness and compassion meditations and their impact on consciousness, attention and emotion regulations, and pain perception. His most recent research in Madison includes a project funded by NIH-NCCAM to investigate the cognitive and neuronal mechanisms of actions of a Mindfulness-Based Stress Reduction (MBSR) intervention, and its impact on attention, pain perception and fear conditioning. Antoine Lutz has been awarded in December 2013 an ERC consolidator grant to extend his research program on mindfulness meditation in Lyon, France. He is also currently collaborating as a work package leader in the Medit-ageing Study, a large European research consortium investigating the impact of meditation on ageing, mental health and well-being in seniors (H2020, 2015-2020, PI: Gaël Chételat).



Matthieu Ricard - Buddhist monk, author, French translator of the Dalai Lama

He first visited India in 1967 where he met great spiritual masters from Tibet. After completing his Ph.D. degree in cell genetics in 1972, he moved to the Himalayan region where he has been living for the past 45 years. He contributes to the research on the effect of meditation on the brain at various universities in the USA and Europe and is the co-author of several scientific publications. He is an international best-selling author and a prominent speaker on the world stage. All proceeds from Matthieu Ricard's books, photographs, and events are donated to Karuna-Shechen, the humanitarian association he created. Based on the ideal of "compassion in action", Karuna-Shechen develops education, medical, and social projects for the most destitute populations of the Himalayan region.



Tania Singer – Director, Max Planck Institute for Human Cognitive and Brain Sciences in Leipzig

After receiving her PhD in Psychology at the Max Planck Institute for Human Development in Berlin, she became a Post-Doctoral Fellow at the same institution, at the Wellcome Department of Imaging Neuroscience, and at the Institute of Cognitive Neuroscience in London. In 2006, she went to the University of Zurich as Assistant Professor and became later Inaugural Chair of Social Neuroscience and Neuroeconomics and Co-Director of the Laboratory for Social and Neural Systems Research. Her research focus is on the foundations of human social behavior and the neuronal, developmental, and hormonal mechanisms underlying social cognition and emotions. Moreover, she investigates the psychological and neuroscientific effects of compassion and mental training on brain, mind, health, and cooperation. Prof. Singer is the Principal Investigator of the ReSource Project, a large-scale one year longitudinal mental training study, co-funded by the European Research Council. She holds a cooperation with Prof. Snower from the Kiel Institute for the World Economy on the topic of Caring Economics, funded by the Institute of New Economic Thinking. They investigate how biology and psychology can inform new economic models and decision-making. Tania has published her findings in many high-impact peer-reviewed journals.



Wolf Singer - Director Emeritus, Max Planck Institute for Brain Research, Frankfurt, founding Director, Frankfurt Institute for Advanced Studies (FIAS), and Ernst Strüngmann Institute for Brain Research (ESI), Germany

Prof. Dr. Dr. h.c. mult. Wolf Singer studied Medicine in Munich and Paris, obtained his MD from the Ludwig Maximilian University in Munich, and his PhD from the Technical University in Munich. He is Director em. at the Max Planck Institute for Brain Research in Frankfurt, Founding Director both of the Frankfurt Institute for Advanced Studies (FIAS) and of the Ernst Strüngmann Institute for Brain Research (ESI) and Director of the Ernst Strüngmann Forum. His research is focused on the neuronal substrate of higher cognitive functions, and especially on the question how the distributed sub-processes in the brain are coordinated and bound together in order to give rise to coherent perception and action. These studies are performed with electrophysiological techniques in behaviorally trained monkeys and with non-invasive imaging methods in human subjects.

THE MODERATORS



Michel Deneken - First Vice-President, University of Strasbourg

After earning a PhD in Catholic Theology he became a Professor at the University of Strasbourg in 2003. He studies dogmatic theology, and in particular, Christology (questions related to the death and resurrection of Jesus). His research focuses on ecclesiology (theological conception of the Church), and ecumenical questions (relationships between the Catholic and the reformed churches). As a German scholar, he studies 19th century German theology and specializes in the Tübingen School. He served from 2001 to 2009 as Dean of the Catholic Theology School of the University of Strasbourg. He is now its First Vice-President.



Michel de Mathelin – Professor, ENS Physics, University of Strasbourg

In 1987, he earned his engineering degree with the highest distinction from Université Catholique de Louvain, and a PhD in 1988 at Carnegie Mellon University, Pittsburgh. Since 1999, he has been a Professor at the “Ecole nationale supérieure de physique”, Strasbourg. In 2013, he became the Director of ICube Laboratory (University of Strasbourg Engineering, Computer Science and Imaging Laboratory (UMR CNRS-UNISTRA 7357)). He is currently coordinator of Robotex, the national network of robotics platforms, selected in February 2011 as an “equipment of excellence”.



B. Alan Wallace – President, Santa Barbara Institute for Consciousness Studies, USA

He began his studies of Tibetan Buddhism, language, and culture in 1970 at the University of Göttingen and then continued his studies over the next fourteen years in India, Switzerland, and the United States. During most of that time he trained as a Tibetan Buddhist monk, ordained by H.H. the Dalai Lama, for whom he has often served as interpreter. After graduating summa cum laude from Amherst College in 1987, where he studied physics and the philosophy of science, he went on to earn his Ph.D. in religious studies at Stanford University in 1995. He then taught for four years in the Department of Religious Studies at the University of California at Santa Barbara, and is the founder and president of the Santa Barbara Institute for Consciousness Studies. He has edited, translated, authored, and contributed to more than forty books on Tibetan Buddhism, medicine, language, and culture, and the interface between science and Buddhism, including *Meditations of a Buddhist Skeptic: A Manifesto for the Mind Sciences and Contemplative Practice*, *Mind in the Balance: Meditation in Science, Buddhism, and Christianity*, and *Hidden Dimensions: The Unification of Physics and Consciousness*



Cornelius Weiller - Professor and Director of the Neurology and Neuroscience Department, University and University Hospital of Freiburg-am-Brisgau, Germany

Since 2005, Pr. Veiller has been the Director of the Neurology and Neuroscience Department at the University and University Hospital of Freiburg-am-Brisgau. He previously held the same position in Hamburg. His research focuses on cerebrovascular accidents and the mechanisms of cerebral loss and recovery. He uses structural and functional

cerebral imaging to study speech and motor functions. He is a member of the publishing board of "Brain and Neuro Image" and was an expert evaluator for the European Commission. Currently a Senior Honorary Fellow of the University College London (UCL), he is also a member of the board of directors of the Hermann-Paul linguistics Institute of Freiburg-am-Brisgau.