

**The International Conference on “Buddhism and Science”
In Celebration of His Majesty King Bhumibol Adulyadej’s
Eightieth Birthday**

*Organized by
The College of Religious Studies,
Mahidol University, Thailand*

3 - 5 August 2007

**The Main Auditorium, Faculty of Veterinary Science, Mahidol University,
Salaya Campus, Nakhorn Pathom, Thailand**

On the auspicious occasion of His Majesty King Bhumibol Adulyadej’s Eightieth Birthday in 2007, the College of Religious Studies, Mahidol University, Thailand, is pleased to announce the upcoming international conference on:

Buddhism and Science

This conference will be the first international conference on Buddhism and Science held in Southeast Asia to bring together interested scholars and individuals from Asia and other continents to explore the interconnection and the unity of Buddhism and Science, with an emphasis on Theravada Buddhist tradition.

The main purposes of this conference are:

- (1) to help explore the scientific approaches to consciousness and well-being and the relation between the Buddhist theories and practice;
- (2) to learn the Buddhist orientation, together with the horizons of scientific enquiry, to help alleviate the inner causes of suffering, to solve the global conflicts, and to gain the cultural peace in our societies; and
- (3) to provide, to our participants, the memorable experiences with various ways of Buddhist meditation in and around Bangkok, so that our participants would gain the strength of both body and mind to attain holistic health.

This conference includes lectures and workshops, as detailed below:

- (1) *Nature of Consciousness.* Buddhist and Western approaches to the study of the origin, nature, and potential of human consciousness will be discussed by international scholars of Buddhism and of the cognitive sciences e.g. psychologists and neuroscientists. Moreover, the first-person methodologies of Buddhist meditation and the third-person methodologies of the cognitive sciences will be compared.
- (2) *Mental Health and Genuine Happiness.* Models of mental health beyond mere absence of mental illness, and genuine happiness will be discussed. The nature of well-being and the physical, mental, and social requisites of human flourishing will also be explored.

Invited Speakers are:

1. Professor Dr. Phradhammakosajan (THAILAND)
2. Professor Dr. Chamlong Disayavanish (THAILAND)
3. Dr. Alan Wallace (USA)
4. Dr. Jonathan Shear (USA)
5. Dr. David Presti (USA)
6. Dr. Daniel Siegel (USA)
7. Dr. Paul Fulton (USA)
8. Dr. Shauna Shapiro (USA)

To celebrate His Majesty King Bhumibol Adulyadej's Eightieth Birthday, the organizers are pleased to inform you that the registration fee for this conference is now waived.

The organizers would like to welcome all of you to attend this conference, and hope that this conference will bring the genuine happiness to everyone. For interested individuals who would like to attend this conference, please contact the College of Religious Studies, Mahidol University.

We are looking forward to welcoming everyone!

Dr. Rungpat Roengpitya
for the Organizing Committee

For further contact:

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TENTATIVE PROGRAM

**The Main Auditorium, Faculty of Veterinary Science,
Mahidol University, Salaya Campus**

3 August 2007

Morning Session

8.00 – 8.30 a.m. Registration

9.00– 9.15 a.m. **Her Royal Highness Princess Maha Chakri Sirindhorn**
graciously presides over the Opening Ceremony

9.15 – 9.45 a.m. - Blessing by His Holiness Somdet Phra Buddhacharya
President, Executive Committee of His Holiness
The Supreme Patriarch

- Welcoming Speech by
Professor Emeritus Dr. Pornchai Matangkasombat
President of Mahidol University, Thailand

MC: Dr. Kyaw Than *College of Religious Studies, Mahidol University, Thailand*

Chair: Assistant Professor Dr. Prapod Assavavirulhakarn
Faculty of Arts, Chulalongkorn University, Thailand

9.45 – 10.30 a.m. A film depicting Majesty’s compassionate activities for the
weal and welfare of all

10.30 – 10.45 a.m. Break

10.45 – 11.30 Keynote Speech by Dr. B. Alan Wallace, *Director of the Santa
Barbara Institute for Consciousness Studies, USA:*
The Encounter between Buddhism and Science

11.30 a.m. – 1.00 p.m. Lunch Break

Afternoon Session **Topic: Knowledge of Consciousness**

Chair: Dr. Matthew Kosuta, *College of Religious Studies, Mahidol University, Thailand*

1.00 – 2.00 p.m. ***Scientific Approach to the Study of Consciousness: a Historical Overview***

Dr. Jonathan Shear, *Virginia Commonwealth University, USA*

2.00 – 3.00 p.m. ***Contemporary Scientific Knowledge of Consciousness***

Dr. David Presti, *University of California, Berkeley, USA*

3.00 – 3.15 p.m. Break

3.15 – 4.15 p.m. ***Buddhist Approaches to the Study of Consciousness***

Professor Dr. Phradhammakosajan, *The Rector of Mahachulalongkornrajavidyalaya University, Thailand*

4 August 2007 **Topic: Mental Health and Well Being**

Morning Session

Chair: Associate Professor Dr. Bhinyo Panijpan, *Director of the Institute for Innovation and Development of Learning Process, Mahidol University, Thailand*

9.00 – 10.00 a.m. ***Scientific Understanding of Mental Disease***

Dr. Daniel Siegel, *Director of the Center for Human Development, University of California, Los Angeles, USA*

10.00 – 11.00 a.m. ***Buddhist Understanding of Mental Affliction***

Professor Dr. Chamlong Disayavanish, *Chiangmai University, Thailand*

11.00 a.m. – 12.30 p.m. Lunch Break

Afternoon Session

Chair: Dr. Udom Chantharaksri, *Faculty of Science, Mahidol University*

12.30 – 1.30 p.m. ***Buddhist and Scientific Methods for Healing the Mind***

Dr. Paul Fulton, *President, Institute for Meditation and Psychotherapy, USA*

1.30 – 2.30 p.m. ***Western Ethics and Mental Happiness***

Dr. Jonathan Shear, *Virginia Commonwealth University, USA*

2.30 – 2.45 p.m. Break

2.45 – 3.45 p.m. ***Buddhist Views of Mental Well-Being***

Dr. B. Alan Wallace, *Director of the Santa Barbara Institute for Consciousness Studies, USA*

3.45 – 4.45 p.m. ***Buddhist and Scientific Ways of Cultivating Mental Well-Being*** Dr. Shauna Shapiro, *Santa Clara University, USA*

4.45 – 5.30 p.m. Discussion between audience and all panelists.

5 August 2007 Practical Workshops

Morning Session

Chair: Dr. Matthew Kosuta, *College of Religious Studies, Mahidol University, Thailand*

9.00 – 10.30 a.m. Practical Workshop on ***Mindfulness-Based Cognitive Therapy***
Dr. Shauna Shapiro, *Santa Clara University, USA*

11.00 a.m. – 12.30 p.m. Lunch Break

Afternoon Session

Chair: Phra Sriyannasophol, *Wat Praram 9 Kaanchanaphisek, Thailand*

12.30 – 1.30 p.m. Practical Workshop on ***Calming Meditation to Treat Attention Disorders***
Dr. B. Alan Wallace, *Director of the Santa Barbara Institute for Consciousness Studies, USA*

1.30 – 2.30 p.m. Practical Workshop on ***Cultivation of Attentional Balance***
Dr. B. Alan Wallace, *Director of the Santa Barbara Institute for Consciousness Studies, USA*

2.30 – 2.45 p.m. Break

2.45 – 3.45 p.m. Practical Workshop on ***Cultivation of the Four Sublime Emotions (Brahmavihara)***
Dr. Paul Fulton, *President, Institute for Meditation and Psychotherapy, USA*

3.45 – 4.45 p.m. Practical Workshop on ***Cultivating Emotional Balance***
Phrakhrupalad Sampipatnaviriyajarn
Dean, Graduate School, Mahamakut Buddhist University

4.45 – 5.00 p.m. Closing Remarks by Dr. Pinit Ratanakul, *Director of the College of Religious Studies, Mahidol University, Thailand*
