MIND & LIFE EUROPE

# Contemplative Science Symposium

## Review (December 2019)

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BEYOND CONFINES

## FACTS & FIGURES

- **Dates:** October 25 – 27, 2019
- **Venue:** Veranstaltungforum Fürstenfeld
- **Participants (overall):** 288
- **Countries represented:** 33
- **Presenters:** 33
- **Volunteers:** 30
- **Key Notes:** 4
- **Panels:** 7
- **Interactive Workshops:** 11

I want to express my gratitude to Mind & Life Europe for the invitation to be part of such a wonderfully organized and enriching event.

**Congratulations for the very impressive gathering so many artists, thinkers, scientists and leaders for whom compassion is at the root of their values and purpose.**

For me, it was a wonderful opportunity to connect with the audience, the presenters and staff, it has been for me a truly inspiring and delightful experience.

**– PERLA KALIMAN, PRESENTER NUTRITION**

Contemplative Science Symposium 2019 (Review)

MIND & LIFE EUROPE

BEYOND CONFINES

Thank you for a superb conference! The MLE community runs so deep, and the film actually gave me a much stronger contextual understanding of its history. What a joy to play a small part of the larger unfolding.

**I had so many deep conversations with a wide-range of folks, and so many folks have already written in to carry forward these values in umpteen ways.** None of it would've been possible, without your and Amy's vision, and the untiring work of Nina, Ute and many others behind the scenes. Please send them all a bow of gratitude on my behalf. I hope to be a responsible steward for all that has fallen in my lap.

**– NIPUN MEHTA, PRESENTER ECONOMICS**

MIND & LIFE EUROPE

BEYOND CONFINES

It was such a warm tone at this beautiful conference venue. **Everything was taken care of, for the mind, the heart, the body and even the stomach.** Feeling supported by the intense thoughts you've put into everything during the preparation phase: the loving atmosphere, the compilation of the panels and their outstanding and sometimes totally surprising speakers – nothing could have been better and more interesting.

And then came the encounters on the fringes of the event, with people who had something very special to offer everyone, everyone in his place.

**A community of committed people that you will hardly ever see gathered in one place.**

**– HANNA PAULMANN, MLE SUPPORTER**

Contemplative Science Symposium 2019 (Review)

MIND & LIFE EUROPE

BEYOND CONFINES

I want to once again extend my deep respect to you and the MLE team (which I now know is very small) and to congratulate with a very successful symposium and retreat.

**It was a great pleasure to connect with all of you and to experience your dedication to the vision of MLE**. It was an enlightening, fun and inspiring meeting and enjoyed the conversations as well as the silent laughing and dancing.

**– MIKKEL KRISTIANSEN, PARTICIPANT**

MIND & LIFE EUROPE

BEYOND CONFINES

I want to say again with all my heart that, **it's not just that it was the most organized conference I had ever attended, but that it was clearly planned in the most holistic and enlivening way imaginable.** Every sequence, every detail, every panel and workshop was thought out.

The yodeling, the food, the assess to brother David and Roshi Joan, the intelligently holistic organization of the six themes, the monitored speaking times, the careful selection of speakers, even the transportation to the airport - was choreographed exquisitely.

I was amazed by Nina's poised and graceful presence as our mistress of ceremonies. The training of the volunteers was extraordinary. And Ute seemed almost telepathic in her mastery of details. I am saying these things as someone who has organized a lot of (smaller) conferences.

**I have never seen anything like it.** And lastly, what a joy to experience the youthful positive energy of the audience. What an honor to be a part of this.

**– JAMES MORLEY, PRESENTER PHILOSOPHY**

Contemplative Science Symposium 2019 (Review)

MIND & LIFE EUROPE

BEYOND CONFINES

I had a beautiful experience at the Symposium with open-minded people, a lot of love and a feeling of belonging. **Being a volunteer for Mind & Life Europe, I received professional and kind guidance!**

My major insight was that love is the key to everything I'm searching for and it lies inside myself.

**– VALENTIN DINGES, MLE VOLUNTEER**

MIND & LIFE EUROPE

BEYOND CONFINES

Indeed it was a fabulous experience, **I will tell all my friends and colleagues in the mindfulness milieu back in South Africa. They will certainly be inspired and will join in future editions.**

From my part, I will be joining the Contemplative Education Initiative soon. It will be my pleasure to collaborate in the future with such amazing scholars and practitioners. I want to thank you personally for all the effort involved in the event. It truly was a success.

**– NUÑO AGUIRRE DE CARCER GIRON, PARTICIPANT**

Contemplative Science Symposium 2019 (Review)

MIND & LIFE EUROPE

BEYOND CONFINES

I have the Symposium in good memory. Very special to me were the practical experiences in which I was allowed to participate, e.g. the meditations, the concert, the dancing and the singing, because I believe that one can not express much in language and especially when it comes to mindfulness, other levels can provide a more direct experience.

**I enjoyed working in Team Guest Relations because I like to meet people with kindness and to be mirrored as well, so I experienced the connection between the participants and the volunteers at eye level,** which I found very pleasant, because I already have other experiences in the service area. Thank you for the great Symposium.

**– MIRIAM EISNER, MLE VOLUNTEER**

MIND & LIFE EUROPE

BEYOND CONFINES

My thanks really goes to the entire team organizing this amazing conference. I could only be there one day but this one day felt timeless. Such condensation of time and meaning.

**It felt like being on a conference in some futuristic age, when mankind had finally understood that the different dimensions and approaches – spiritual, scientistic, political, economical, musical (!!) etc. – must be investigated, considered and held together.**

(...) Also, I was very impressed about the time management. There was almost a kind of musical-rhythm during the day, not too long, not too short, and one could experience how much depth is in 15 minutes well used.

**I am honored and newly motivated to be on board of this organization and hope I can contribute.**

**– DONATA SCHÖLLER, MLE ASSOCIATION MEMBER**