



## **Southern Synergy Mindfulness Program**

**December 2021 Newsletter**



### **Update on the ICM Asia Pacific 2022 in Melbourne**

Preparations for the International Conference on Mindfulness Asia Pacific (ICM-AP) 2022 are gaining momentum with many of the major decisions now locked in. The main conference will be held at the Melbourne Convention and Exhibition Centre from 15 to 18 November with a one-day retreat to follow on Saturday 19 November in a lovely light-filled space at the Metropolis.

The conference theme is Contemplative Practice for the 21st Century. A Program Working Group (PWG) has been formed and has met several times to develop an overall program structure and ultimately the final program.

We are now looking for volunteers with relevant experience and expertise to be part of one (or more) of 4 PWG subgroups to organise the conference strands which are as follows.

1. Spiritual, cultural and philosophical  
Chair: Charles Potter (contact: [charles@thecontemplary.org](mailto:charles@thecontemplary.org))  
Include practice program

2. Social, political and environmental  
Chair: Fran Shawyer (contact: [frances.shawyer@monash.edu](mailto:frances.shawyer@monash.edu))

3. Technology, education and media  
Chair: Bruno Cayoun (contact: [bruno.cayoun@mindfulness.net.au](mailto:bruno.cayoun@mindfulness.net.au))

4. Intrapersonal, interpersonal and investigative  
Chair: Nicholas Van Dam (contact: [nicholas.vandam@unimelb.edu.au](mailto:nicholas.vandam@unimelb.edu.au))

At this stage, the tasks of the strand subgroups are to define what their strand is about, including a 100-word blurb for the website. Other subgroup tasks include: to come up with a short, prioritised list of 3 keynotes; and to structure the program for the strand after abstracts are received including possibly workshops as well as symposiums. Frequency of meetings will vary over time but will be conducted online, for instance via zoom.

If you have relevant experience or expertise in any of these areas and are interested in helping shape the content to make this conference into an event that is truly inspirational, then please contact the applicable strand chair(s) with an expression of interest including relevant background.

**Read more here**

[Register your interest](#)



### Weekly Mindfulness Session

Our weekly mindfulness sessions are continuing to be run online.

Please join us each week on Wednesdays from 2.30 - 3.00pm using the same zoom link weekly. Or go to [monash.zoom.us/join](https://monash.zoom.us/join) and enter meeting ID: 853 737 4390 and password: 77258332.

We had hoped to return to face-to-face sessions in the Sacred Space at Dandenong Hospital the second week of January but this is now deferred until at least February.

[Join session](#)



### Day of Mindfulness

Our final Day of Mindfulness for 2021 was facilitated by Professor Graham Meadows and Dr Fran Shawyer and was held online. The theme was "Reflection and Recalibration". In the context of the adjustments necessitated by having been away from our usual sources of stimulation in lockdown then emerging straight into a busy time of year, this was a wonderful opportunity to pause and take stock through the simplicity of stillness and silence.

We have set the dates for 2022 which are: 5 March, 4 June, and 8 October (all Saturdays with the same fee structure as 2021).

We have also booked space at the Abbotsford Convent in anticipation of face-to-face attendance. However, a number of people have commented that the online format has worked very well for them. We have therefore invested in some equipment to be able to provide a hybrid delivery format and so that attendees will now be able to choose whether they attend in person or online.

We still have three free "pay-it-forward" places available for HCC holders, which was generously offered from one of our regular attendees in lieu of a refund. Email [southern.synergy@monash.edu](mailto:southern.synergy@monash.edu) for one of these places.

[Register](#)



"People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child—our own two eyes. All is a miracle". Thich Nhat Hanh.

### Partner acknowledgement

This eNewsletter was produced in partnership with Monash Health.

For any enquiries, please email Dr Frances Shawyer at [frances.shawyer@monash.edu](mailto:frances.shawyer@monash.edu)



**\*mu – seal script. The Japanese and Korean term 'mu' or Chinese 'wu' meaning "not have; without" is a key word in Buddhism. Source Wikimedia Commons**





You are receiving this email because you are part of the Monash Health, Mental Health program or have otherwise expressed interest in receiving our newsletter.

If you no longer wish to receive these communications, please email <[southern.synergy@monash.edu](mailto:southern.synergy@monash.edu)> with your request to unsubscribe.

Monash University values the privacy of every individual's personal information and is committed to the protection of that information from unauthorised use and disclosure except where permitted by law. For more about Data Protection and Privacy at Monash see our [Data Protection and Privacy Procedure](#). Since the introduction of the General Data Protection Regulation (GDPR), Monash University is committed to improving its processes and systems to support a privacy framework that is consistent with the GDPR approach, and steps towards this transition are well underway. If you have any questions about how Monash University is collecting and handling your personal information, please contact our Data Protection Officer at [dataprotectionofficer@monash.edu](mailto:dataprotectionofficer@monash.edu)

Copyright © 2021 [Monash University](#) ABN 12 377 614 012