

Subject: EM: Informal Meeting Invite
Date: Friday, August 29, 2025 at 4:03:45 PM Pacific Daylight Time
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From: Velda Yount

In this informal meeting, we will learn about different spiritual views on human experience. Most meetings will feature a guest teacher who will share their lineage through lecture, practice, and discussion. Topics of focus will be developed by attendees and may include:

How can spiritual practices support mental health?
How can spiritual practices support social change?
How do different spiritual traditions relate to one another?
How might science engage in constructive dialogue with spirituality?

Past teachers have included:

Venerable Nicholas Thanissaro (Peace Point Meditation, Dhammakaya Intl)
Abbess Jian Fan Shi (Middle Land Monastery)
Imam Hadi Qazwini (The Claremont Colleges Chaplains)
Rev. Joel Daniels (The Claremont Colleges Chaplains)
Mona Morales Recalde (San Gabriel Band of Mission Indians - Gabrieleno/Tongva)

All are invited to join, including students, faculty, and staff. Meetings will be held on Thursdays 12:30-1:30 this Fall semester. Our first meeting will be on Sept 4th in Nucleus East 158, where we will meet and identify topics of interest. Attendees are welcome to bring and eat lunch.

Inquiries can be sent to gagarwal@natsci.claremont.edu

mind lunch

(bring your own lunch)

Spiritual practices for
examining human experience

Previous teachers

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Thursdays 12:30-1:30
First meeting: Sept 4th
Nucleus E158

Questions:
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