

For Immediate Release

Pathways to Gratefulness

Saturday, June 23, 2012

The Palace of Fine Arts

3301 Lyon Street, San Francisco, CA

Time: 10 am – 5 pm, VIP Reception: 5:30 pm – 6:30 pm

Tickets: \$95 - \$225, All Ages Welcome, <http://www.cityboxoffice.com>

Ticket Info: <http://pathways.gratefulness.org>

Event Program:

Brother David Steindl-Rast - *Founder of A Network for Grateful Living (ANG*L)*

David Whyte - *World-Renowned Poet*

Angeles Arrien - *Cultural Anthropologist and Award-Winning Author*

Fritjof Capra - *Physicist*

Chip Conley - *Entrepreneur and Author*

Anthony Chavez - *Cesar Chavez Foundation*

Barrett Ersek - *Entrepreneur and CEO, Holganix*

Zoketsu Norman Fischer - *Poet and Buddhist Author (video)*

Dr. James Gordon - *The Center for Mind Body Medicine*

Chungliang Al Huang - *Living Tao Foundation, Author, Philosopher and Artist*

Michael Lerner, PhD. - *President and Founder of Commonweal Health & Environmental Research Institute*

W. S. Merwin - *Pulitzer Prize-Winning Poet Laureate (video)*

Toni Powell - *30daygratitudechallenge.com*

Joan Halifax - *Zen Buddhist Roshi, Ecologist, Civil Rights Activist (video)*

Dr. Brenda Wade - *Psychologist, Television Host, Author (The Mastery of Love and Money)*

Orland Bishop - *Community Activist & Social Change Innovator*

Dr. Philip Watkins - *Gratitude Researcher*

San Jose Taiko - *Traditional Japanese Drumming Performance*

"In daily life we must see that it is not happiness that makes us grateful, but gratefulness that makes us happy."

-Brother David Steindl-Rast

San Francisco, CA – Tuesday, March 27, 2012 – A Network for Grateful Living (ANG*L) and luminaries from diverse fields will join together for *Pathways to Gratefulness* - an unprecedented one-day conference celebrating the practice of grateful living based on the teachings of **Brother David Steindl-Rast** - at The Palace of Fine Arts on Saturday, June 23, 2012. *Pathways to Gratefulness* is set forth to awaken the practice of gratefulness as attendees explore and engage through live conversation, music, and movement with renowned presenters from a variety of perspectives. The distinct group of invited guests includes celebrated poet **David Whyte**, cultural anthropologist and award-winning author **Angeles Arrien**, physicist **Fritjof Capra**, and entrepreneur and author **Chip Conley**, who will share dialogue, ideas and inspiration with additional standout speakers and panelists, including **Anthony Chavez**, **Barrett Ersek**, **Dr. James Gordon**, **Chungliang Al Huang**, **Michael Lerner, PhD**, **Toni Powell**, **Dr. Brenda Wade**, and **Dr. Philip Watkins**. Video presentations will be shown featuring **Zoketsu Norman Fischer**, **W. S. Merwin**, and **Joan Halifax**. Dr. Brenda Wade will emcee the event, and **San Jose Taiko** will conduct a live performance. The lead sponsor for *Pathways to Gratefulness* is **Herst Wellness**. Interviews and photos are available upon request.

Pathways to Gratefulness will encourage practices that support reconnection with one's true potential and the evolution of being an increasingly connected, aware being. The event strives to provide a space for self-discovery and rejuvenation through a greater manifestation of the spirit of gratefulness in each of us. It also serves as a fundraiser to support the international outreach efforts of the non-profit organization, A Network for Grateful Living, which through its website (pathways.gratefulness.org) offers free resources, as well as workshops, retreats, and local groups that teach people how to cultivate gratefulness. ANG*L aims to establish a spiral of learning, practice, and sharing that opens out into real-life action and service to society.

"Awareness of gratitude as a transformative force is erupting all around us these days" says Brother David Steindl-Rast. "At the *Pathways to Gratefulness Summit*, a convocation of prominent figures in science, the arts, spirituality, and entrepreneurship will bring

this global gratitude phenomenon into clear focus. Their support of the power of Grateful Living as a major spiritual practice is a great gift to me and underscores the relevance of gratefulness to such wide-ranging arenas as peacemaking, economic justice, interreligious dialogue, ecology, and wellness."

Nearly 10,000 followers a day and 3.5 million visitors a year worldwide visit www.gratefulness.org to explore the practice of grateful living as a global ethic, inspired by Br. David's teachings. *Pathways to Gratefulness* event will explore many topics including: What is Gratefulness?, Business and Gratefulness & the Heart of Work, Science and Gratefulness, Wellness and Gratefulness, and International Perspectives on Gratefulness. *Pathways to Gratefulness* will be streamed live to followers worldwide along with an ongoing active social media component including an on-site video booth for attendees to post video blogs about the event.

About the Presenters at *Pathways to Gratefulness*:

Brother David Steindl-Rast, Founder of A Network for Grateful Living (ANG*L)

Brother David Steindl-Rast, O.S.B. was born in 1926 in Vienna, Austria. He studied art, anthropology, and psychology, receiving a Ph.D. from the University of Vienna. Since 1953 he has been a monk of Mount Saviour Benedictine monastery in New York. He was one of the first Roman Catholics to participate in Buddhist-Christian dialogue. For decades, Brother David has divided his time between periods of a hermit's life and extensive lecture tours. His audiences included starving students in Zaire and faculty at Harvard and Columbia, Buddhist monks and Sufi retreatants, New Age commune residents and naval cadets, Green Berets and international peace conference participants.

He has contributed to books and periodicals from the Encyclopedia Americana to the New Age Journal. He authored *Gratefulness, the Heart of Prayer and A Listening Heart*, both reprinted and anthologized for more than two decades. Brother David co-authored *Belonging to the Universe*, with physicist, Fritjof Capra, and *The Ground We Share* on Buddhist and Christian practice with Robert Aitken Roshi. His most recent book is *Deeper Than Words: Living the Apostles' Creed*.

Brother David co-founded www.gratefulness.org.

David Whyte, Poet

Poet David Whyte grew up with a strong, imaginative influence from his Irish mother among the hills and valleys of his father's Yorkshire. He now makes his home, with his family, in the Pacific Northwest of the United States.

The author of six books of poetry and three books of prose, David Whyte holds a degree in Marine Zoology and has traveled extensively, including living and working as a naturalist guide in the Galapagos Islands and leading anthropological and natural history expeditions in the Andes, the Amazon and the Himalaya. He brings this wealth of experience to his poetry, lectures and workshops. His life as a poet has created a readership and listenership in three normally mutually exclusive areas: the literate world of readings that most poets inhabit, the psychological and theological worlds of philosophical enquiry and the world of vocation, work and organizational leadership.

An Associate Fellow at Templeton College and Said Business School at the University of Oxford, he is one of the few poets to take his perspectives on creativity into the field of organizational development, where he works with many European, American and international companies. In spring of 2008 he was awarded an honorary doctorate from Neumann College, Pennsylvania.

Angeles Arrien, Author

Angeles Arrien is a cultural anthropologist, award-winning author, educator, and consultant to many organizations and businesses. She lectures and conducts workshops worldwide, bridging cultural anthropology, psychology, and comparative religions. Her work has been featured on *CNN*, and is currently used in medical, academic, and corporate environments.

For over 25 years, Angeles has included within her Four-Fold Way programs, three-day-solo wilderness experiences in Northern California and Arizona. Her love of reconnecting people to Nature has provided life-changing experiences for over 6,000 people nationally and internationally, from the ages of 16-87. Angeles is the President of the Foundation for Cross-Cultural Education and Research. Her Foundation has several initiatives, which include one that supports environmental sustainability in the preservation of heritage seeds, supplying water wells in Africa, China and India; and supporting reforestation in Central and South America.

Her books, including *The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer and Visionary*; *Signs of Life*, (Winner of the 1993 Benjamin Franklin Award); and *The Second Half of Life: Opening the Eight Gates of Wisdom*, (Winner of the 2007 Nautilus Award for Best Book on Ageing), have been translated into thirteen languages; and her latest book, *Living in Gratitude: A Journey that will Change Your Life* was recognized as one of the Best Spiritual Books of 2011. Angeles has received three honorary doctorate degrees in recognition of her work.

Fritjof Capra, Physicist

Fritjof Capra, Ph.D., physicist and systems theorist, is a founding director of the Center for Ecoliteracy in Berkeley, California. The Center advances schooling for sustainability; its most recent book on this growing movement in K-12 schools is *Smart by Nature*:

Schooling for Sustainability (2009). Dr. Capra is on the faculty of the Beahrs Environmental Leadership Program of the University of California, Berkeley. He also teaches at Schumacher College, an international center for ecological studies in England, and frequently gives management seminars for top executives.

Dr. Capra is the author of five international bestsellers, *The Tao of Physics* (1975), *The Turning Point* (1982), *Uncommon Wisdom* (1988), *The Web of Life* (1996), and *The Hidden Connections* (2002). He coauthored *Green Politics* (1984), *Belonging to the Universe* (1991), and *EcoManagement* (1993), and co-edited *Steering Business Toward Sustainability* (1995). His most recent book, *The Science of Leonardo*, was published in hardcover in 2007 and in paperback in 2008.

Chip Conley, Entrepreneur and Author

At the age of 26, Chip Conley started his own hospitality company, Joie de Vivre (JDV) and, as CEO for two-dozen years, expanded it into a collection of over 35 award-winning hotels, restaurants and spas – the second largest boutique hotel company in America. Also an author, Chip is a veteran practitioner of emotional intelligence in business and in his *New York Times* bestselling book, *EMOTIONAL EQUATIONS: Simple Truths for Creating Happiness + Success*, he takes us from emotional intelligence to emotional fluency.

The preeminent thought leader at the intersection of psychology and business, Chip speaks around the world on finding meaning at work, is a regular blogger on The Huffington Post and his own blog at www.emotionalequations.com. Chip has been honored with the highest accolade in the American hospitality industry, the coveted ISHC Pioneer Award, and was named the Most Innovative CEO – and JDV the “2nd Best Place to Work” – in the entire Bay Area by *The San Francisco Business Times*. He received his BA and MBA from Stanford University, and holds an Honorary Doctorate in Psychology from Saybrook University, where he is the 2012 Scholar-Practitioner in residence.

Anthony Chavez, Cesar Chavez Foundation

Raised in the farm worker movement his grandfather founded, Anthony Chavez, 23, grew up participating in United Farm Workers’ marches, picket lines and political campaigns. The oldest son of Socorro and Paul Chavez, Cesar Chavez’s middle son, Anthony speaks around the country before numerous student and community groups on behalf of the Cesar E. Chavez Foundation, established by the Chavez family to further his grandfather’s life and work.

The past two years have seen him serve as travel assistant to Benedictine Brother David Steindl-Rast on his national and international tours. Anthony graduated from California State University, Bakersfield with a B.A. degree in religious studies. Anthony is currently exploring master’s programs focusing on a multi-disciplinary study of economics, global affairs and public-policy.

Barrett Ersek, Entrepreneur and CEO, Holganix

In 2004, Ersek started HappyLawn of America Inc. HappyLawn focused on the green grass no weeds business and began operations in the Baltimore area. Ersek had developed a proprietary patented selling process that allowed the company to grow rapidly from \$0 in sales in 2004 to \$10 million by year-end 2007. In 2009, HappyLawn was purchased by Service Master, a parent company of Chemlawn.

Presently, Ersek is the CEO (founder) of Holganix, a bio-nutritional company that manufactures and distributes proprietary, patent pending organic products that help large fertilizer users improve their economics, agronomics, and reduce their environmental footprint. This business will help revolutionize the agriculture industry by nearly eliminating the use of nitrates, phosphates, & pesticides.

Ersek has founded several companies in franchising, manufacturing, and commercial real estate development including Custom Care America Inc., which was a franchisor in the lawn care space, Green America Inc., which invented and manufactured proprietary lawn care application equipment, Cambridge Tool Works, a manufacturer of specialty wood-working equipment and TE Enterprises, which focuses on commercial real estate development and management.

Ersek has been actively involved in The Entrepreneurs Organization “EO,” serving as the Philadelphia chapter president, forum chair, education chair, and mentor chair. He has also completed the three-year “Entrepreneurial Masters Program,” an EO – MIT sponsored educational program focused on fast growth companies. Ersek is recognized as a thought leader in the field on innovation and has lectured on five continents for groups including: MIT, London School of business, India School of Business, in addition to many entrepreneur groups

Zoketsu Norman Fischer, Poet and Buddhist author (video)

Zoketsu Norman Fischer is a poet, priest, and a former abbot of San Francisco Zen Center. He is founder and teacher of the Everyday Zen Foundation (www.everydayzen.org), which is dedicated to sharing Zen teaching and practice widely with the world. His latest book is *Sailing Home: Using the Wisdom of Homer’s Odyssey to Navigate Life’s Perils and Pitfalls*. He has also written *Taking Our Places: The Buddhist Path to Growing Up* and his latest volume of poetry is *I Was Blown Back*.

Dr. James Gordon, The Center for Mind Body Medicine

James S. Gordon, MD is Founder and Director of The Center for Mind-Body Medicine; Dean of the Graduate School of Mind-Body Medicine at Saybrook University; Clinical Professor, Department of Psychiatry and Family Medicine; Georgetown University School of Medicine and author of *Manifesto for a New Medicine*, *Comprehensive Cancer Care*, and *Unstuck: Your Guide to the Seven Stage Journey out of Depression*.

Chungliang Al Huang, Living Tao Foundation, author, philosopher and artist

Philosopher, performing artist and internationally acclaimed Tao master, Chungliang Al Huang is the founder-president of the Living Tao Foundation and the international Lan Ting Institute in the sacred mountains in China, and on the Oregon Coast in the U.S. He is one of the most sought after speakers in the field of human potentiality, on cultural diversity and creative dynamism in global business, education and all arenas of life. He is a research scholar of the Academia Sinica, a fellow of the World Academy of Art and Science, and an assembly member for the Council for A Parliament of the World Religions. He received the highest rated Speaker's Award from the Young Presidents' Organization, the New Dimension Broadcaster Award, and the prestigious Gold Medal from the Ministry of Education of the Republic of China.

A close colleague and collaborator with the late scholar Alan Watts and mythologist Joseph Campbell, Huang was featured in the inaugural segment of Bill Moyers' renowned PBS *World of Ideas* series. He is the author of numerous best-selling books, including the classic, *Embrace Tiger, Return To Mountain*, *Essential Tai Ji*, *Quantum Soup* and the *Chinese Book of Animal Powers* (All from Singing Dragon publisher www.singingdragon.com). He is a co-author with Alan Watts of *Tao: The Watercourse Way* (Pantheon Books); and with Dr. Jerry Lynch of *Thinking Body*, *Dancing Mind* (Bantam Books), *Working Out*, *Working Within*, *The Way of the Champion and Spirit of the Dancing Warrior*.

Michael Lerner, Ph.D., President and Founder of Commonweal Health & Environmental Research Institute

Michael Lerner, Ph.D., is President and founder of Commonweal. His interests include mind-body health, with a special interest in cancer; high-risk children and young people; and the architecture of an environmentally sustainable future. Lerner is the founder of the Commonweal Cancer Help Program. He received his B.A. from Harvard in 1965 and his Ph.D. in political science from Yale in 1971. After serving as an assistant professor with a joint appointment in the Department of Political Science at Yale Graduate School and Yale Medical School, Lerner was named a founding associate of the Carnegie Council on Children. He came to California in 1972 and in 1973 founded Full Circle, a residential treatment center for children with learning and behavioral disorders in Marin County. In 1976 he founded Commonweal. In 1983 he received a MacArthur Prize Fellowship for his contributions to public health, and in 1990 was named a United States-Japan Leadership Fellow. In 1988-90, he served as Special Consultant to the Office of Technology Assessment for its landmark study, *Unconventional Cancer Treatments*. He also serves as President of the Jenifer Altman Foundation.

W. S. Merwin, Pulitzer Prize-Winning Poet Laureate (video)

W.S. Merwin is a major American writer whose poetry, translations, and prose have won praise since W.H. Auden awarded his first book, *A Mask for Janus* (1952), the Yale Younger Poets Prize. Writing in the *Guardian*, Jay Parini described Merwin's writing style as "his own kind of free verse, [where] he layered image upon bright image, allowing the lines to hang in space, largely without punctuation, without rhymes . . . with a kind of graceful urgency." Although Merwin's writing has undergone stylistic changes through the course of his career, a recurring theme is man's separation from nature. He sees the consequences of that alienation as disastrous, both for the human race and for the rest of the world. Merwin, who is a practicing Buddhist as well as a proponent of deep ecology, has lived since the late 1970s on an old pineapple plantation in Hawaii, which he has painstakingly restored to its original rainforest state. He is the author of many acclaimed books.

Toni Powell, 30daygratitudechallenge.com

Founder of the 30 Day Gratitude Challenge. A workshop and month long program has had its beginnings in the corporate world and plans are now underway for online courses, primary and high school programs. She is currently working with her daughter on the 365 Grateful Project, and is working on a documentary film, *Goodness Gracious Me!* Powell is a film reviewer for ABC Radio in Australia.

Joan Halifax, Zen Buddhist roshi, Ecologist, Civil Rights Activist (video)

Joan Halifax Roshi is a Buddhist teacher, Zen priest, anthropologist, and author. She is Founder, Abbot, and Head Teacher of Upaya Zen Center, a Buddhist monastery in Santa Fe, New Mexico. She has worked in the area of death and dying for over thirty years and is Director of the Project on Being with Dying. For the past 25 years, she has been active in environmental work.

A Founding Teacher of the Zen Peacemaker Order, her work and practice for more than three decades has focused on engaged Buddhism. Of recent, Roshi Joan Halifax is a distinguished invited scholar to the Library of Congress and the only woman and Buddhist to be on the Advisory Council for the Tony Blair Foundation. She is Founder and Director of the Upaya Prison Project that develops programs on meditation for prisoners. She is founder of the Ojai Foundation, was an Honorary Research Fellow at Harvard University, and has taught in many universities, monasteries, and medical centers around the world. She studied for a decade with Zen Teacher Seung Sahn and was a teacher in the Kwan Um Zen School. She received the Lamp Transmission from Thich Nhat Hanh, and was given Inka by Roshi Bernie Glassman.

Dr. Brenda Wade, Psychologist, Television Host, Author (The Mastery of Love and Money)

Dr. Brenda Wade is an award-winning holistic psychologist, television host, author, keynote speaker, retreat and seminar leader, and media producer. Whether on TV or radio, or at live events, she always lights up the room with her unique, dynamic, love-centered approach. She has authored three books: *Power Choices: 7 Signposts on Your Journey to Wholeness, Joy, Love and Peace*; *Love Lessons*; and *What Mama Couldn't Tell Us About Love*.

Orland Bishop - Community Activist & Social Change Innovator

Orland Bishop combines a deep dedication to human rights advocacy and cultural renewal with an extensive study of medicine, naturopathy, psychology and indigenous cosmologies. He was a research fellow with the Center for the Study of Violence and Social Change at Charles R. Drew University of Medicine and Science in Los Angeles and has consulted with many human development organizations. As director of Shade Tree Multicultural Foundation in Los Angeles, he has pioneered approaches to urban truces and mentoring at-risk youth that combine new ideas with traditional ways of knowledge. Shade Tree reaches into gang and drug cultures where many young people expect to die before the age of 20.

“These young people feel that they are not welcome in the world, in the culture and in the future,” Orland explains. Shade Tree employs a unique process that draws on both contemporary and ancient practices, particularly that of the South African tradition of Indaba or “deep talk.” Hidden Forces of the American Dream refers to the creative, still unused powers available to the American people and land that were released through tremendous sacrifices made over the course of American history by Native Americans, African slaves and waves of immigrants.

Dr. Philip Watkins, Gratitude Researcher

Phil Watkins completed his undergraduate education at the University of Oregon, and went on to receive his M.A. and Ph.D. at Louisiana State University in clinical psychology. He completed his clinical internship at the University of Southern California Medical School. Phil is now a professor of psychology at Eastern Washington University.

Dr. Watkins has been conducting research on gratitude since 1995 and has been called one of the pioneers in the science of gratitude. Phil has authored 15 papers on gratitude, and has presented more than 50 gratitude research papers at national, international, and regional conferences. His work has been covered in a number of national media outlets, including *Ladies Home Journal*, *The Washington Post*, *Self*, *Redbook*, *Huffington Post*, *Web MD*, and *Psychology Today*. His work in this area has focused on how gratitude promotes emotional well-being. Dr. Watkins is now serving as an associate editor for *The Journal of Positive Psychology*.

Before turning his research efforts to gratitude Dr. Watkins focused on memory processes in depression, and three of his articles were published in the *Journal of Abnormal Psychology*. His research agenda in this area was concerned with how implicit and explicit memory biases might serve to maintain depressed mood and behavior.

San Jose Taiko (SJT)

Since 1973, San Jose Taiko (SJT) has been mesmerizing audiences with the powerful, spellbinding, and propulsive sounds of the taiko. Inspired by traditional Japanese drumming, SJT performers express the beauty and harmony of the human spirit through the voice of the taiko as they strive to create new dimensions in Asian American movement and music.

Continuing the core values of founding directors and National Endowment for the Arts 2011 National Heritage Fellows, Roy & PJ Hirabayashi, San Jose Taiko performance and expression are predicated upon a profound respect for each member of the group. All compositions performed by SJT are written or arranged by members of the group. Composing, choreographing, designing and producing costumes, and handcrafting of the drums are part of the holistic process in which all members participate. SJT has broadened this historical art form into a style that joins the traditional rhythms of Japanese drumming with other world rhythms, including African, Brazilian, Filipino, Latin, and jazz, bridging many styles, while still resonating with the Asian soul in America.

Since 1987, when SJT became one of the first American taiko ensembles invited to tour Japan, the company has collaborated in joint concerts with internationally renowned Asian performing artists including Kodo, Ondekoza, Eitetsu Hayashi, Michiko Akao, Oedo Sukeroku, Osuwa Taiko, and Miyarabi Taiko. SJT has also collaborated with artists from other disciplines, including the Bangerz, Brenda Wong Aoki, Mark Izu, Kenny Endo, Eth-Noh-Tec, American Conservatory Theater, George Coates Performance Works, San Jose Repertory Theatre, The San Jose Museum of Art, Abhinaya Dance Company, Hiroshima, Jon Jang, Keith Terry and Crosspulse, Anthony Brown, Marco Lienhard, Qi-Chao Liu, PressGang, and Michael Sasaki.

SJT has been recognized for its artistic and managerial excellence by the Advancement Program from the National Endowment for the Arts, the Multicultural Advancement Program from the California Arts Council, Meet The Composer International Creative Collaborations, the Rockefeller Foundation, the Knight Foundation, the Nathan Cummings Foundation, and the Chevron Award for Excellence. In 1994, SJT was honored by the Arts Council of Santa Clara County with a commendation for community leadership for its efforts to foster cultural and ethnic diversity in the arts.

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