

# BUILDING RESILIENCE IN TROUBLING TIMES: A DIALOGUE IN THREE PARTS

VIEWS FROM CHRISTIAN, TIBETAN BUDDHIST AND WESTERN PSYCHOLOGICAL PERSPECTIVES  
ON THE PRACTICE OF RESILIENCE

Our country and our world is facing enormous challenges. Many of the institutions we believed were solid appear to be crumbling before our eyes. The daily news is filled with ever more stories of loss--of jobs, homes, healthcare, retirement, and for some, loss of hope. It is times such as these that we are called upon to deepen our relationship to life, to work at building our inner strengths, to examine our own actions and to return to our core values and those things that can truly sustain us.

Please join us for this unique and lively dialogue which will explore two traditions of faith-- Christianity and Tibetan Buddhism--and one of science, Western Psychology and what they can teach us about the practice of resilience.

Saturday, April 4<sup>th</sup>, 7:00-8:30 pm  
Trinity Episcopal Cathedral

2620 Capitol Avenue  
Sacramento, California

Maps and parking info: [www.trinitycathedral.org](http://www.trinitycathedral.org)

**The Very Rev. Dr. Brian Baker, Dean of the Cathedral** ([www.trinitycathedral.org](http://www.trinitycathedral.org)) is a graduate of West Point and served as an Army officer before attending seminary to become an Episcopal priest. He was ordained in 1991 and currently serves as the Dean of Trinity Cathedral. He has had a longstanding interest in Tibetan Buddhism and coordinated an interfaith meeting with His Holiness the Dalai Lama in 2005 while in Idaho. In 2007 he co-hosted a group of Tibetan monks who created a sacred sand mandala inside the cathedral, this special four day event brought over 4000 people to Trinity. He is dedicated to cultivating through practice the many core values of Christ such as love and compassion, inclusion and social justice.

**Khen Rinpoche Geshe Lobzang Tsetan** ([www.thepanchenlamatashilhunpoproject.org](http://www.thepanchenlamatashilhunpoproject.org)) is Abbot of one of most important monasteries in the Tibetan Buddhist tradition, Tashi Lhunpo, the seat of the Panchen Lama. Additionally Rinpoche holds a Geshe degree in the Gelugpa lineage the same lineage as the Dalai Lama. This is the most advanced degree in the Tibetan Buddhist scholastic tradition, similar in level to the western Ph.D. In addition to his work as Abbot at Tashi Lhunpo Monastery, Rinpoche is the Founder and Director of Siddhartha School in the Indian Himalayas, he teaches and lectures throughout the US including Smith College, Bowdoin, Amherst, Hampshire, Drew, Maine College of Art, Bangor Theological Seminary, Phillips Exeter Academy, Deerfield Academy, Stanford, UCLA, USC and UC Davis, among others. He is known for his abiding compassion and warmth and through his example he inspires others to live their values more deeply.

**Phyllis Watts, Ph.D.**, ([www.wildswan.com](http://www.wildswan.com)) is a consulting and clinical psychologist and owner of Wild Swan Resources a consultancy focused on helping leaders and their organizations to develop wise leadership practices and wholesome work environments. Over the past several years she has provided political and policy consultation to issue based campaigns in California and nationally. She considers herself a secular student (though a very poor one) of His Holiness, the Dalai Lama and has been privileged to attend many of his teachings for the past twenty years. Her work is values driven and ethics centered. She is devoted to taking sound psychological knowledge out of the consulting room and into the world.

**THIS EVENT IS CO-SPONSORED BY WILD SWAN RESOURCES AND TRINITY CATHEDRAL**