This series is brought to campus as part of the Center for Faculty Excellence (CFE) and UNO Libraries’ partnership to share valuable resources with the UNO community on mindfulness and how mindful techniques can be used to bring balance to our personal and professional lives as we work with digital technologies.

About Dean Sluyter

Dean Sluyter (pronounced “slighter”) has taught natural methods of meditation and awakening throughout the U.S. and beyond since 1970, from colleges and corporations to maximum security prisons. Known for his warm, accessible, down-to-earth style, he is a grateful student of sages in several traditions and has completed numerous retreats and pilgrimages in India, Tibet, and the West. He is the author of five books, including Natural Meditation (Nautilus Award winner for best mind-body-spirit book) and Fear Less (March 2018). Dean’s national media appearances include The New York Times, NPR, Coast to Coast AM, The Dr. Oz Show, and O, the Oprah Magazine. His website is DeanWords.com.

Mindful Programming

Registration is requested for all events. RSVP to the contact listed under each event.

THE STRESS-FREE STUDENT

Thursday, February 1 | 2:30 to 3:45 P.M.
MBSC Dodge Rooms A and B

Learn and practice methods for responding to challenges skillfully without getting mired in stress. Cut through anxiety and depression, improve focus for clearer processing of information, and access more of your creative potential.

Open to both students and faculty, with a focus on the students’ experience. Instructors are encouraged to bring classes.

For more information and to register, contact Kim Schwab at kschwab@unomaha.edu or 402.305.5131.
COMPLETING THE JOURNEY: LITERATURE AND PERSONAL AWAKENING  
Thursday, February 1 | 4 to 5:30 P.M.  
MBSC Dodge Rooms A and B

From Shakespeare to Where the Wild Things Are to our own lives, heroes confront problems that they can solve only by journeying to another land, a dimension of greater freedom and wider possibilities. For us, that dimension can be found within, accessed through simple meditative techniques.

In this session, we’ll take a look at a few such literary journeys and we’ll share the direct experience of natural meditation — discovering how easily we can slip into profound awakening when we allow settling to happen on its own.

Open to all. For more information and to register contact CFE at unofacdev@unomaha.edu or 402.554.2427.

THE ENLIGHTENED CLASSROOM  
Friday, February 2 | 11 to 12:30 P.M.  
Criss Library Room 249

Designed specifically for instructors, this final workshop will provide tools for integrating meditative practices into their classrooms to enhance enthusiasm, class participation, and deep understanding of the material. We will also explore ways that the practices can benefit the instructors themselves, in both their academic and their personal lives.

For more information and to register contact CFE at unofacdev@unomaha.edu or 402.554.2427.

FOR MORE INFORMATION:
Center for Faculty Excellence | UNO Libraries | facultysupport.unomaha.edu/mindful-tech