



MINDFULNESS 2.0: PERFORMING SPIRITUAL HEALING IN AN AI ERA



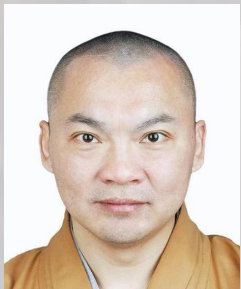
This lecture presents “Mindfulness 2.0” as a dynamic fusion of traditional mindfulness, enhanced through the lenses of performance, neuroscience, cultural adaptation, and transcendence. It goes beyond “Mindfulness 1.0,” which focuses primarily on individual stress reduction through concentration, awareness, and non-judgment, as defined by Jon Kabat-Zinn for more than 40 years.

“Mindfulness 2.0” incorporates deeper spiritual and ethical dimensions, including compassion, and the Buddha nature or emptiness, to meet the needs of our AI-influenced society. As AI continues to impact humans, we explore how technology can support, rather than replace, human connection and spiritual practice. “Mindfulness 2.0” proposes that integrating mindfulness/enlightenment into AI promotes resilience and sustainability by reducing the psychological burdens of modern society. By reimagining mindfulness as a practice that adapts to cultural and technological shifts, we envision a future where spiritual practice becomes a critical tool for sustainable human flourishing.

MARCH 17, 2025 ▶ 4:00PM

Free in-person event

Location: Presidio room, University of Arizona
Student Union
1303 E University Blvd, Tucson, AZ 85719



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