

## **Workshop on Meditation and Ethics, July 7-9, 2022**

### **at Hamburg University**

**The Hebrew University of Jerusalem and Hamburg University**

**A Project of the German-Israeli Foundation for Scientific Research and Development**

**With support by the Numata Center for Buddhist Studies at Hamburg University**

### ***Evaluating the Ethical Foundations of Buddhist Meditation***

ZOOM-LINK: <https://uni-hamburg.zoom.us/j/67191283438>

All times below are given in German Local Time (UTC+2), 1 hour behind Israel Daylight Time

Venue: Universität Hamburg, Akademischer Senatssaal, Edmund-Siemers-Allee 1, Hauptgebäude

#### **Thursday, July 7: Psychological Dimensions**

**Chair: Eviatar Shulman**

**15:00 Stefan Schmidt**

*Meditation as Research Method: A Neurophenomenological Approach with Experienced Meditators in the Study of Volitional Action*

**15.45 Ulrich Ott**

*Investigating Oneself with Buddhist Meditation: Possible Benefits and Risks*

**BREAK**

**17:00 Alexandra Anis Weil (zoom)**

*Literature Review: Towards the Integration of Ethics into the New Generation of Mindfulness-based Approaches*

**17:45 Statements and Final Discussion of the Psychological Dimension of the Project**

#### **Friday, July 8: Historical Dimensions**

**Chair: Michael Zimmermann**

**9:30 Roy Tzohar**

*How to Approach Emotions: Āśvaghoṣa's Works as a Case Study, II*

**10:30 Sun Hao**

*Clear Conscience and Buddhist Meditation*

**BREAK**

**12:00 Eviatar Shulman**

*An Ethical meditation? The Brahmavihāra States in the Early Maps of the Path and the Pali Commentaries*

**LUNCH**

**Chair: Jowita Kramer**

**15:00 Aviran Bendavid**

*Diversity and Integration in the Moral Practice: Searching for the Model of sīla in the Early Discourses and the Pali Commentaries*

**16:00 Michael Zimmermann**

*On the Relation between Ethical Conduct and Meditation in the Bodhisattvabhūmi*

**Saturday, July 9: Present Dimensions and Final Discussion**

**Chair: Jens-Uwe Hartmann**

**9:30 Oren Hanner**

*Mindfulness Meditation and the Meaning of Life*

**10:30 George Dreyfus (zoom)**

*Mindfulness and the Good Life*

**BREAK**

**12:00 David McMahan**

*Making, Unmaking, and Discovering Buddhahood: Three Paradigms of the Relationship between Meditation and Ethics*

**13:00 FINAL DISCUSSION**