Contemplative Librarians
A Brief Introduction

CAPAL 2019
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Contemplative Practices

“Contemplation is conceived as a non-dualistic experience where we become one with what we are observing.”

(Miller, 2014, p. 5)
“When mindfulness practice is employed to achieve instrumentalist outcomes linked to short-term productivity or specific operational goals, the therapeutic function concerned with the transformation of negative emotions and the alleviation of suffering is submerged beneath predominantly utilitarian and materialistic concerns.”

(Hyland, 2016, p. 177)
Romany’s practice is informed by the Mindfulness Based Stress Reduction (MBSR) Program
Sandra is a long-time meditator, informed mostly by Tibetan Buddhist traditions.
• Mindfulness
• Compassion
• Equanimity
Mindfulness

“Although this capacity for mindful attention is clearly beneficial for many learning activities, it will not be sufficient to achieve the wider goals of mindfulness practice concerned with cultivating the moral qualities of compassion and equanimity...”

(Hyland, 2016, pp. 102-103)
Mindfulness

“...pertains to developing the skill of recognizing not only our insecurities and fears of inadequacy, but also the defensive strategies we employ in the name of self-preservation” (Moniz, et al., 2016).

Note: mindfulness is not just focusing on one’s self but recognizing the human experience common to all.
Compassion

“...empathy is limited and reactive, whereas compassion is cultivated and boundless.”

(Barbezat & Bush, 2014, p. 16)
Compassion

Compassion is about kindness and recognizing the humanity of everyone - we are not so different, and not so separate as we tend to believe. An important aspect of compassion is our ability to recognize that the experiences of others are neither above or below our own, rather they are a part of our experience. The recognition of our non-dualistic experience as a community fosters solidarity and leads to more altruistic actions, not in service of others, but for shared benefit.
Equanimity

“May all beings live in equanimity, free from attachment and hatred.”

(from the *Four Immeasurables* traditional prayer)
Equanimity

Equanimity might be described as non-reactivity, which comes about through training in noticing the little space between what you think or feel and your reactions. In this space you have the freedom to choose your response, and not to identity so strongly with your thoughts and feelings.
In conclusion...
Questions?

Is it possible to bring about positive and genuine change in the library at an organizational level using these kinds of practices, without turning it into “McMindfulness”? 

Association for Contemplative Mind in Higher Education. [https://www.contemplativemind.org/programs/acmhe](https://www.contemplativemind.org/programs/acmhe)


