

40 Years Jubilee for Norsk Taiji Senter
International Symposium Celebrating Taiji for Health and Peace
The Norwegian Nobel Institute
1st September 9am - 4pm

Round clusters: some guidelines

It is a wonder that we can meet here and now, under the auspices of the magical powers of Taijiquan.

The symposium gathers, in an extremely concentrated form, an exceptional richness of perspectives. On this occasion The Norsk Taiji Senter is thrilled to receive a distinguished delegation from China nurturing friendship in the search for Dao, and to deepen the collaboration with The Welsh Temple of Peace. Our speakers each address vital issues of our times.

Let's honor this unique moment by meeting each other with our deeply held values and hearts open to mutual transformation. The symposium invites all attendees to engage in the noble act of listening and in cocreating this event with your precious experience, talent and grace.

Here are three principles central to Taijiquan, to help us on our way:

- *Rooting*: Connecting with our cores, we can connect with others. Let's identify underlying principles. Let's do that by digging into our own cultural, personal and bodily roots.¹
- *Listening*: Deep listening develops empathy, trust and collaboration. Let's try to understand and get a feeling for where we are right now, each one of us, so that we may become together. Let's make today's perceived opponent, tomorrow's dear friend.²
- *Beginner's mind*: We are all beginners on the path of learning. Let's help each other on those paths with humility and determination. And let's bring in a level of playfulness to explore potentialities and get the work done.³

¹Let it be an inspiration that trees too meet through their root systems with the help of mycelium networks: there they exchange nutrients and information and can help each other to grow.

²Lao Tzu: «There is no greater illusion than fear,
no greater wrong than preparing to defend yourself,
no greater misfortune than having an enemy.»

³Remember: You were never as serious as when you played as a child :-)

Round clusters: Topics, facilitators, speakers and question

1. **Inner development** (Sandra Myrland & Åse Holmberg)
What inner practices of ours can help nurture health and resolve conflict?
2. **Indigenous wisdom and artificial intelligence** (Thomas Gramstad & Bjørn Pettersen)
How will the relationship between artificial intelligence and indigenous wisdom develop, and how will this affect health and peace?
3. **Language and communication** (Natalia Lalla & Bethan Sian Jones)
How can we develop language and communication to become architects of peace and promoters of health?
4. **Living in society, being together** (Wenche Berger & Egil Lothe)
What are healthy principles for peaceful coexistence and joint action?
5. **Balance of environment and health** (Lars Sandved, Ling Poon & Torkel Snellingen)
How can we align the ecologies of our minds with mother nature?
6. **Norway in the future** (Sarah Reimann & Ingeborg Breines)
Imagine Norway in 2050 as a trailblazer on health and peace: what would it look like?
7. **Peace and martial arts** (Allan Hiley & Kristin Lund)
How can martial arts philosophy contribute to bringing peace?
8. **Business and education** (Snorre Christiansen & Bjørn Haugland)
With which incentives and which values can we create a symbiosis between business and education?