Join us as we hear from Stephen Murphy-Shigematsu about his new book, *From Mindfulness to Heartfulness: Transforming Self and Society with Compassion*. Millions have found mindfulness to be a powerful practice for reducing stress, enhancing attention, and instilling tranquility. But it can offer so much more—it can transform you, make you more fully awake, alive, and aware of your connection to all beings. In Japanese, the character that best expresses mindfulness, 念, consists of two parts—the top part, 今, meaning “now,” and the bottom part, 心, meaning “heart.” In the book, Murphy-Shigematsu uses stories from his own life as the son of an Irish father and a Japanese mother, a professor in Japan and America, a psychotherapist, a father, and a husband. Come learn about the eight “heartfulness” principles that help us realize that the deepest expression of an enlightened mind is found in our relation to others.

Stephen Murphy-Shigematsu’s work brings Mindfulness and Zen to the art and science of designing healing communities in the U.S., Japan, and other parts of Asia. He integrates his transcultural life experience with training in East Asian medicine and indigenous Japanese psychology. His latest book, *From Mindfulness to Heartfulness: Transforming Self and Society with Compassion*, illuminates a way of living with mindfulness, compassion, and responsibility, balancing Eastern and Western wisdom and science. He received a doctorate from Harvard University and was professor at the University of Tokyo before coming to Stanford University.