

Encontro do Bem

Integral Human Development Conference





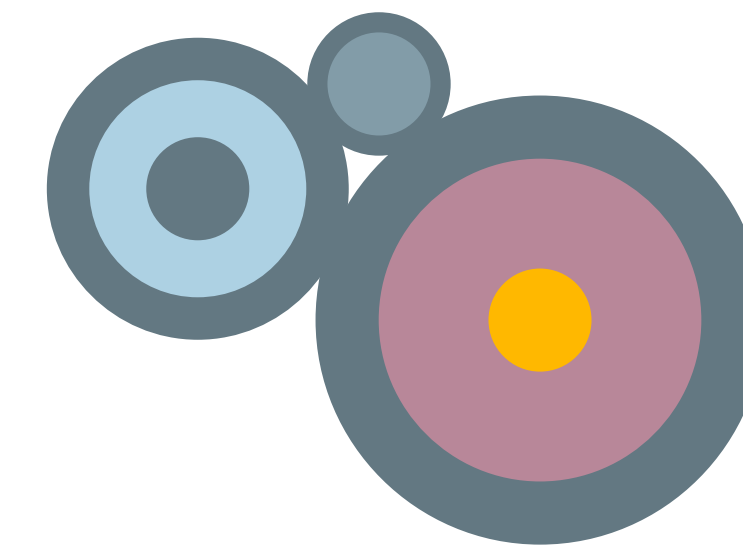
Florianópolis, June 16th, 2008

Dobem was founded on October 21st, 2007, by four friends who are also brothers: Marco, Fernando, Paulo and Carlos Schultz. To celebrate our fortieth wedding anniversary, Regina and I gathered our children in Itacaré, Bahia. It's a rare thing to see them all together on the same place, since three of them live in the USA. As the days passed, the four brothers realized that they had more things in common than they had imagined. In different ways, they were all working with issues related to human development.

Through the years, they realized that one of the most effective ways of learning something is actually teaching it. They also realized that sharing is a great way of keeping the things you love. In Itacaré, they decided to join forces, so as to make their individual efforts more productive and joyful. That is how Associação Dobem was born, an NGO dedicated to promoting the concept and practice of integral human development. That is, personal growth capable of meeting people's physical, mental, spiritual, social, and environmental needs. Motivated and well-organized, the four brothers quickly won over their first supporters – myself included – and little more than six months after its birth, Dobem had already concluded its first project: the Encontro do Bem conference.

The first Encontro do Bem was a four-day conference, attended by two-hundred people who took part in lectures and workshops led by distinguished professionals representing several areas of the human knowledge. Health, psychology, philosophy, spirituality, ecology, meditation, yoga, tai-chi, the arts... As the following pages will show, this first conference was a major success. For us, who took part in making it, the emotional testimonials given by the participants made it clear that the demand for an integral kind of human development is real, and that the conference is an initiative that must go on. It will be up to us, then, to nurture it so that it may become an ever more useful tool for the fulfillment of our organization's mission statement. On behalf of the founders of Dobem, I would like to thank everyone who helped us to get where we are, and everyone who will help us to get where we need to be.

Dorival Schultz
President – Associação Dobem



1st Encontro do Bem Conference

Promoting Integral Human Development

It was with great expectation that the 1st Encontro do Bem conference took place, May 1-4, 2008. The event brought together two-hundred people, including experts in various areas of the human knowledge, from Brazil and abroad.

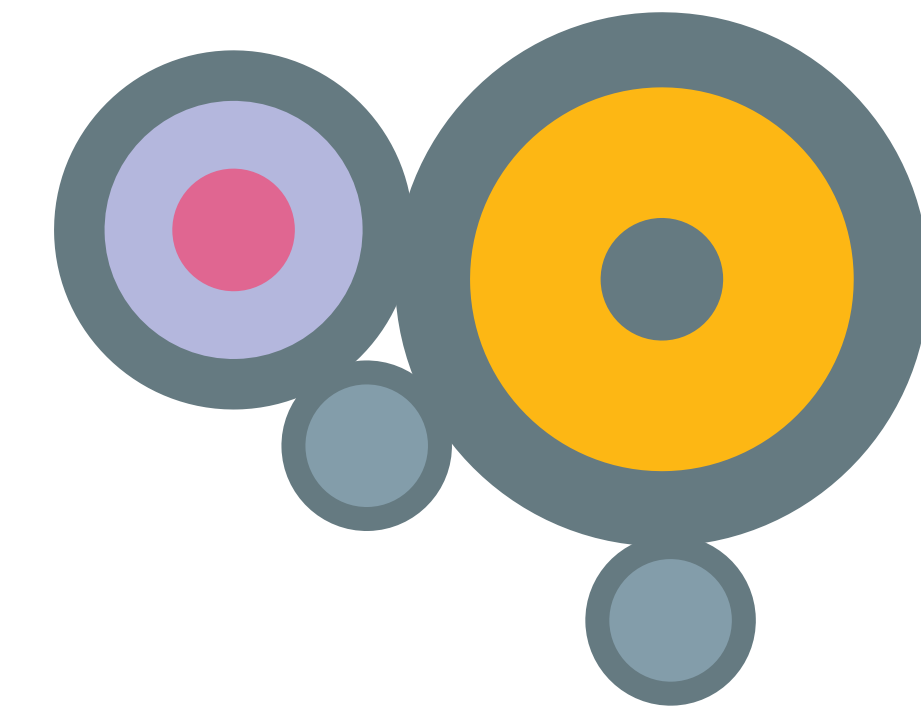
The conference was held at the Atlântico Hotel, located in the city of Bombinhas, state of Santa Catarina. The privileged location, right in front of the beach, contributed for the participant's contemplative and well-humored mood.



*"I loved the practices and the workshops,
and the location was wonderful.
I hope that next year it will be more of the same."*
Denielle Miranda, participant

*"It was a unique, beautiful,
outstanding experience with lots of learning."*
Renata Lemos, participant

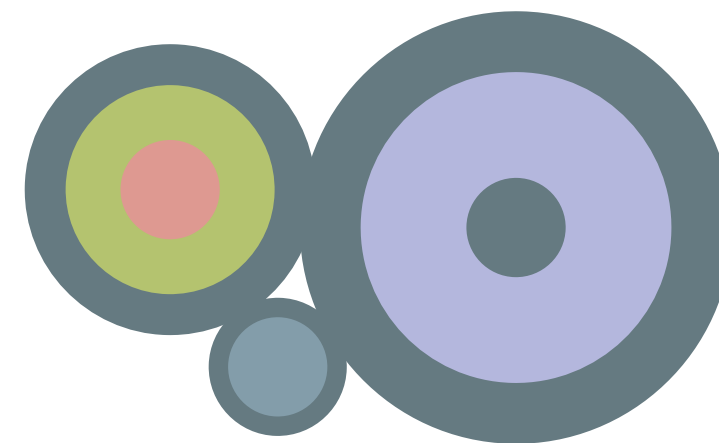




Opening Ceremony

The Opening Ceremony took place right after dinner, with a Satsang led by Marco Schultz and guest musicians.

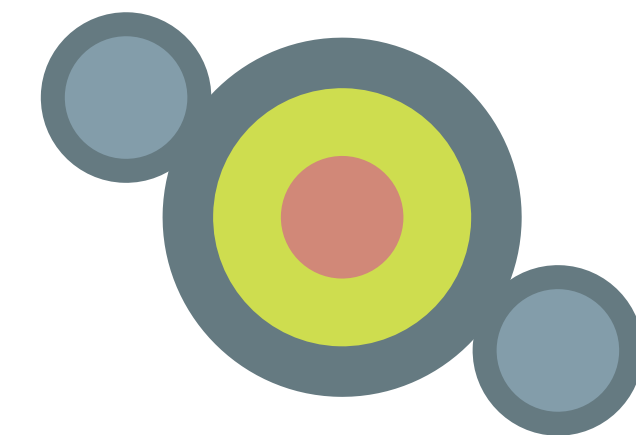
Satya means Truth. Sangha, a group of people, a brotherhood. Satsang is thus a gathering of people in search of the Truth, characterized by the execution of music such as kirtans and mantras. It was certainly an appropriate opening for a conference focused on human well-being and development!



"I enjoyed the conference's concept. The integral approach to things is urgent and can't be postponed. I'm deeply grateful to the organizers."
Sonia Café, participant

"It was a truly happy conference. Congratulations to the organizers for generating something so precious."
Deborah Weinberg, instructor



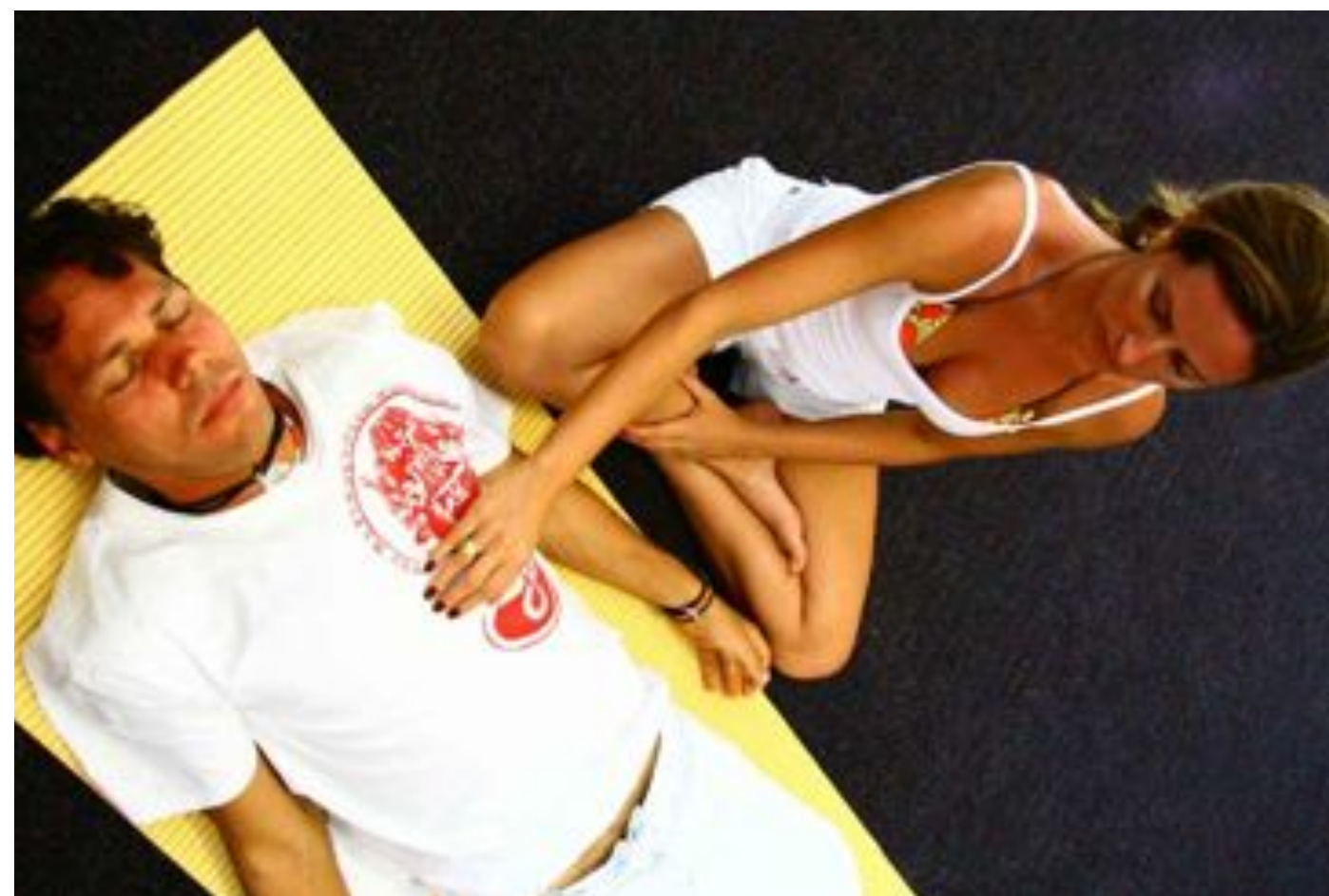


The Program

Health, psychology, philosophy, ecology, meditation, yoga, tai-chi, artistic presentations...

The activities of the Encontro do Bem were chosen taking into consideration that one can only reach a profound and long-lasting well-being through an integral kind of personal growth.

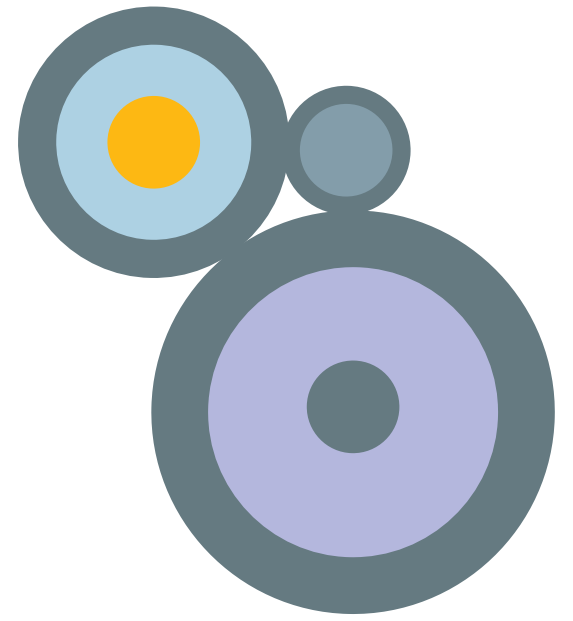
Besides the lectures and the yoga and meditation practices that were offered, each participant was able to enroll in four different workshops, out of ten that were offered.



***"I met wonderful people. It was a great experience.
The organization of the event was outstanding."***
Marcos Rojo, instructor

***"I loved everything. The diversity of the content.
The attention given by the organizers."***
Juliana Ribeiro, participant



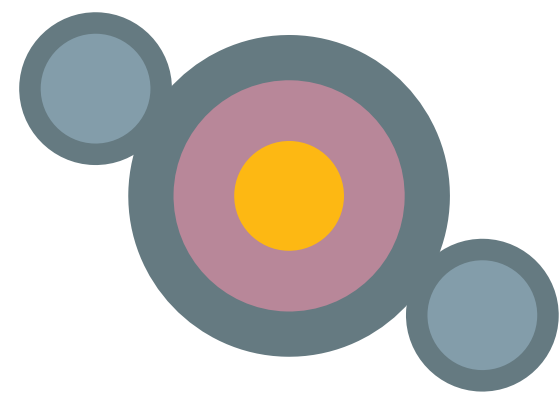


Practices

The daily activities of the conference started early, before dawn, with a group meditation. Following, came the yoga practices. During the breaks, some participants chose to rest, others went for a walk on the beach.

Meditation: Lama Rigdzin and Lama Yeshe conducted the practice of Shamatha – a traditional meditation method taught in many Buddhist schools. Marco Schultz conducted the practice of Vipassana, which in Sanskrit means “to see things as they really are”. Edmundo Barbosa and Claudia Massa led a practice of Movitation, a meditation technique with elements from the Sufi Tradition.

Yoga: Deborah Weinberg, Marcos Rojo and Marco Schultz taught the yoga classes at the Conference. Participants were divided in beginner and expert classes. Yoga is a Sanskrit word that means union – of the body, mind and spirit. Thousands of years old, the practice of Yoga is integral by definition.



*"I liked the integral approach.
Different techniques and tools to promote
the connection with the inner Self."*
Fernando Santiago, participant

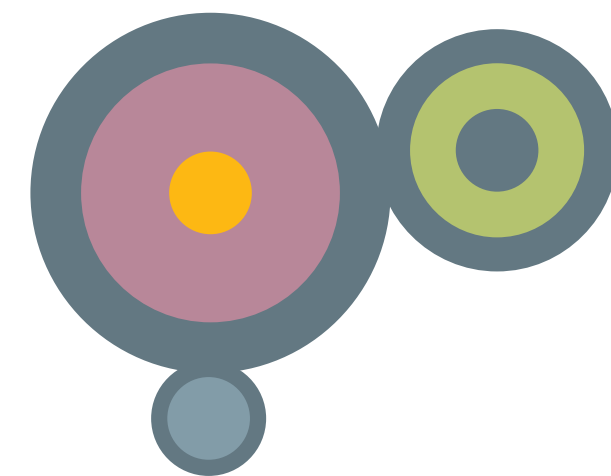




Lecture & Panel

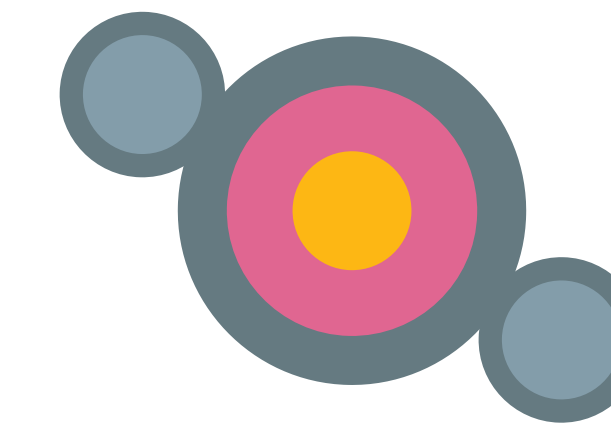
In the morning of the conference's second day, following the meditation and yoga practices, the participants attended a lecture called "The Integral Way", given by Bert Parlee, from the Integral Institute (USA). In a dynamic and amusing presentation, Bert exposed the main characteristics of the Integral Theory, created by philosopher Ken Wilber. The auditorium was filled to capacity with people paying close attention to the lecture. No one seemed to notice time going by...

Another highlight in the conference was the "Papo do Bem" panel, which took place in the morning of the third day. The guest speakers were Edmundo Barbosa, Maria Sanches and Marcos Rojo - professors in Psychotherapy, Pedagogy and Neurology, respectively. In a relaxed atmosphere that stimulated intense audience participation, the three speakers shared their views on what happiness means in these modern days. To be or not to be *integral*, that seems to be the question.



"I liked the program, with workshops that allowed us to make new discoveries and have new experiences."

Fernanda Togoro, participant



Workshops

Integral human development can be understood as a physical, mental, spiritual, social, and environmental growth process. Hence, the diversity of the workshops offered at the conference.

Every afternoon, participants were able to attend four workshops, out of ten that were offered. It was hard for them to choose, since all the workshops were very appealing. Several of them were conceived specifically for the Encontro do Bem.

It Is Time to Show Gratitude to the Body!

Our body is not just a science wonder, but a vehicle to our dreams, values, thoughts, tears and laughter. It's through the body that our experience, in this life, in this place, in this present moment, takes place. Obviously, it deserves our gratitude, but when was the last time we did that? In this workshop, led by Sukie Miller, the participants learned new ways to express gratitude to their bodies.

Love, Catalyst of Human Growth

It's common to say that Love and suffering are the main catalysts of human growth. We all know suffering, but what about Love? Read it with a capital "L", compassionate, unselfish. This workshop, led by Deborah Weinberg and Marco Schultz, investigated the significances of such Love. As a study, they discussed the life of Amma, better known as the "saint of hugs". She is a renowned spiritual leader who has been embracing hearts and transforming lives all over the world.

Developing the Four Immeasurable Qualities

Inspired by traditional Buddhist texts, this workshop led by Lama Rigdzin and Lama Yeshe explored the four immeasurable qualities that can help us to live a balanced life: love – to wish that all beings are free from suffering; compassion – to wish that all beings are free from what causes suffering; joy – to recognize the potential of all beings and to rejoice because of it; and equanimity – to wish freedom for all, with no distinction between friends or enemies.





Tai Chi Chuan Workshop

Tai Chi Chuan is a traditional Chinese martial art characterized by slow and continuous movements, with a focus on breathing and relaxation. It has recently gained popularity in the West, where it tends to be associated with meditation techniques. The practice of Tai Chi, and the inner balance it promotes, can be particularly helpful for those who like moderate physical activity and have a busy lifestyle.

Music as a Means of Expression

Through music it's possible to express various feelings and emotions which otherwise wouldn't be so easily accessible. The purpose of the workshop led by Renato Braz was to help participants find their own musicality and new ways of self-expression. For that, they took an inspiring inner journey in compass with traditional Brazilian rhythms such as samba and maracatu.

Spiral Dynamics: A New Model of Human Development

Bart Parlee led a creative workshop on this new model of human development, which is aligned with the Integral Theory. In fact, understanding the concepts of *Spiral Dynamics* can help us to better analyze the micro and macro systems of human behavior. It helps us improve our communication abilities with third parties, and enhance our self-awareness.

The Body as an Instrument of Expression of the Soul

The human body is capable of expressing the soul’s deepest yearnings. It is up to us to make it capable of carrying out such a difficult and fascinating task. Such was the purpose of the workshop led by Claudia Massa and Edmundo Barbosa. Mixing the practice of yoga with elements of neo-reichian psychology, they guided the participants in an exploration of biological rhythms, such as breathing, contraction and expansion.



Our Integral Nature: Half Sky, Half Earth

Nature is present within us – hence the wise Indian saying “we are all children of the Earth”. To find it within us, and to integrate ourselves to it, can bring wisdom and health. The purpose of Kaká Werá’s workshop was to promote this integration through practices and principles of Native Brazilian tribes.



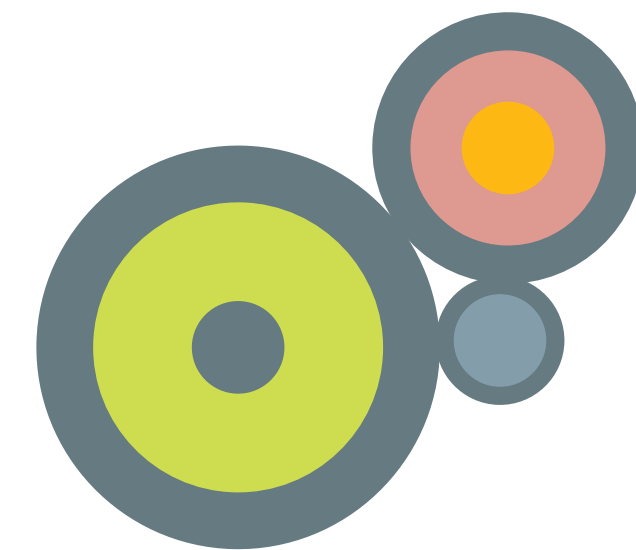
Learning to Recognizing the Self, the Other and the Planet through the Sacred Dances

As a practice of “active meditation”, the Sacred (Circular) Dances is perfectly aligned with an integral kind of human development. Maria Igínia and Renata Ramos led a workshop that enhanced the participants’ perception of their own individualities, and had them explore the three universes of a cooperative relationship: self-cooperation, cooperation with the other, and cooperation with the environment.

Pranayama Workshop

Pranayama is the control and awareness of the “prana”, or respiration. Yoga’s ancient sages discovered that breathing can serve as an important tool in accessing our nervous system. In fact, Marcos Rojo’s workshop demonstrated that breathing and emotions are closely connected. For example, through breathing we can learn to effectively quiet the mind.



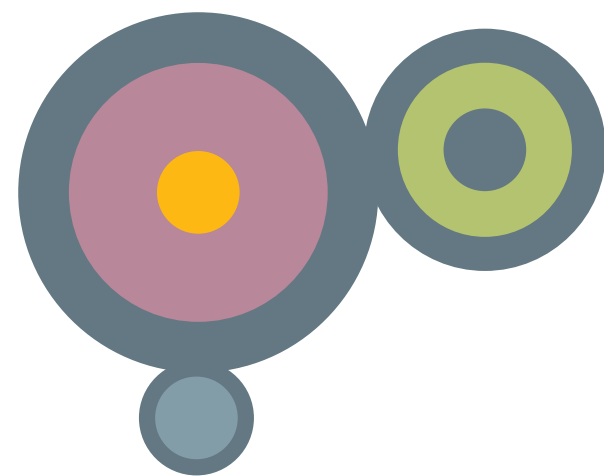


Musical Presentations

The diversity characteristic of the conference could also be seen at the musical presentations held at the end of each day. Besides the Satsang of the Opening Ceremony (Thursday), there were concerts by Renato Braz (Friday), and El Niño (Saturday).

Acclaimed as one of the most beautiful voices of the new generation of Brazilian singers, Renato Braz has become noted for the sophistication of his repertoire, which pays homage to traditional Brazilian music, while enriching it with new styles and influences.

Evoking a beach atmosphere, El Niño performed an acoustic set with lots of swing and good-vibes. The band was created by two surf and music lovers: Chris Oyens, a multi-talented musician and experienced producer, and Teco Padaratz, one of Brazil's top professional surfers.



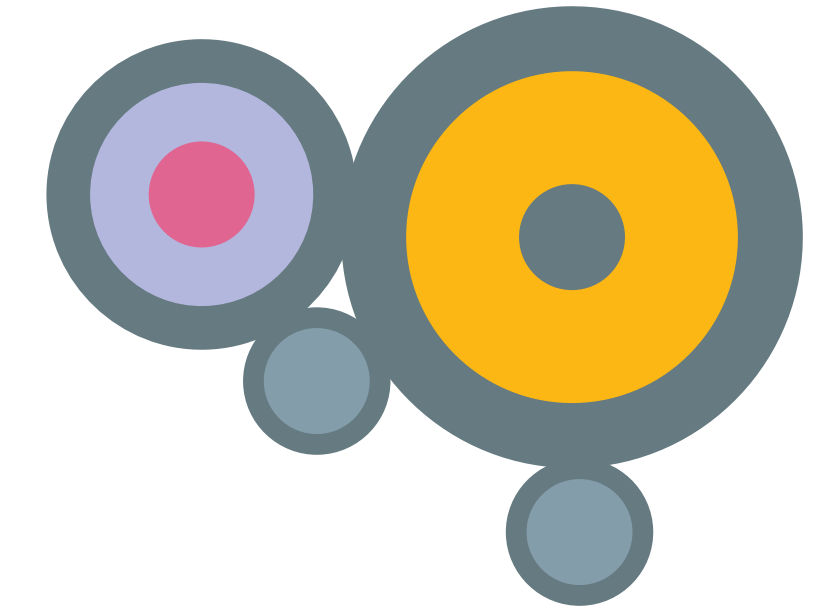
“I enjoyed the conference’s comprehensive approach, embracing all lines of thinking, and the dedication of the people who put it together.”

Sandra Cury, participant

“What I liked the most were the participants and the people who organized the event. It’s a lovely group of people who are open to learning.”

Sukie Miller, workshop leader

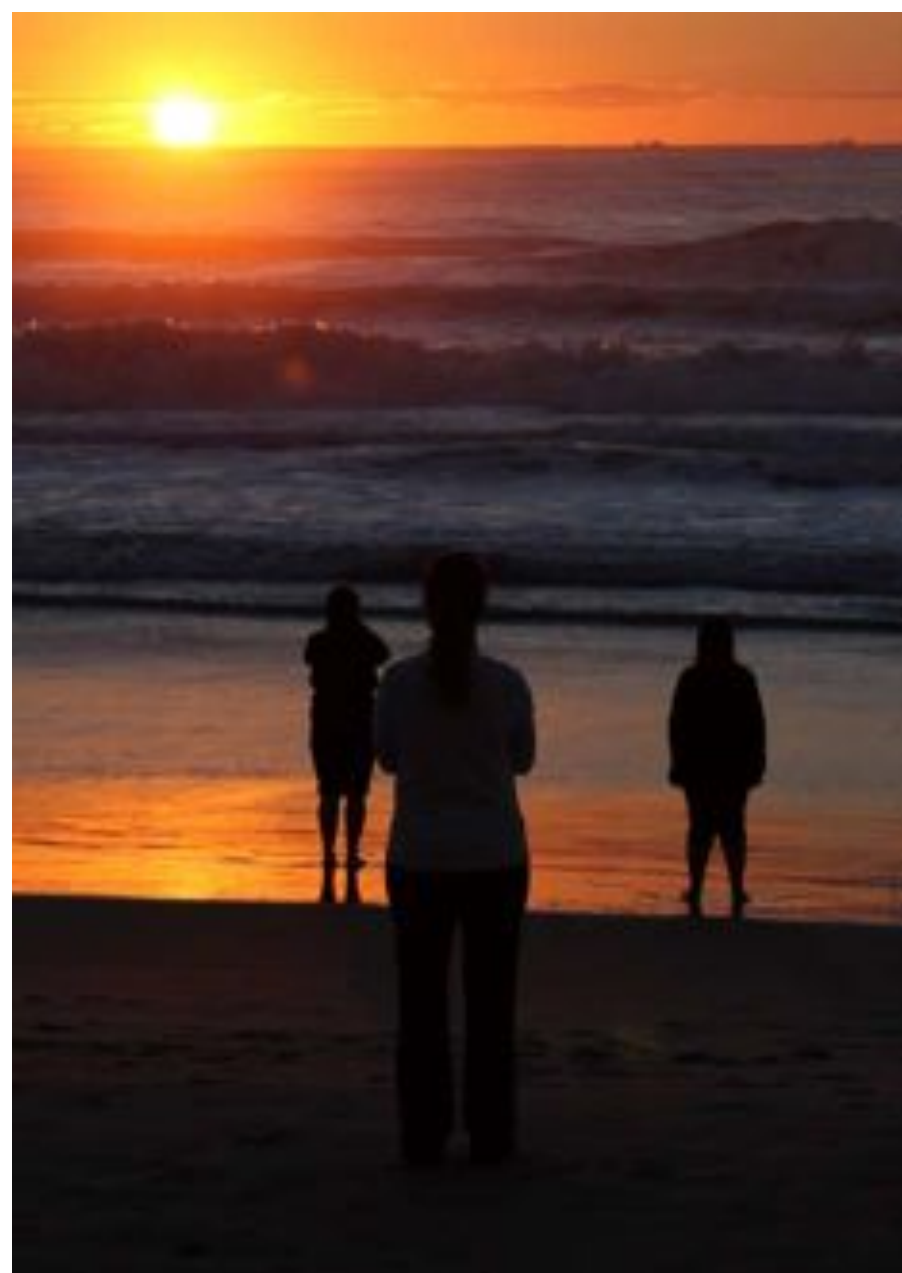




Closing Ceremony

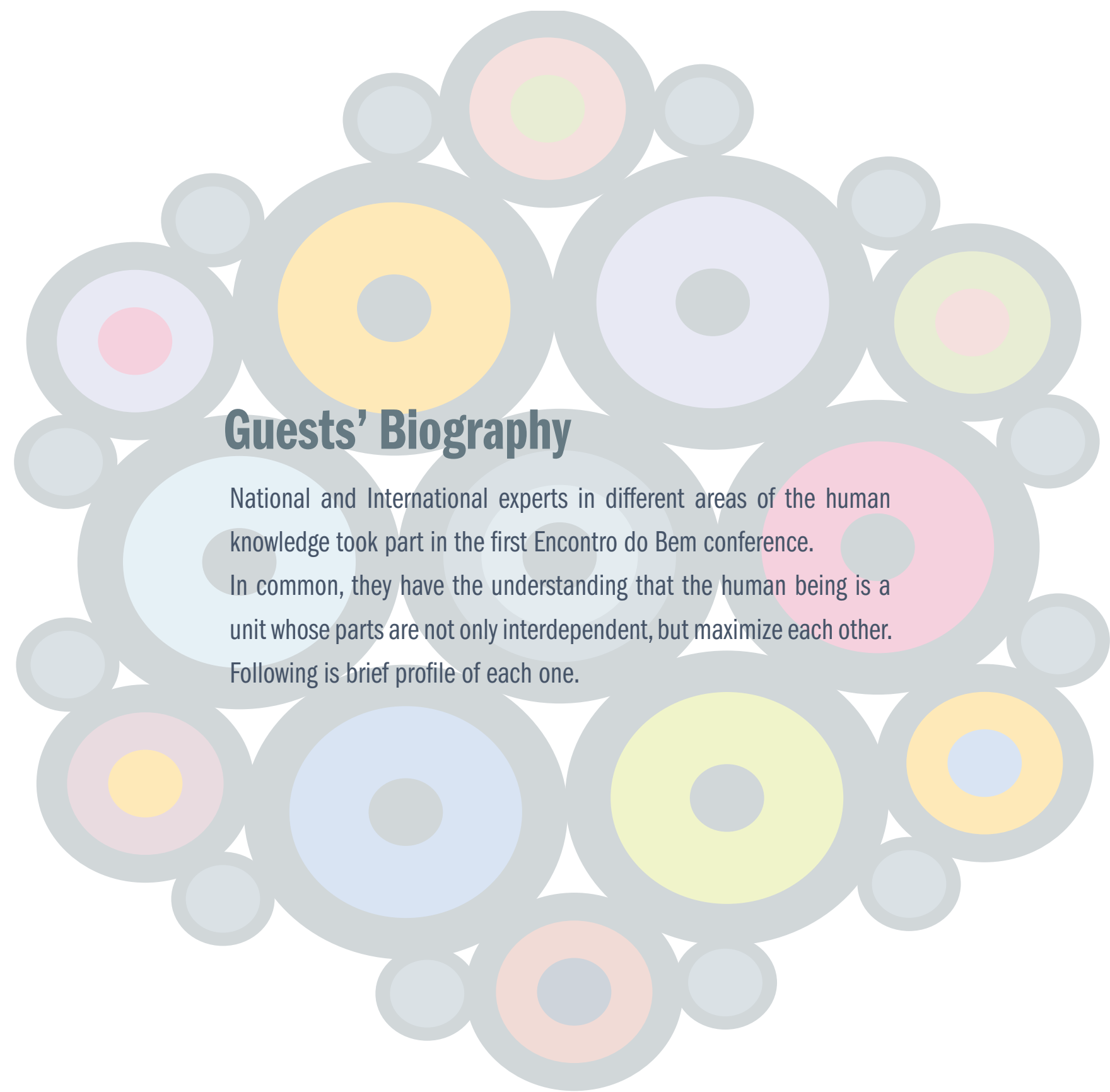
Led by Kaká Werá, a Native Brazilian, the Closing Ceremony was one of the most beautiful and touching moments of the conference. Chanting tupi-guarani words, the participants danced in two concentric circles, celebrating the colors of the rainbow.

It was a moment of great joy and goodwill that brought everybody's attention to how strong and pure the Native Brazilian heritage is. It was a perfect closing for a meeting of people dedicated both to the individual and universal well-beings.



Coming soon, the 2nd Encontro do Bem Conference (2009)!





Guests' Biography

National and International experts in different areas of the human knowledge took part in the first Encontro do Bem conference.

In common, they have the understanding that the human being is a unit whose parts are not only interdependent, but maximize each other.

Following is brief profile of each one.



Bert Parlee

Bert is Canadian and has a PhD in psychotherapy from the California Institute of Integral Studies. He once served as Chief of Staff at Ken Wilber's Integral Institute in Colorado, where he still leads workshops on various subjects. Bert is also a specialist in Spiral Dynamics, having taught courses and seminars on this new model of human development along with its creator, Don Beck. A celebrated personal-life and executive coach, Bert is a partner of Integral Development Associates, through which he promotes leadership and management training for executives around the world.



Carla Rocha & Márcio Lacerda

Carla is a Tai Chi Chuan instructor credited by the Secretary of Sports of the Popular Republic of China. In 1991, she graduated in Chinese Massotherapy from the Centro Brasileiro de Tai Chi Chuan. She was trained in the Yang style of Tai Chi Chuan, with classes at the Wu Shu Institute (Beijing). Along with Marcio Lacerda, she is a representative of the Yang style of Tai Chi Chuan in Rio de Janeiro, honoring Grand Master Yang Zhen, and Master Yang Jun.



Márcio Lacerda is a Tai Chi Chuan instructor since 1979. He began practicing in 1972 with Master Hu Hsin Chan, in Rio de Janeiro. In 1981 he founded the Centro Brasileiro de Tai Chi Chuan. He has a Chiropractic degree from the Argentinean Acupuncture Society, with additional studies at the International Acupuncture Training Center in Beijing. Márcio studied Tai Chi Chuan in China with several masters, like Zhang Hua Sem, Wang Shu Sheng, and Liu Shu Hang.

Deborah Weinberg

Deborah Weinberg began practicing Iyengar Yoga in 1990. She was taught by Manouso Manos and served as his assistant for 3 years. In 1995, she graduated from the acclaimed Iyengar Yoga Institute of San Francisco, becoming the first Brazilian teacher certified in Iyengar Yoga. In 1996, she went to India for the first time to study with the Iyengar family. Now she continues to deepen her studies with regular visits to India. Her classes focus on postural correction and self-awareness, all within the accurate and vigorous Iyengar Style.





El Niño

The band came together when two music and surf lovers met. One is Chris Oyens, a multi-talented musician and experienced producer who has already worked with Cazuza, Lulu Santos, Marina and Zélia Duncan. The other is Teco Padaratz, one of Brazil's top surfers, two-time WQS World Champion, who is also a drummer and song writer. As a band, El Niño seeks to promote peace, love, and good health through music.



Edmundo Barbosa & Claudia Massa Regina

Edmundo is psychotherapist with a post-graduate degree from the California Institute of Integral Studies. He is particularly interested in neo-reichian bodywork and eco-psychology, which believes that our internal balance is directly related to the environment in which we find ourselves. Edmundo has led workshops at the prestigious Esalen Institute (USA), and given courses on social entrepreneurship in Brazil. He regularly leads support groups for cancer patients at Gaia Revida, the non-profit organization he founded fifteen years ago.



Claudia Massa Regina is a pedagogue and psychotherapist with specializations in Art Therapy and Ayurvedic medicine. Claudia has been using Wilhelm Reich's psychotherapeutic approach for the last fifteen years. Along with Edmundo Barbosa, she co-founded and coordinates Gaia Revida, a non-profit organization that offers support for cancer patients and serves as a holistic educational center.

Kaká Werá

Kaká Werá is a Native Brazilian from the Tapuia Tribe. He works as an environmentalist, social therapist, lecturer, and writer. He is the founder and president of the Arapoty Institute, a non-profit organization dedicated to promoting the values of the Native Brazilian culture. He is also a social entrepreneur of the Ashoka Network and serves as advisor for Bovespa Social & Ambiental. Kaká has traveled and lectured in many countries, such as England, United States, Israel, India, Scotland, Mexico and France, spreading the wisdom of the Native Brazilian forefathers.



Lama Rigdzin & Lama Yeshe

Lama Rigdzin began studying with Chagdud Tulku Rinpoche in 1992, first at Rigdzin Ling, in California, and then in Brazil (1995). His building and handicraft skills were extremely valuable during the construction of the Khadro Ling temple in the south of Brazil. Over the years he has served as a chöpon (altar master), umze (singing master), lama dance performer, and as Rinpoche's translator. A natural-born leader and teacher, his qualities were officially acknowledged when he was ordained a Lama in 2002.



Lama Yeshe began studying with Chagdud Tulku Rinpoche in 1990. She has since worked as a translator for both Rinpoche and Chagdud Khadro. She is renowned performer of the traditional sacred dances of Vajraiana Buddhism. Ordained Lama in 2002, she now serves as the resident Lama at Chagdud Dordje Ling, in Curitiba, along with her husband, Lama Rigdzin.

Marco Schultz

An accomplished yoga and meditation teacher, Marco travels across Brazil leading workshops and courses, as well as performing satsangs – meetings dedicated to the discussion of higher truths and devotional chants and mantras. He lived outside of Brazil for ten years, studying different mind and body exercises, as well as searching for spiritual and personal development. Today, his work has an identity of its own, focusing on self-realization, yoga, and a deeper understanding of Bhakti and Dharma.



Marcos Rojo

Author of books such as “What is Yoga”, and “Yoga Studies”, Marcos got his yoga training at the Kaivalydhama School, in 1980. He has worked as a yoga instructor at the prestigious USP University since 1992, and has been coordinating the yoga graduate program at the FMU University since 1996. Marcos is Physical Education graduate with a Masters degree in Neurology from USP University. He is also a PhD in Yoga Sciences, having studied at Washington University.





Maria Igínia Sanches & Renata Ramos

Maria Igínia Sanches is the coordinator of the Pedagogical Unit of Nazaré Uniluz, and she's also responsible for the supervision and implementation of its “lato sensu” courses. She has a degree in Pedagogy (PUC/Campinas), a Master's Degree in Education (PUC/SP), post-graduate degrees in Psycho-Pedagogy (EPSIBA/Buenos Aires), Clinical Psychology (Faculdade Paulistana/SP), and Group Analytical Psychotherapy (ABPAG/SP).



Renata Ramos has been a leader of Sacred Dance workshops since 1993. She is the founder of CETRANS (Center for Transdisciplinarity Studies), and the representative in Brazil of Scotland's Findhorn Center of Holistic Education. She is a writer and editor of books on Sacred Dances, which are published by TRIOM, the bookstore and publishing house which she helped to found and co-owns.

Renato Braz

Singer. Guitar player. Drummer. Renato began his career performing in nightclubs in São Paulo. He was soon discovered by musicians like Dori Caymmi, who consider him one of the most beautiful voices of the new generation of MPB singers. With five albums under his belt, he has won several awards such as the Prêmio Visa for Best Performer (2001). He participates regularly in international festivals, and has become noted for the sophistication of a repertoire that pays homage to traditional Brazilian music, while enriching it with new styles and influences.



Sukie Miller

American-born Sukie Miller has a PhD degree in psychotherapy by the California Institute of Integral Studies. Once a director of Esalen Institute, in California, over the years she specialized in the treatment of terminal and chronic-pain patients. She is also an accomplished writer, having published books such as “After-death: Mapping the Journey”, and “Finding Hope When A Child Dies: What Other Cultures Can Teach Us”. Sukie leads workshops and lectures on various themes, such as communication, leadership, psycho-synthesis, behavioral psychology and humanistic medicine.



1º Encontro do Bem

1 a 4 de maio - Praia de Mariscal, SC



Por um desenvolvimento humano integral

Bert Parlee
Carla Rocha
Claudia Massa Regina
Deborah Weinberg
El Niño
Edmundo Barbosa
Kaká Werá
Lama Rigdzin
Lama Yeshe
Márcio Lacerda
Marco Schultz
Marcos Rojo
Maria Igínia Sanches
Renata Ramos
Renato Braz
Sukie Miller

yoga • meditação • psicologia • filosofia
ecologia • danças circulares • música • tai-chi

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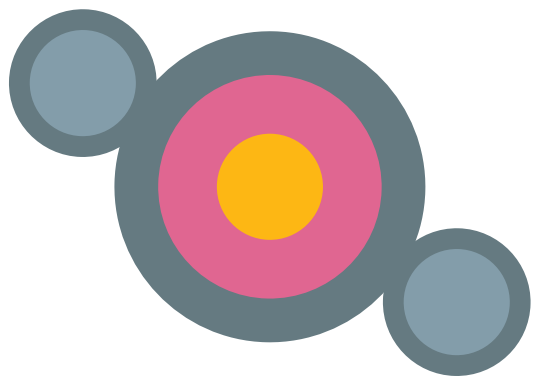


Organização:



Encontro do Bem 2008 Poster

Other Testimonials



“The event was very well organized, the workshops were enlightening, and the classes were very didactical.”

Rachel Moraes Moreira, participant

“The workshops, the location, the people who organized the event with every detail in mind... My sincere thanks to all of them.”

Cristiane Leal, participant

“What we liked the most was the diversity of the activities offered, enabling the participants to experiment new kinds of knowledge.”

Edmundo Barbosa e Claudia Regina, instructors

“Everything was in perfect order. I wish success to all, and a lot of light. Everything was wonderful. Thanks!”

Darleden Albergaria, participant

“The diversity of classes made it possible to meet people who like meditation, self-realization, yoga...”

Walkiria Amorim, participant

“Thanks to the organizers, who were nice and thoughtful even before our departure from São Paulo.”

Suzana Sashalmi, participant

“I enjoyed the general atmosphere and the content that was passed on by the teachers and organizers.”

Amelia Clark, participant

“The meditation and yoga practices did it for me. It was a great way to start the day.”

Vinicius Corrêa, participant

“I liked the spirit of the Brazilian people, the adaptation of eastern philosophy to the Brazilian culture, and the spirit of fun and play that the participants were open to.”

Bert Parlee, lecturer and instructor

“I enjoyed the yoga and meditation workshops. Everything was perfect and wonderful. Congratulations!”

Anne Koller, participant

“The workshop and lecture themes were very contemporary. Thanks to the organizers for taking care of all of us.”

M. Aparecida Karas, participant

“The lectures were very enriching, and brought me a lot of peace.”

Ana Grazziotin, participant

“I enjoyed everything, even the rain. I’m already waiting for the next conference.”

Janete Mengue, participant

“The organizers were always willing and able to answer our questions.”

Ana Brazetti, participant

“Cheers for the organizers. The few hours of sleep paid off; the team was fully dedicated.”

Tammy Casagrande, participant

“Meeting people and sharing; that’s what life is all about! I enjoyed the program, the breaks, and the meals. See you at the 2nd Encontro do Bem!”

Gisela Sartori, participant

“The organization was impeccable. Everything worked out just fine, thanks to everyone. I want another Conference, I want more.”

Mariana Schamas, participant

“Thanks to the organizers for being a part of my evolution! I feel like I’ve gone up one step in life.”

Carla Weltson, participant

“I enjoyed the diversity of workshops and participants. Thank you!”

Renata Lancellotti, participant

“I appreciated the conference’s feminine loving energy, well balanced with that masculine objective energy, leading us to a higher purpose – the common good.”

Renata Ramos, instructor

“I enjoyed the different philosophical and therapeutic approaches, connected in a harmonious way.”

M. Lígia Miragaia, participant

“I took note of every word said in the classes, and I was able to keep up with the group thanks to the excellence of the teachers. The hotel service was excellent; I have nothing to complain about.”

Márcia Nishigouri, participant

“What I enjoyed the most was that the “One” inside everyone had a chance to become whole again.”

Regina Weltson, participant

“I enjoyed everything; the program, the bond that was formed among the participants, the organization.”

Deusa Leonelli, participant

“I met very interesting people and I hope we can always be friends. When will the next Conference be?”

Adriana Tonelli, participant

CREDITS

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dobem
desenvolvimento humano integral