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2026-27 CAMPUS THEME



PURSUIT OF HAPPINESS



Dr. Paul Condon



Lama Yeshe Parke

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Discovering Happiness Within Chaos

Is it possible to experience joy within a world that is in turmoil? In this presentation, a teacher (i.e., lama) from the Tibetan Buddhist tradition and a scientist will discuss the potential for people to uncover inner resources for happiness, including underlying positive qualities of creativity, agency, joy, and compassion. Convergence of contemplative and scientific perspectives suggests that inner resourcing can empower people to hold the turmoil of the world in care, without being overwhelmed by it, and thus show up with more presence and efficacy.

Paul Condon, Ph.D., is associate professor of psychology at SOU, and a research fellow of the Mind and Life Institute. His research examines the human potential for empathy, compassion, and wellbeing, and the influence of compassion and mindfulness training on those capacities. His writing and teaching also explore the use of scientific theories, ranging from developmental, social, and cognitive psychology, to support meditation practices of compassion, mindfulness, and wisdom. He co-authored the book *How Compassion Works*.

Lama Yeshe Parke has been a resident teacher at Kagyu Sukha Chöling Buddhist Meditation Center in Ashland, Oregon since 2001. She teaches the principles of Tibetan Buddhism, focusing on beings' unlimited natural kindness, compassion, courage, and wisdom. Lama also teaches a variety of meditation styles and has edited collections of Buddhist teachings.

Presenters: Dr. Paul Condon; Lama Yeshe Parke

Wednesday, January 28, 2026 • 7 pm

Meese Auditorium AB 101, SOU Art Building