



**A H I M S A C E N T E R**  
NONVIOLENCE IN THOUGHT AND ACTION

**California State Polytechnic University, Pomona, CA 91768**

Ahimsa Center in the College of Letters, Arts, and Social Sciences presents

**Nitin and Hiten Shah Public Lecture**

**Awakened Intelligence and Nonviolence**

by

**Catherine Ingram**

**Sunday, October 16, 2005**

Lecture 3:30 to 5:30 p.m.; Reception 5:30 to 6:30 p.m.

Cal Poly Pomona Bronco Student Center, Ursa Minor Room

As Gandhi said, "we must be the change we wish to see." Catherine Ingram's talk will focus on the inherent qualities in each of us that best promote nonviolence in our communities and in our world. It is her premise that each of us is endowed with qualities of awakened intelligence--Tenderness, Discernment, Embodiment, Genuineness, Delight, Wonder, and Silence--and that we begin to live more by these values when we focus on them and "give them their due."



**Catherine Ingram** is the author of *In the Footsteps of Gandhi: Conversations with Spiritual/Social Activists* (Parallax Press, 1999/2003) and *Passionate Presence: Qualities of Awakened Awareness* (Penguin Putnam, 2003). She is the founder of Living Dharma, an educational non-profit organization. Since 1992, Ms. Ingram has led Dharma Dialogues--interactive inquiries into awakened intelligence and its application in life--throughout the U.S. and Europe. For the past twenty-five years, she has helped organize and direct institutions dedicated to awareness and service.

She is a co-founder of Unrepresented Nations and Peoples Organization (UNPO) in The Hague, Netherlands (1991). For six years (1988-1994), Ms. Ingram served on the Board of Directors for The Burma Project, dedicated to raising international awareness about the struggle for democracy in Burma (now Myanmar). She has traveled around the world including many trips to India. For more information, visit [www.dharmadialogues.com](http://www.dharmadialogues.com)

Event is free. Pre-registration required by October 7 as space is limited.

To register send email to [tsethia@csupomona.edu](mailto:tsethia@csupomona.edu)

Donations to the Ahimsa Center are welcome.

For more details and directions to the event, visit [www.csupomona.edu/ahimsacenter](http://www.csupomona.edu/ahimsacenter) or contact Center Director, Dr. Tara Sethia at (909) 869-3868 :: [tsethia@csupomona.edu](mailto:tsethia@csupomona.edu)