

**MSR & Friends 2020: Transforming Consciousness through Practices that Give People a Direct Experience of Connectedness**

**Sunday August 9<sup>th</sup> 8—10pm eastern US; ZOOM link to be provided by AOM**

A co-created session organized by Chris Laszlo with Stacie Chappell, Judi Neal, Julia Storberg-Walker, Jyoti Bachani, Denise M. Breaux-Soignet, Nicolaus Burton, Duysal Askun Celik, Tom Elwood Culham, Payal Kumar, Elizabeth Luckman, Joan F. Marques, Benito Teehankee, and Charles T. Tackney

This fully synchronous session is designed to give people an experience of connectedness. Participants choose from a range of direct-intuitive practices—including meditation, art (zentangle), nature immersion (online version available), and dance—to increase awareness of how their actions impact others and the world around them. The convergence of science and spirituality will help frame the conversation on how such practices transform a person's *consciousness*. Using this frame, participants will be invited to de-brief their practice experience. MSR Executive Committee members will respond with their own contributions. The session explores transforming consciousness through direct-intuitive practices as the highest point of leverage for systemic social innovation.

Participants will be asked to choose one direct-intuitive practice from the following four categories:

**Self:** mindfulness meditation, body scan/ emotional scan, or participant chosen

**Relationships:** Loving-kindness meditation, appreciative inquiry interview, or participant chosen

**Nature:** observing flora or fauna (focused), nature immersion (presencing), or participant chosen

**Transcendent:** spiritual reflection, prayer, or participant chosen

A science-and-spirituality framing will kick-off the session (20 minutes). Participants pair up in ZOOM breakout rooms to do their chosen practice (40 minutes). Participants debrief (30 minutes) and the MSR ExCom members respond and make their contributions (30 minutes).

**Note 1:** Contributions by the MSR ExCom members are intended to address the following question: "In light of the MSR & Friends experiential session, how can MSR strengthen its role and increase its impact as an agent of world benefit?"

**Note 2:** This MSR & Friends session is designed with the AOM 2020 theme in mind. The goal is to broaden our mindsets, create greater synergies, and increase value-add for individuals, organizations, and society, thus enabling the field of management to contribute more effectively to meeting global and local challenges from conflict and discrimination to income inequality and climate change.