

The First World Symposium on Meditation and Empathy Concluded Successfully in Rome

Uniting Global Participants in Synchronized Meditation to Promote Sustainable Compassion

Press Release (English Version)

June 19–21, 2026 · Rome, Italy



Introduction

The inaugural World Symposium on Meditation and Empathy was successfully held in Rome, Italy, from June 19 to 21, 2026. The event was organized by the World Meditation Day Committee (WMDC) and hosted by the interreligious dialogue organization of the Benedictine Confederation (DIM.MID).

Under the theme “Cultivating Sustainable Compassion: Interfaith Perspectives on Meditation, Care, and Responsibility”, the symposium brought together religious leaders, scholars, and meditation practitioners from around the world to explore the vital role of meditation in promoting global peace and environmental stewardship.

Welcome Reception and Cultural Exchange

A welcome reception was held on June 19 at the Monastery of San Gregorio al Celio in Rome, featuring cultural performances, including traditional Sri Lankan dance, Zen martial arts demonstrations, and a Zen tea ceremony.



Symposium Sessions Focus on Sustainable Compassion

As the centerpiece of this annual global gathering, the first World Symposium on Meditation and Empathy took place on June 20 at the Room Mate Mia Collection Hotel in Rome. The symposium featured multiple thematic sessions, including “Meditation and Broader Sustainable Peace” and “Meditation, Emotional Growth, and Sustainable Social Connections.”



- Fr. Cyprian Consiglio (Representative of the World Meditation Day Committee and Secretary General of DIMMID) presented "Awakening, Transformation, Unity, and Peace," explaining how meditation can serve as a bridge in interfaith dialogue.
- Prof. Dr. Petra Ahrweiler (Johannes Gutenberg University Mainz) delivered the lecture "Meditation, Responsibility, and Environmental Stewardship: Bede Griffiths and the Question of Sustainable Compassion," connecting ancient contemplative wisdom with contemporary environmental responsibility.
- Sonam Tobgay (Principal of Dodeydra Buddhist College, Bhutan) presented "Gross National Happiness in Bhutan," explaining how Bhutan integrates meditation, spiritual well-being, cultural diversity, and environmental protection into its development model.
- Huang Ning (Founder of the Satir Happiness Institute) delivered "When Meditation Becomes a Family Lifestyle: Sixteen Years of Satir Model Practice Reshaping Family Well-Being," demonstrating how meditation combined with the Satir model can strengthen family relationships and enhance well-being.



- Most Venerable Dhammajiva Maha Thero (Chief Preceptor of Mitirigala Nissarana Vanaya, Sri Lanka) presented “We Are All One: Achieving Sustainable Compassion Through Emotional Literacy,” emphasizing the role of emotional awareness in cultivating lasting compassion.
- Rev. Dr. Nathan Jishin Michon (Director of Inward Journeys Japan) delivered “Differentiating Compassion: Toward Healthier and More Sustainable Forms of Compassion,” offering new perspectives on developing healthier and more sustainable expressions of compassion.
- Venerable Deyong (Yogācāra Buddhist practitioner) presented “The Reciprocal Relationship Between Meditation Spaces and Meditation Practice,” examining how meditation environments and contemplative practice can mutually support sustainable well-being.
- Dr. Jin Zhenbao (Founder of Shenzhen Integrative Meditation Center) delivered “Compassion: Altruistic or Egoistic? A Perspective from Confucianism and Taoism”, introducing the approach of meditation based on the “oneness of cosmos and human beings” view of Confucianism and Taoism and its significance for sustainable compassion.”

Global Synchronized Meditation Inspires Collective Commitment to Peace

As the spiritual highlight of the event, a global synchronized meditation session was held on Sunday, June 21, at 2:00 p.m. Rome time (12:00 UTC) at the Monastery of Saint Gregory the Great (Piazza San Gregorio 1, Rome).

The session was jointly guided by Fr. Cyprian Consiglio. Participants gathered onsite in Rome and meditators around the world joined across time zones to sit in silence simultaneously, offering a collective prayer for world peace and sustainable compassion through shared stillness and mindful presence.



General Assembly and Annual Reports

During the event, the World Meditation Day Association / World Meditation Day Committee convened its annual General Assembly.

Delegates reviewed and approved the 2025–2026 Annual Work Report and Financial Report and endorsed the preliminary work plan for 2026–2027. In addition, participants were informed of new appointments to the Board of the sister organization, the World Meditation Foundation, injecting fresh momentum into its future development.

Organized by the World Meditation Day Committee (WMDC), the Co-Creation Workshop is an innovative forum dedicated to the future development of World Meditation Day. Through group discussions, breakout sessions, and brainstorming activities, WMDC members engaged in in-depth dialogue on the initiative's core values, strategic direction, and long-term development, reaching a shared consensus on its future vision.

