Day 1: Friday February 1
8:00: Doors open – Registration
8:45-9:00 Welcome – Introduction

Session 1: “Know Thyself!” Ancient Contemplations
Chair-Discussant: Chuyu Tian and Molly Gurdon
9:00–10:00 Wolfgang Mann, “Spiritual Exercises? 'Care for the Soul' and 'Contemplation’”

10:00–11:00 Sara Magrin, “Who Knows You When You Know Yourself? Plotinus on the Delphic Command ‘Know Thyself’”

11:00–12:00 Peter King, “Augustine's Confessions: Post-Classical Manifesto”

12:00–12:15 Discussant - Questions

12:15–1:00 Lunch Break

Session 2: Contemplation and Perplexity in Medieval Thought
Chair-Discussant: Fatima Touilla
1:00–2:00 Lauren Mancia, “Confession, Conversion, and Contemplation: Augustine, John of Fécamp, and the Monastic Meditative Tradition through the Eleventh Century”

2:00–3:00 Souleymane Bachir Diagne, “Reaching God Through Perplexity: Al Ghazali’ s Meditation”

3:00–4:00 Taneli Kukkonen, “Meditations in Islamic Thought: Philosophy and Sufism”

4:00–4:15 Discussant - Questions

4:15–4:30 Break

Session 3: Meditations in Late Medieval Thought: Now, Do it With Feeling
Chair-Discussant: Natalie Hejduk
4:30-5:30 Christina van Dyke, “From Meditation to Contemplation: Broadening the Borders”

5:30-6:30 Katie Bugyis, “Through a Glass Clearly: Self-Reflection in Nicholas Love’s The Mirror of the Blessed Life of Jesus Christ”

6:30-7:15 Discussants – Reflecting on Our Day
**Day 2: Saturday February 2**

8:15: Doors open – Registration

**Session 4: Post-Reformation Reflections: Demons, Experience, and Knowledge**
Chair-Discussant: A.J. Marsh

9:00–10:00 Christia Mercer, “Self-Reflection and Virtue: Teresa of Ávila, Montaigne, and Leibniz”

10.00–11:00 Alan Stewart, “Francis Bacon's Sacred Meditations”

11:00–12:00 Elliot Paul, “Self-Knowledge and Rational Rhetoric in Descartes's Meditations”

12:00–12:15 Discussant - Questions

12:15–1:00 Lunch Break

**Session 5: Post-Reformation Mysteries: From the Self to the World and Back**
Chair-Discussant – Olivia Branscum

1:00–2:00 Pamela Smith, “The ‘Mysteries’ of Bodily Knowledge in Early Modern Europe”

2:00–3:00 Brian Ogren, “Jewish Prayer and the Ascent of the Soul: An Early Modern Meditation on Unity and its American Christian Transformation”

3:00–3:15 Discussant - Questions

3:15–3:30 Break

**Session 6: The Afterlife of Meditations: From Romanticism to Resistance and Critical Theory**

3:30–4:45 Panel Discussion – Chair-Discussant – Yarran Hominh

Clémence Boulouque, “Between Divine and Human Self-Awareness: The Significance of Jakob Boehme's Abyss in the Pre-Freudian Theories of the Unconscious”

Aminah Hasan-Birdwell, “‘Self-Reflection as Resistance’ Hannah Arendt’s Reading of the Meditative Tradition”

Sabina Bremner, “Political Spirituality and Practices of the Self: Foucault’s Vindication of the Meditative Tradition”

**Session 7: The Afterlife of Meditations: Contemporary Science**

5:00-5:45 Panel Discussion – Chair-Discussant – Helen Zhao

Stuart Firestein, “How Science Meditates: Ignorance, Failure and Optimism”

David Edwards, “Creating as Meditation”

5:45-6:30 Discussants – Reflecting on Our Day