



The UNCA Department of Philosophy Presents:

“Philosophy as Lived Practice: Hope and Meditation”



Dr. Lisa Kretz, Associate Professor of Philosophy, University of Evansville and **Dr. Keya Maitra**, Howerton Distinguished Professor of Philosophy, UNCA

Friday, April 2, 2021 3:30-5:00pm EST via Zoom

[Zoom Link is here.](#)

In an interactive panel, Drs. Lisa Kretz and Keya Maitra discuss practical applications of philosophy that not only support people through hard times but also help bring into being a just, compassionate and humane society/world. They will also touch upon how these engagements impact and shape the discipline of philosophy. Dr. Kretz will utilize the findings of hope theory, philosophy of emotion, and moral psychology to illustrate various concrete methods for cultivating hope to empower positive action and combat despair. Drawing from her work on the epistemology of mindfulness and meditation, Dr. Maitra will explain how a cultivation of mindfulness can support a better world by fostering emotions such as compassion, ability to listen and relational interdependence.

This event is the fifth in the Department of Philosophy’s semester-long series, “Philosophy for Hard Times: A Lens for Contemporary Issues and Events.” All events are free and open to the public. For more information go to <https://philosophy.unca.edu/engage/events-conferences/>