Diane Musho Hamilton is a gifted professional mediator, author, facilitator, and teacher of Zen and Integral Spirituality.

As the first Director of the Office of Alternative Dispute Resolution for the Utah Judiciary, Diane established mediation programs throughout the court system and won several awards for her work in this area.

She has been a practitioner of meditation for more than 30 years and is a lineage holder in the Soto Zen tradition. Diane facilitates Big Mind Big Heart, a process developed to help elicit the insights of Zen in Western audiences. Diane is considered a pioneer in articulating and applying the insights of an Integral Life Practice based on work of Ken Wilber. Since 2004, she has worked with Ken Wilber and the Integral Institute in Denver, Colorado.

In 2008, Diane co-founded Two Arrows Zen, a center for Zen study and practice in Salt Lake City and Torrey, Utah with her husband Michael Mugaku Zimmerman. Her most recent project is Integral Facilitator, a uniquely developmental approach to group facilitation mastery.

She is a former rodeo queen, the mother of four children, and the best friend of Ali, the Wonder Dog.

Diane is the author of *Everything is Workable: A Zen Approach to Conflict Resolution*, Shambhala Publications. She is also featured in *The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women*, Wisdom Publications.

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