



**MIND & LIFE**  
INSTITUTE

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**2018 ANNUAL REPORT**





“

It doesn't matter what our nationality is, or whether we are believers or nonbelievers. We are all human beings and it is our responsibility to create a safer world for the next generation, at least, and perhaps for centuries and even millenia to come.

—His Holiness the Dalai Lama, in the Mind & Life book *Ecology, Ethics, and Interdependence*, from the 23rd Mind & Life Dialogue

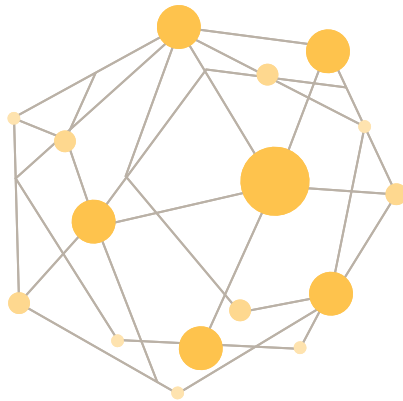




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## CATALYZING

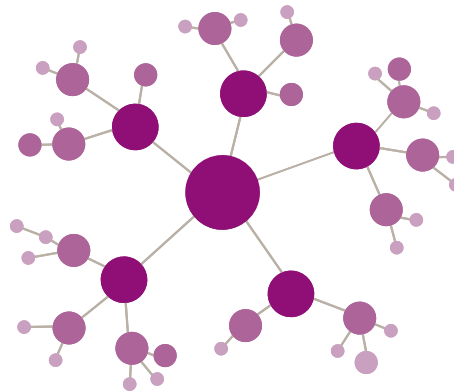
research to advance  
new knowledge



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## CONVENING

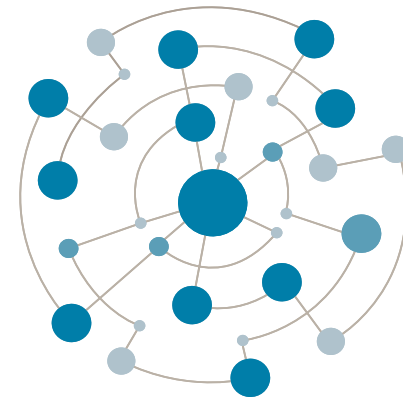
scholars, contemplatives,  
and changemakers



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## COMMUNITY BUILDING

through collaboration,  
inquiry, and dialogue





## Dear Friends and Colleagues

I am so pleased to share with you Mind & Life Institute's annual report that summarizes our work from 2018. It was a successful year of impact and growth. Our community came together in new and deeper ways to bridge science and contemplative wisdom for positive change in the world. Now more than ever the world needs compassion and connection. We responded to this call by supporting bold research and creating generative forums that engaged multiple voices and perspectives. Together we explored big questions and life-changing ideas.

With incredible support and hard work from our committees, faculty, board, and staff, we successfully managed our growing grants programs and held four major convenings in the United States, India, and Japan. Each gathering expanded our reach through mentoring and scholarships for young, international, and traditionally underrepresented participants, and wove in a variety of contemplative practices and contemplative arts.

Our work would not be possible without the generosity and dedicated efforts of you. The community of Mind & Life is our greatest strength as we live into a more inclusive and even more impactful future. Thank you for inspiring us and motivating us—your unique contributions are invaluable!

With sincere appreciation,

Susan Bauer-Wu  
*President, The Mind & Life Institute*



## CATALYZING

### Mind & Life catalyzes new ideas for positive change.

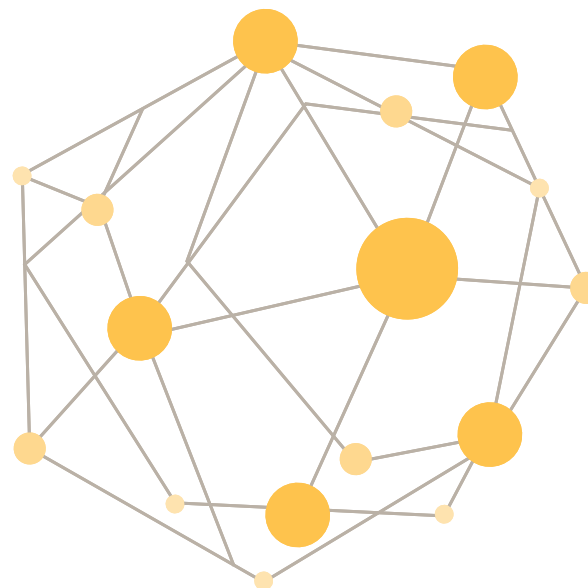
We support the people and the research that advance contemplative studies. In 2018, Mind & Life funded grants, awarded scholarships, and shared results on our open access platform, sponsoring work across disciplines and around the world. Our community has transformed contemplative research through rigorous scientific investigation as the field has grown and diversified.

In 2018, Mind & Life offered 3 grant programs, awarding \$704,246 to fund a total of 20 projects in 5 countries. The **Varela Grants**, named for our co-founder Francisco J. Varela, fund wide-ranging scholarly examinations of contemplative techniques, from neuroscience to anthropology to clinical psychology. The **PEACE Grants** support research that examines wholesome mental qualities such as Prosociality, Empathy, Altruism, Compassion, and Ethics (PEACE) to effect change. Mind & Life **Think Tanks** are 2- to 3-day incubator-type meetings of a small, multi-disciplinary and diverse group of experts, focused on a particular project or problem within contemplative studies. A full list of grants awarded in 2018 can be found on page 8.

Mind & Life also fostered the future growth of the field by supporting and mentoring young researchers. In 2018, we awarded \$138,203 in **scholarships** to facilitate attendance for 197 people at our 4 events. These emerging scholars

were featured at conferences and included in networking and mentoring opportunities.

Mind & Life shared the community's research in **MindRxiv**, a free and publicly accessible platform for scholars to upload and exchange working papers, preprints, published papers, data, and code. Hosted by the non-profit Center for Open Science and managed by Mind & Life, MindRxiv is an open, searchable database that launched in 2017 and grew steadily in 2018, with almost 30,000 downloads by the end of the year.







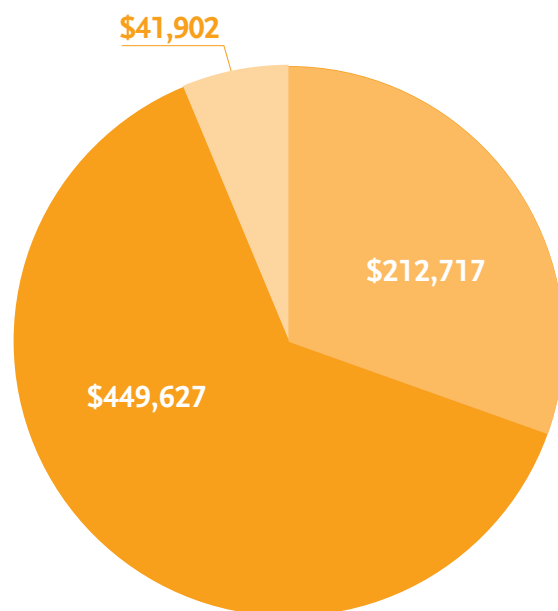
“I only give to a small handful of institutions I believe in, and Mind & Life is one. I want to be conscious about where I think contributions will yield a maximum benefit to others. Because the science of meditation has had such a positive effect on my own life, my hope is that what Mind & Life is doing will also give others that opportunity.

— Annie Rosen  
Friends Donor



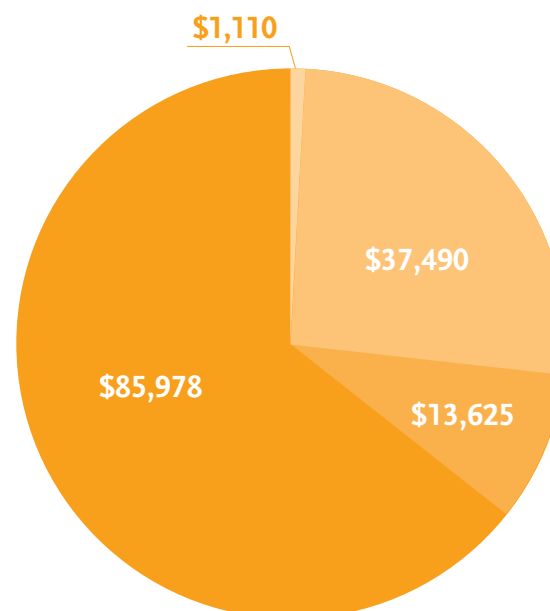


## 2018 GRANTS FUNDED



- PEACE (Prosociality, Empathy, Altruism, Compassion, and Ethics) Grants \$449,627
- The Francisco J. Varela Grants for Contemplative Research \$212,717
- Think Tanks \$41,902

## 2018 SCHOLARSHIPS AWARDED



- International Symposium on Contemplative Research \$85,978
- International Research Institute \$13,625
- Summer Research Institute \$37,490
- 33rd Mind & Life Dialogue \$1,110



## 2018 GRANT RECIPIENTS

**Mindfulness for well-being and enhanced teaching in academia: A mindfulness-based program in South African higher education**

Nuño Aguirre de Cárcer  
*University of the Witwatersrand*

VARELA GRANT

**Mindfulness for the masses: Understanding the approachability of mindfulness-based interventions and measurement of mindfulness among understudied diverse communities**

Amanda Shallcross  
*New York University School of Medicine*

VARELA GRANT

**Using a contemplative conflict resolution intervention to promote teachers' and youth's beneficial engagement in controversial discussions and intergroup encounters**

Nava Levit-Binnun & Michal Reifen-Tagar  
*Interdisciplinary Center Herzliya, Israel*

PEACE GRANT

**Measuring meta-awareness in the present moment**

Thomas Anderson  
*University of Toronto*

VARELA GRANT

**Is knowing the body knowing the mind? Mind-body coherence, interoception, and contemplative training**

Sasha Sommerfeldt  
*University of Wisconsin-Madison*

VARELA GRANT

**Can emotional acceptance promote political action? Leveraging contemplative science to promote positive social action**

Brett Ford, *University of Toronto*  
Allison Troy, *Franklin & Marshall College*

PEACE GRANT

**Can meditation practice ameliorate the consequences of early life adversity on telomere regulation?**

Quinn Conklin  
*University of California, Davis*

VARELA GRANT

**Long-term sustainability of mindfulness practice and treatment gains in women with co-occurring substance use disorder and post-traumatic stress disorder following a mindfulness-based relapse prevention program**

Vanessa Somohano  
*Pacific University*

VARELA GRANT

**Neurogenetic mechanisms of self-transcendence and purpose in life**

Yoona Kang & Emily Falk  
*University of Pennsylvania*

PEACE GRANT

**Exploring the uptake and potential efficacy of brief mindfulness meditation for underserved female tobacco smokers**

Samantha Davis  
*Temple University*

VARELA GRANT

**Transforming habits from the heart: From good intentions to reliable prosocial response**

Rémi Thériault  
*Université du Québec à Montréal*

VARELA GRANT

**Neurobehavioral effects of prenatal mindfulness training on maternal presence and compassionate love**

Heidemarie Laurent, *University of Illinois, Urbana-Champaign*  
Larissa Duncan, *University of Wisconsin-Madison*

PEACE GRANT

**Assessing dynamic brain connectivity patterns and the phenomenology of autobiographical remembering as a function of specificity and perspective taking manipulations**

Ekaterina Denkova  
*University of Miami*

VARELA GRANT

**African contemplative practices for healing the past, for transforming the present and for future flourishing**

Lucy Draper-Clarke  
*University of the Witwatersrand  
Drama for Life*

THINK TANK

**Combining immersive virtual environments and contemplative techniques to increase empathy and decrease anger in intergroup conflicts**

Yoni Levy & Eran Halperin  
*Interdisciplinary Center  
Herzliya, Israel*

PEACE GRANT

**Overcoming the self: A multi-method investigation of trait mindfulness, self-other overlap, and egocentricity in romantic relationships**

Erin Maresh  
*University of Arizona*

VARELA GRANT

**Mechanisms of meditation and consequences for clinical practice**

Marieke van Vugt  
*University of Groningen*

THINK TANK

**Testing a compassionate community actively living mindfulness (CCALM) intervention: Elucidating individual and dyadic pathways to PEACE character virtues**

Gloria Luong  
*Colorado State University*

PEACE GRANT

**Mindfulness training to enhance emotion regulation in a polarizing political context: A multimethod investigation**

Hadley Rahrig  
*Virginia Commonwealth University*

VARELA GRANT

**Mindfulness practices as anti-oppression pedagogy: Strategies for preparation, implementation, and assessment**

Greta Gaard  
*University of Wisconsin–River Falls*

THINK TANK







“I joined the Mind & Life Board of Directors out of deep respect for its remarkable success in bringing together modern science and the riches of contemplative traditions.

The decades of dialogues and research promoted by Mind & Life have helped create a whole new field of contemplative studies. These efforts have provided much of the scientific basis for the widespread adoption of mindfulness, compassion, social and emotional skills, and wisdom into education, healthcare, business, and many other sectors.

The faculty, board, and staff of Mind & Life are world-class, and fun! The work is visionary and transformative. I'm honored to be a part of it.

— Jack Kornfield  
*Contemplative teacher*  
*Mind & Life board member*



# CONVENING

## Mind & Life convenes people for engaged inquiry.

We gather researchers, contemplatives, and change-makers at energizing events to take on big questions and life-changing ideas. In 2018, with incredible support from our community, we held a record 4 major convenings in one year.

In 2018, Mind & Life events focused on the differences and commonalities that shape human experience. The **33rd Mind & Life Dialogue: Reimagining Human Flourishing**, held in March in Dharamsala, India between the Dalai Lama and leading thinkers and educators, took up this theme on the topic of secular ethics and youth education. The conversation stayed true to the original spirit of the earliest Mind & Life dialogues and also reached over half a million people worldwide via livestream. Later in 2018, the Mind & Life book ***Ecology, Ethics, and Interdependence*** from the 23rd Dialogue held in 2011 was published.

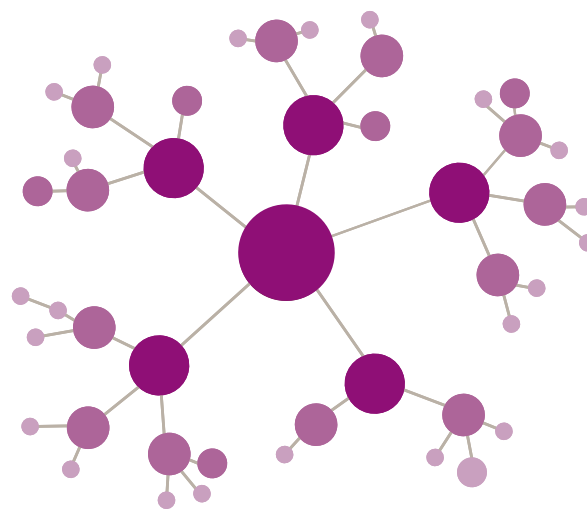
The Mind & Life Institute devoted considerable effort to equity, diversity, and inclusion (EDI) in 2018. We focused our various convenings and revised our grant review processes to incorporate EDI values. Mind & Life is committed to a deeper understanding of complex issues and practical solutions to foster a more compassionate and inclusive world.

Our 15th annual **Summer Research Institute**, held at the Garrison Institute in June, explored cultural difference and diversity. It was also characterized by diversity of participants, with 150 attendees from 19

countries across 6 continents, and 50% of attendees identifying as non-white.

We expanded the theme at our **International Research Institute** in September, held at Myōshin-ji, a 14th century Japanese Zen temple complex in Kyoto, Japan. The conference examined contemplative research and practice through the lens of Japanese culture, including Japanese contemplative arts.

We opened up the theme for wider discussion at our largest event of the year, the **International Symposium for Contemplative Research**, in November. Over 700 attendees joined us in Phoenix, Arizona for lectures, community-building activities, social justice workshops, and contemplative practices and artistic performances.





## MIND & LIFE INSTITUTE 2018 CONVENINGS

**MARCH  
2018**

**33<sup>RD</sup> MIND & LIFE DIALOGUE**  
 “Reimagining Human Flourishing”  
 Dharamsala, India



**JUNE  
2018**

**SUMMER RESEARCH INSTITUTE**  
 “Engaging Cultural Difference  
 and Human Diversity”  
 Garrison, New York



SEPTEMBER  
2018

INTERNATIONAL RESEARCH INSTITUTE

“Contemplative Practices in Context:  
Culture, History, and Science”

Myōshin-ji Temple, Kyoto, Japan

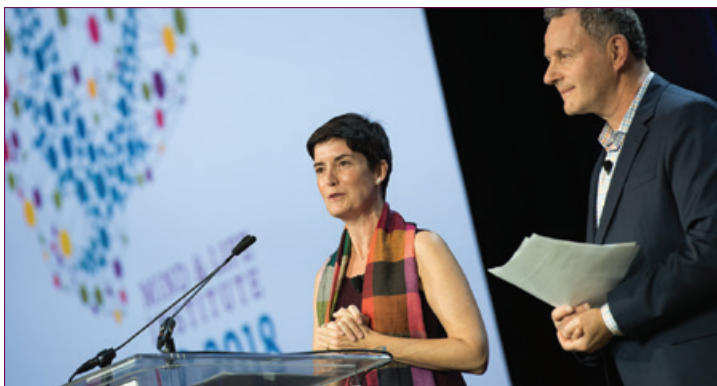


NOVEMBER  
2018

INTERNATIONAL SYMPOSIUM FOR  
CONTEMPLATIVE RESEARCH

“The Intersection of Contemplation,  
Research, and Daily Life”

Wild Horse Pass, Arizona



“The International Research Institute had a deep impact on my work and my vision for the future. I encourage Mind & Life to keep on doing what they’re doing: promoting diversity and cross-cultural exchanges, giving voice to the under-represented and younger scholars, and introducing contemplative arts within a cultural context.

— Hiroe Hu

*University of California,  
San Francisco*

*Touro University California*





“

At the International Symposium for Contemplative Research there were amazing chances to meet other people who were deeply interested in holding space for the complex and wide-ranging emotions that arose during the conference—there was a session on the racial history of the study of spirituality and meditation that lead to extremely rich opportunity to commune, in both celebration and grief.

— Grant Jones  
*The Black Lotus Collective*  
Harvard



## BUILDING COMMUNITY

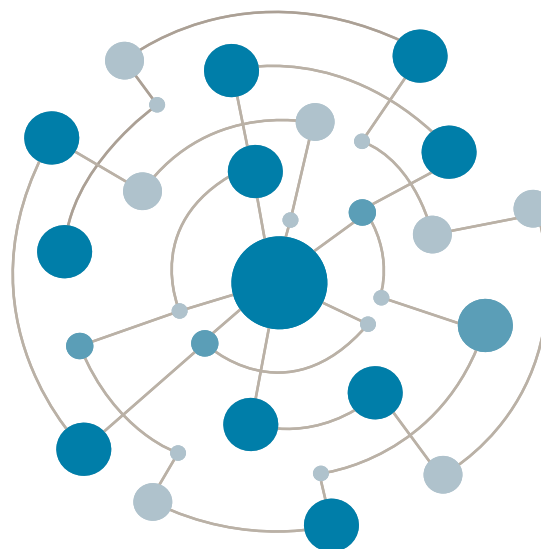
Mind & Life builds community by bridging difference.

Mind & Life's foundational strength is our community. We fund research and cultivate interdisciplinary dialogue, and the return is exponential. Our community's impact is far-reaching, rippling out into the world in multi-faceted ways. We circulate the new knowledge, which informs the field's direction and seeds future research. Embracing diversity—of perspectives and disciplines, and also geography, age, gender, ethnicity, and race—across Mind & Life's work in 2018 contributed to community growth in all dimensions.

Our community was nurtured, mentored, and guided in 2018 by our **Mind & Life Fellows**. The Fellows are nominated for exemplary work and impact in research, leadership, or contemplative teaching. In 2018, we added 8 new Fellows, for a total of 185 Fellows.

The Mind & Life 2018 events are representative of our community, characterized by interdisciplinary collaboration, thoughtful dialogue, and inspiring contributions. The Summer Research Institute and the International Research Institute welcomed new community members through themed affinity group discussions, young researcher panels, dyad practices, and opportunities for community sharing.

The 2018 International Symposium for Contemplative Research (ISCR) showcased the depth and breadth of the Mind & Life community of researchers, contemplative teachers and practitioners, professionals, activists, and interested members of the public. At ISCR, we recognized field leaders with the **Catherine Kerr Award for Courageous and Compassionate Science** and we celebrated long-time community members, board members, volunteers, and Mind & Life Fellows at a **Gratitude Reception**, where we also awarded the first inaugural **Mind & Life Service Award**.





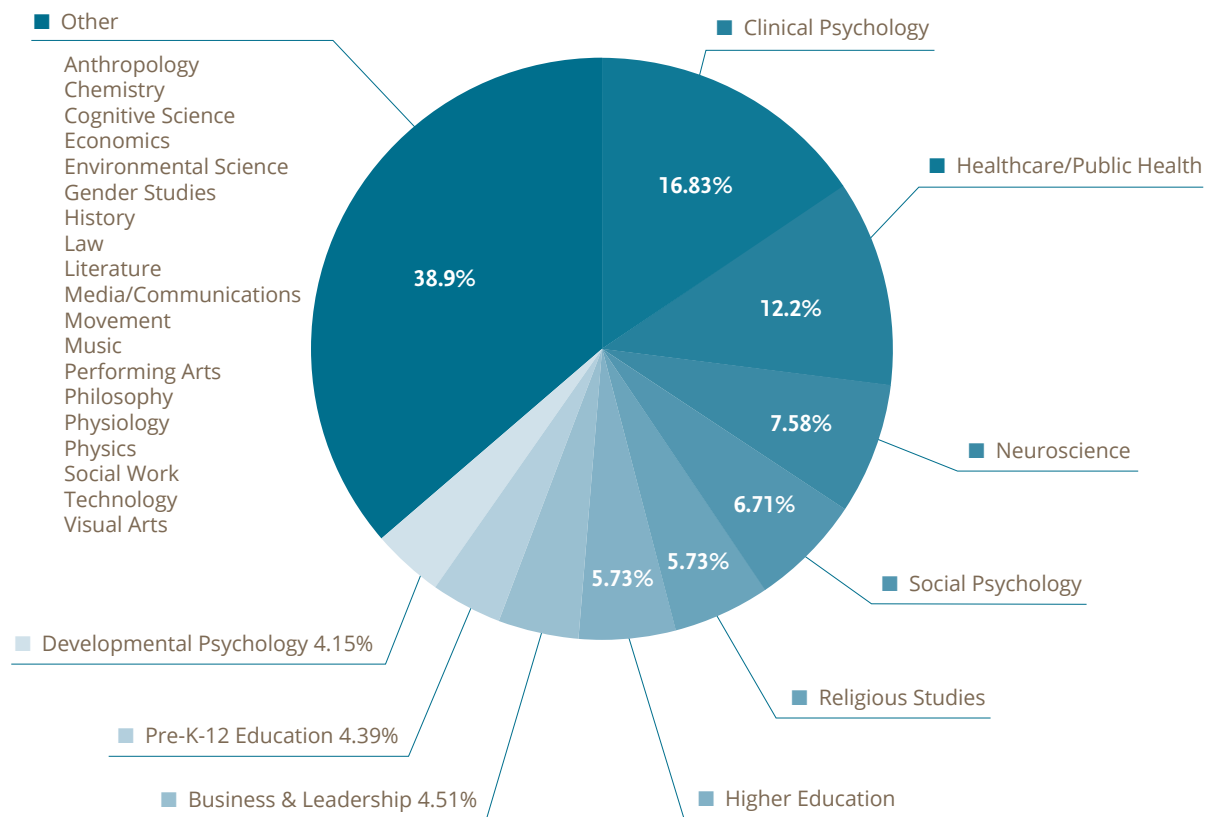


“For over 30 years, The Mind & Life Institute has stood at the intersection of the nature of the mind and the nature of reality, facilitating an investigation into both. Through the Institute’s collaborative efforts involving scientists and contemplatives, light has been shared with millions, illuminating both the mind and heart, alleviating suffering associated with ignorance. The Institute has had that impact on us.

— Gael & Kirk Benson  
Sustaining Patron Donors

## 2018 FIELD DEMOGRAPHICS

In 2018, Mind & Life attracted diverse interdisciplinary participants. Across our 3 main conferences, we had representation from a wide range of backgrounds, institutions, and disciplines, including 29 fields.



## 2018 NATIONALITY DEMOGRAPHICS

The Mind & Life community includes many voices from around the world. The 2018 grant recipients and event participants brought an international perspective to our work, representing 39 countries.



Monika C. A. Lindner  
**AUSTRIA**



Nonkululeko Faith Busika  
**SOUTH AFRICA**



Ahmed Abdelkarim  
**EGYPT**



Lia Antico  
**SWITZERLAND**



Masahiro Fujino  
**JAPAN**



Richa Gawande  
**USA**



Joohan Kim  
**SOUTH KOREA**



Rashmi Shetty  
**INDIA**



Marcelo Demarzo  
**BRAZIL**

### NATIONALITIES REPRESENTED

ARGENTINA  
AUSTRALIA  
AUSTRIA  
BELGIUM  
BRAZIL  
CANADA  
CHILE

COLOMBIA  
CHINA  
DENMARK  
EGYPT  
ESTONIA  
FRANCE  
GERMANY

HONG KONG  
HUNGARY  
INDIA  
IRELAND  
ISRAEL  
ITALY  
JAPAN

LUXEMBOURG  
MEXICO  
NEPAL  
NETHERLANDS  
NEW ZEALAND  
PHILIPPINES  
PORTUGAL

PUERTO RICO  
ROMANIA  
SINGAPORE  
SOUTH AFRICA  
SOUTH KOREA  
SPAIN  
SWEDEN

SWITZERLAND  
TAIWAN  
UNITED KINGDOM  
UNITED STATES





“Mind & Life has been for me a singular place where my deepest impulses for inquiry and connection have been met with remarkable comrades in open arms, along with enduring questions and inspiring aspirations for healing this world of ours.

— Cliff Saron  
*University of California, Davis  
Center for Mind and Brain  
MIND Institute*

## AWARDS

### MIND & LIFE SERVICE AWARD

The Mind & Life Service Award was given out for the first time in 2018, and will be awarded annually going forward. The inaugural award went to Cliff Saron, who has been with Mind & Life from the beginning, over 30 years ago, diligently serving in a multitude of capacities.



## AWARDS

### CATHERINE KERR AWARD FOR COURAGEOUS AND COMPASSIONATE SCIENCE

The Mind & Life Catherine Kerr Award for Courageous and Compassionate Science is in memory of the late Cathy Kerr and her remarkable contributions to the field of contemplative sciences. Recipients of the award exemplify the qualities and character that Cathy brought to her work, including bold innovation, imagination, courage, authenticity, and heartfulness. The 2018 co-recipients each received an academic award and gave a lecture in Cathy's honor at the International Symposium for Contemplative Research (ISCR).



**Norman Farb**  
Assistant Professor  
UNIVERSITY OF TORONTO

ISCR distinguished lecture:  
"How to Choose Between  
Beautiful Stories"



**Patricia Jennings**  
Associate Professor  
UNIVERSITY OF VIRGINIA

ISCR distinguished lecture:  
"Education for Peace: Transforming  
our Schools with Mindfulness and  
Compassion"

## 2018 MIND & LIFE FELLOWS

Mind & Life Fellows are distinguished leaders in their respective fields who have made significant contributions to the Mind & Life Institute through research, leadership, or contemplative teaching. In 2018, we added 8 new Fellows through our nomination process.

**Mark Bertolini:** LEADERSHIP  
*Former Chairman, Aetna Inc.*

**Martin Davidson:** LEADERSHIP  
*University of Virginia*

**Marc-Henri Deroche:** RESEARCH  
*Kyoto University*

**Wendy Hasenkamp:** RESEARCH  
*Mind & Life Institute*

**Sara Lewis:** RESEARCH  
*Naropa University*

**Erin McCarthy:** RESEARCH  
*St. Lawrence University*

**Barbara (Bobbi) Patterson:** RESEARCH  
*Emory University*

**Kirk Warren Brown:** RESEARCH  
*Virginia Commonwealth University*





“

With the support of my 2014 Varela Grant, I learned how to be responsible for not only advancing the field of contemplative neuroscience, but also for training future generations of contemplative researchers. I learned that science is a public service and a team sport. As such, I am grateful for the strong and supportive community I was blessed with through Mind & Life.

— Yoona Kang  
*Postdoctoral Fellow  
Annenberg School for Communication,  
University of Pennsylvania*

Since 2014, Yoona Kang has become a key community member and her career illustrates the cyclical interactions of catalyzing, convening, and community building. She has served on event application and grant review committees, received a PEACE Grant in 2018, and mentored new researchers as Summer Research Institute faculty and presenter in 2019.

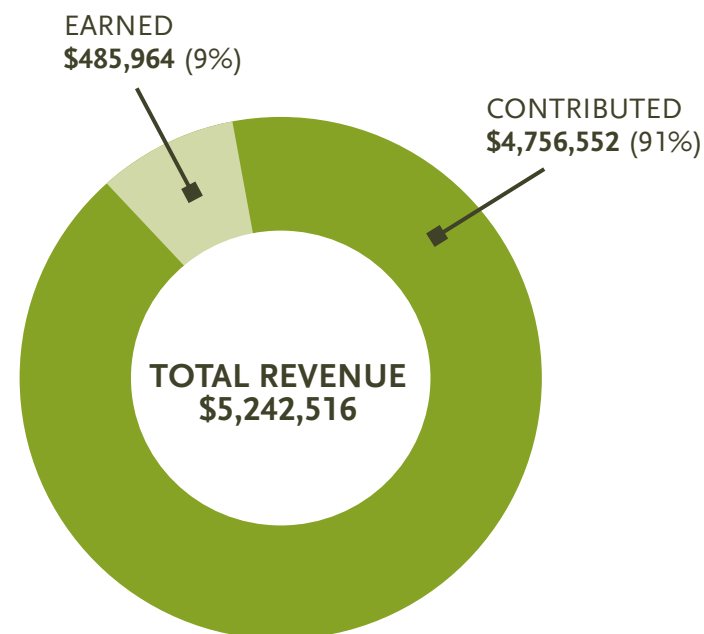
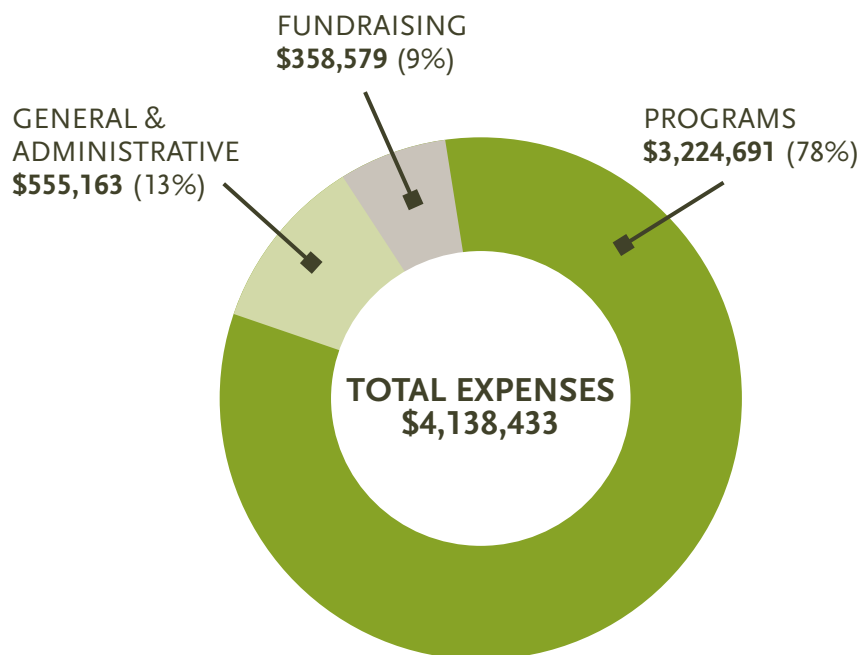
## MIND & LIFE'S IMPACT ON THE FIELD

Mind & Life has awarded grants in support of rigorous interdisciplinary research and transparent open science since 2004. The funding has had a ripple effect across the field, with a 25-fold return on investment.



## FINANCIAL SUMMARY

With consistent, meticulous oversight of our budget and fundraising projections, we ended FY18 with revenues higher than expenses. As we look ahead, we remain committed to fiscal prudence and positive impact through our programs and grants.





# DONORS

We offer our warm gratitude to the many generous supporters of the Mind & Life Institute.

*Donors listed here made contributions between January 2018 and December 2018.*

## SUSTAINING VISION PARTNERS

*(Gifts of \$100,00 and up for three years or more)*

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Anonymous (2)  
Gellein Family Donor Advised Fund at the  
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Raymond and Jacquelyn Gellein  
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*(Gifts between \$50,000 and \$99,999 for three years or more)*

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Mark Bertolini and Mari Arnaud  
Connie Kemmerer  
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*(Gifts between \$50,000 and \$99,999)*

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Claudia Madrazo Hernández and Roberto  
Hernández Ramírez

## CHANGEMAKERS

*(Gifts between \$15,000 and \$49,000)*

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Tabitha Jordan and Adam Weissman  
Mastercard Foundation  
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Chade-Meng Tan and Cindy Teo  
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Adam J. Weissman Foundation

## ADVOCATES

*(Gifts between \$1,000 and \$14,999)*

Academy for the Love of Learning  
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Mindfulness, Compassion, and Resilience  
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Susan Bauer-Wu and John Wu  
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Compassionate Care Initiative, UVA School of  
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Martin Davidson and Rachael Bagby  
Susan and Richard Davidson  
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Yale University Press  
Yoga Science Foundation

## **FRIENDS**

*(Gifts up to \$999 annually)*

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Shizuka Modica  
Teresa Morales  
The Muda Institute for Mindfulness Science  
and Society  
Maarten Mulder  
Pamela Mullens  
Geshe Dadul Namgyal  
Deidra Nguyen  
Lisbeth Nielsen  
Thomas and Susan Ockerse  
Oda Foundation  
Lisa Okoniewski  
Barbara Patterson  
Anthony Phillips  
Eugenia Powell



“At the Summer Research Institute, I felt a sense of belonging and inspiration. I will put into practice many things I learned back in Brazil, in the postgraduate Peace and Conflict Studies program that I founded in 2015. You are promoting change in a very deep way, and it is making a huge impact on many Brazilians.

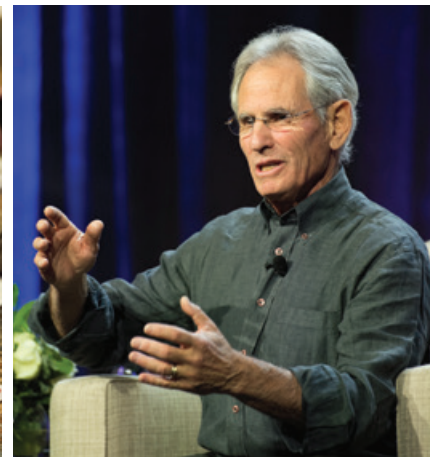
— Cerys Tramontini  
*Jaume I Universitat*

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Brian Rappert  
Richard Reisman  
Feliza Restrepo  
Sang-Kyu Rhi  
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**\* MIND & LIFE CATHERINE KERR  
AWARD FOR COURAGEOUS  
AND COMPASSIONATE SCIENCE**

These contributions were made to the Mind & Life Catherine Kerr Award for Courageous and Compassionate Science, in memory of the late Cathy Kerr and her remarkable contributions to the field of contemplative sciences. Recipients of the award exemplify the qualities and character that Cathy brought to her work, including bold innovation, imagination, courage, authenticity, and heartfulness. For more information on ways to support this memorial fund, please contact the Mind & Life office of philanthropy at 434-339-0281.





# MIND & LIFE PEOPLE

At Mind & Life, we are humbled by the time and energy that so many people have selflessly given to advancing our work. We could not have held 4 major convenings in 2018 without extensive support from planning committees, onsite volunteers, academic and contemplative faculty, contemplative artists, and our 2018 Council for Equity, Diversity, and Inclusivity. The Mind & Life staff consistently showed dedication, creativity, and professionalism in carrying out the daily work necessary to accomplish our goals. We are deeply grateful for the contributions of our community.

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*\* Lis Nielsen is serving in her personal capacity.*



**Mind & Life Europe** is our sister organization. We have a shared history and values, but we are independent and autonomous and cover different geographic regions. We are grateful to see our collaborative relationship continue to grow.









## LOOKING FORWARD

2018 was a remarkable year for Mind & Life, growing our community, sharing new knowledge, and deepening contemplative research. Each year the world grows more complex with both exceptional opportunities and significant challenges in all directions. Since 1987, we have played a unique role exploring the mind and addressing difficult issues by bridging science and wisdom traditions.

Looking forward, we will build on this work with increased efforts toward fostering individual and societal flourishing. One of the most important areas we see for the future of this field centers on connection and interdependence, in particular, how we view ourselves and how that informs our relationships with others and the world around us. Perspectives on self and other are embedded within various wisdom traditions and now sit at the forefront of neuroscience, psychology, philosophy, and many other disciplines.

Who are we as individuals and as members of society? What is the nature of our relationships to others? How do we foster compassion and connection in the world where division and disconnection seems to grow each year? These are the questions we will explore with you and our expanding community as we look toward a deeper understanding of our shared humanity.



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**THANK YOU**  
to the Mind & Life community  
for an incredible year!



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