



2019 Year in Review

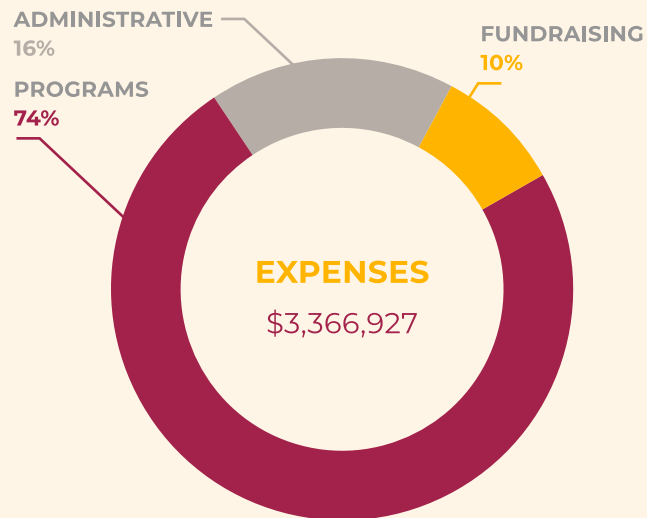
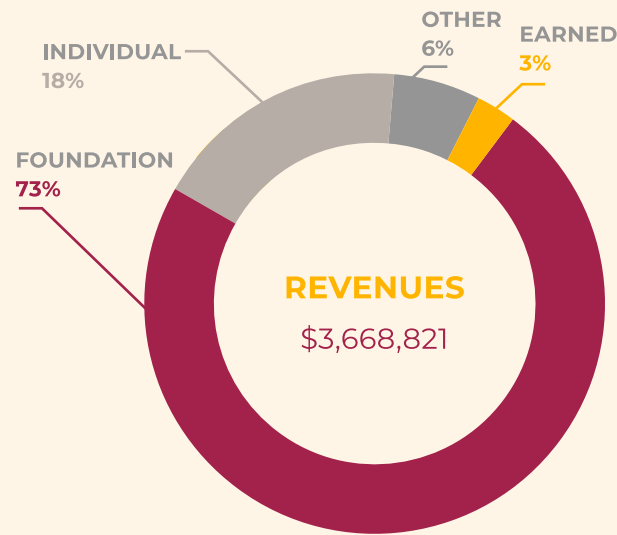


MIND & LIFE
INSTITUTE

THANKS TO OUR SUPPORTERS, the Mind & Life Institute continues to rest on solid financial footing, having ended 2019 with revenues higher than expenses.

Statement Of Activities

Year End December 31, 2019



For more information or to request a copy of our audited financial statements, please contact vrogers@mindandlife.org

“ Our Varela Grant project team is deeply grateful for this support and believes that it is now our responsibility to pass this support to the world by **conducting rigorous research that can inform ways to create a more just and kind society.**”

“ This was a **life-changing experience.** It was profound to share space and have dialogue and connection with so many wise and contemplative humans.”

“ Throughout the week, I kept having the thought, **‘I found my family.’ It was validating and comforting and extremely exciting to have that thought.** The overall program and the welcoming nature of the people who attended far exceeded my expectations.”

FROM GRANTMAKING TO CONVENINGS, Mind & Life brings science and contemplative wisdom together to better understand the mind and create positive change in the world. At this critical moment in history, we’re expanding our reach beyond individual well-being to focus on societal flourishing and interconnection.

Mind & Life Grants 2019

20 grants awarded, totaling \$709,449

- 11 Varela Grants, totaling \$216,863
- 6 PEACE Grants, totaling \$447,746
- 3 Think Tanks, totaling \$44,840
- 81% first-time grantees

Mind & Life Conversations Livestream

Estimated reach: 2.86 million

- Conversations with the Dalai Lama, David Sloan Wilson, and Pumla Gobodo-Madikizela in Dharamsala, India

Mind & Life Convenings 2019

120 participants (accepted among 229 applicants) at the 16th annual Summer Research Institute at the Garrison Institute

- 27% received scholarships totaling \$31,320
Funds were available to cover nearly 2 out of 3 of admitted scholarship applications
- 37% Black, Indigenous, and People of Color
- 68% first-time participants

Thank You

MIND & LIFE IS DEEPLY GRATEFUL for the continuing generosity of the following donors who provided critical financial support between January 1, 2019 and December 31, 2019. Their investments enable us to continue bridging science and contemplative wisdom to foster insight and inspire action toward flourishing.

Vision Partners

Gifts of \$100,000 or more

Anonymous (2)
Rip and Jacque Gellein
Hershey Family Foundation
Constance A. Kemmerer
The Riordan Family Foundation
The Samuel B. Hanser Memorial Trust
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Patrons

Gifts of \$50,000 to \$99,999

Kirk and Gael Benson
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and Viviane Polacow

Change Makers

Gifts of \$15,000 to \$49,999

Owsley Brown III
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Lisette Cooper
George Family Foundation
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Adam Weiss



Advocates *Gifts of \$1,000 to \$14,999*

Anonymous (4)	Vikas and Jaishri Kapoor
Michael Baldwin	Amy and Kenneth Kinder
Sarah Bowen	Jack Kornfield and Trudy Goodman
Marshall and Mary Carter	The Krame Center for Mindful Living
Raymond Chang	Bob and Jennifer Kuo
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Friends *Gifts up to \$999*

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Catherine Hill	Sharon Salzberg	
Robert and Sandra Hodge	Bodhiheart Sangha	
	Steve Schwartz	

*Gift In Kind

Every effort has been made to list all Mind & Life donors accurately. For inquiries and corrections, or to learn more about giving, please contact advancement@mindandlife.org.





“ The Summer Research Institute was my first introduction to Mind & Life and I thoroughly enjoyed the program overall. In my work I have to attend many conferences across the country and as a member of the global majority I normally feel isolated. **This was my first conference where I felt a sense of community and genuineness from not only the participants but the staff as well.**”