



Mind & Life Institute Winter 2011 Newsletter

Alleviating suffering and promoting well-being by developing
an integrated understanding of the human mind.



Letter from the President



Greetings,

As we close this year and enter 2012, I would like to offer all of you warm season greetings and best wishes for the New Year. As many of you know, the Mind and Life Board of Directors recently appointed me as the new President of Mind and Life. It is with great pleasure and appreciation that I accept this appointment, and I look forward to the exciting and important work that lies ahead.

I would like to begin by expressing my gratitude and thanks for those who built this organization and paved the way for me. Most notably, I offer appreciation and acknowledgement to Adam Engle for his decades of work without which Mind and Life would not exist. Also, we owe a deep debt of gratitude to Al Kaszniak, our Chief Academic Officer, who acted as interim CEO these past months and carried the mission and activities of Mind and Life forward for much of 2011.

The past several months have been very active ones for Mind and Life. Most recently, we completed a conference on Ecology, Ethics and Interdependence, in Dharamsala this past October. This breakthrough conference featured dynamic dialogue between the Dalai Lama and contemplative scholars, activists and ecological scientists on the current state of the earth's ecology and environment. [The full proceedings of the conference can be viewed on the web here.](#)

We are also very pleased to offer a new fellowship award: the Mind and Life Contemplative Studies Fellowship. This award will go to humanities and social science scholars working in collaboration with scientists, and aims to further inform the field of Contemplative Science from the important contextual points of

view found in the humanities. Among other things, it seeks to foster new kinds of active partnerships between humanistic scholars and laboratory scientists, with the goals of developing new interdisciplinary methods and a richer approach to the questions at hand. [Click here for more information.](#)

Looking ahead to 2012, we are very excited to be a co-sponsor and the coordinator of the inaugural International Symposia for Contemplative Studies, to be held in Denver, CO in April, 2012. The Symposia is a collaborative effort among centers and laboratories around the world that investigate contemplative practices. The Symposia will bring together world-renowned researchers, scholars and teachers in keynote addresses, concurrent master lectures, panels, workshops, and presentations. The Symposia promises to be the premier event for scientists and contemplatives interested in contemplative research, and was created out of a recognized need to make education, sharing and networking available to more people in the field. [Click here to find out more.](#)

Most of all, I wish to offer my heartfelt thanks to each and every one of you for your support and interest in Mind and Life. Without your participation and kindness, we could not continue. I look forward to sharing the days ahead with you as we embark upon a new year and a new chapter for Mind and Life. Warmest wishes for the New Year.

With much appreciation and gratitude,

Arthur Zajonc
President, Mind and Life



Mind and Life XXIII: Ecology, Ethics and Interdependence



In October 2011, Mind and Life XXIII was held in Dharamsala, India, with His Holiness the Dalai Lama. The goal of the meeting was to provide an opportunity to articulate an engaged environmental ethics. This included the understanding of interdependence through an examination of the most recent data on the scientific case for effective ecological action. It was also a unique opportunity to gather with multiple faith traditions that have arrived at a religious basis for motivating environmental activism.

The meeting was founded on the idea that the slowdown of Earth's capacity to sustain much of life, as we know it, poses an urgent challenge for both spiritual traditions and science. These two ways of knowing have developed distinct responses, which are potentially synergistic.

A dialogue ensued between contemplative scholars, activists and ecological scientists in order to enrich the response to our planetary crisis. Insights from the new thrust in ecological science evoked the deep interconnections between individual choice and planetary consequence as well as through cross-fertilization of ideas and meaningful action among activists working within their own spiritual framework. Many dimensions were explored, from the human-caused deterioration in the global systems that sustain life, and the

role each of us plays as seen through the lens of industrial ecology, to a view from Buddhist philosophy and other faith traditions, and the on-the-ground realities faced by ecological activists.

Our hope is that this conference will be a significant catalyst for the formulation of new research ideas and to stimulate solutions to our planetary crisis. The full proceedings of the conference can be viewed online at: www.mindandlife.org/dialogues/past-conferences/ml23/.

Following are summaries from each session:

Session 1

After opening remarks by Dan Goleman, Diana Liverman described the Anthropocene age we now live in, the first geologic era to be defined by the actions of one species. Since 1950, a number of spikes in measured indicators of climate change have occurred: human population increase, automobile usage, carbon dioxide release, and several others. She laid out abundant data that pointed not only to human-caused climate change, but also to a series of interrelated areas where people are having significant impact on the planet. Biodiversity, ocean acidification, ozone depletion, and other indicators were described to show a total

of nine impact areas which could trigger irreversible change if any of them reach excessive levels.

[Watch the full session.](#)

Session 2

Jonathan Patz spoke of the effects of climate change on human health. For instance, the geographic range of disease-carrying mosquitoes is shifting to impact new populations. Rising sea levels will reduce the coastlines of countries like Bangladesh. Patz noted that climate change is being caused largely by people in developed countries, but the greatest impacts are being felt by societies which have so far contributed very little to these environmental problems. On the positive side, he explained that efforts to address climate problems will produce 'co-benefits;' that is, solving one problem will help with other challenges. For example, biking to work instead of driving will not only reduce greenhouse gas emissions, it will also improve one's health.

[Watch the full session.](#)

Session 3

Greg Norris discussed life cycle assessment, the comprehensive measuring of the production, distribution, use and disposal

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Mind and Life XXIII *continued from Page 3*

of consumer products and services. Not only does the production of, say, an iPhone have substantial impact because of the energy and materials required in manufacturing, it also has economic and environment impact during its lifecycle and even after it has been disposed. Understanding the total economic and environmental effects generated by a single product or service can help individuals and companies make choices that reduce impact on the planet.

Norris explained that the sum of our negative impacts on the environment is our ‘footprint.’ Conversely, the sum of our actions that lead to benefits for the environment is called our ‘handprint.’ For example, actions such as driving less and eating less meat raise our handprint. Mind and Life pledged to buy enough carbon credits to offset the footprint of this conference.

[Watch the full session.](#)

Session 4

Clare Palmer introduced the emerging field of environmental ethics, particularly the non-human centered view on what is intrinsically valuable in the environment. In other words, does the environment have value beyond what services humans can extricate from the land and animals? She also considered ‘future people,’ considering if people who have not yet been born have rights, and whether we should make decisions with their potential interests in mind? Dr. Palmer ultimately inspired His Holiness the Dalai Lama and His Holiness the Karmapa to begin developing a (Tibetan) Buddhist theory and perspective

about the relationship between humanity and the environment.

Matthieu Ricard presented on the use of animals for global food production. In addition to addressing the moral implications of harvesting animals for food, he outlined the huge environmental impacts caused by meat production. The water and land needed to produce animal protein



is many times greater than what it takes to grow grains and vegetables with essentially the same nutritional content. He added that reducing meat consumption

has the co-benefit of better health.

Matthieu also explained that industrial animal farming creates great suffering for these beings through a diminished if not horrendous quality of life and often inhumane execution.

[Watch the full session.](#)

Session 5

Sallie McFague introduced a scholarly Christian viewpoint on ecology, consumerism and personal responsibility. She commented that while one way to help the planet is to consume less, this is a hard step to take as consumerism is so ingrained society. In fact, she suggested that consumerism is so widespread that it could possibly be viewed as a new religion.

McFague talked about the need for religious people to move more definitively from belief into proactive action. She introduced His Holiness to the Christian

idea of kenosis, a ‘self-emptying’ that puts the concerns and needs of others before one’s own. By shifting one’s world view about what is important, she said, one can more forcefully and effectively engage in a lifestyle of altruism and compassion. His Holiness strongly agreed and saw many parallels in Buddhism and other world religions.

[Watch the full session.](#)

Session 6

His Holiness the Dalai Lama reflected on Buddhist notions of our relationship to the environment. He shared stories from the ancient texts to give insights into the need to respect plants and animals. He also spoke with concern about the trajectory of education and technological progress over the past centuries. While these disciplines have produced many human benefits, they have focused too much on the material world, and have essentially ignored the spiritual and physical benefits of introspection and contemplative practices.

[Watch the full session.](#)

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Session 7

Roshi Joan Halifax introduced the final topic of the conference, action, followed by a presentation on the psychology of behavior change by Elke Weber. While many people may have an intellectual understanding of large scale and global problems, most remain unable to translate that understanding into action. Personal paradigms, the conflict of short-term vs. long-term goals, and cultural factors all play a role in thwarting action. Some techniques that support action include creating measurable goals and cultivating the ability to make decisions in multiple ways, for example, using logic, emotions, or legal or ethical rules.

[Watch the full session.](#)

Session 8

Thupten Jinpa stepped out of his traditional role as translator to His Holiness for the eighth session to give a presentation on the Buddhist path. Referring primarily to the Nalanda tradition, Jinpa presented his experience with the concepts of View,



Meditation, and Action. View is the right understanding of reality, of the ethical values a person should cultivate, he explained. Meditation is familiarization with this View, cultivating the right habits and attitudes beyond just sitting on a cushion. Action is the translation of this integrated understanding into personal conduct, particularly when confronted with challenges. Right Action ultimately leads to benefiting others. One of the salient points in his presentation was an urging to make a commitment to staying on the Path through

a constant self-mindfulness.

[Watch the full session.](#)

Session 9

Dekila Chungyalpa of the World Wildlife Fund (WWF) spoke about the importance of activism and the challenges and strategies that individuals and organizations face when trying to effect change. By using the example of work on the Mekong River by the WWF and partner organizations, she explained the potential harm damming the river would have on the water quality, the livelihoods of hundreds of millions of people, and the runs of numerous species of fish. She then outlined strategies used by the WWF to fight such projects. Motivating the public, demonstrating cost-benefit analyses, and reaching out to major global players such as the U.S. are strategies that have helped change the course of such projects.

[Watch the full session.](#)

Session 10

Ecology, Ethics and Interdependence closed with a roundtable discussion about the ideas shared during the week. The discussions focused on concepts that could reduce negative impacts on the environment, highlighted organizations and foundations that are making positive impacts at local and regional levels, and introduced ways to get involved in activism. The need for personal transformation and a shift away from consumerism and material gain as the dominant paradigm was echoed in several conversations. In closing, His Holiness the Dalai Lama pledged to include environmental issues in his ongoing efforts to make this a better world.

[Watch the full session.](#)





Social Media Meets Environmental Action

Greg Norris, PhD, Adjunct Lecturer at the Harvard School of Public Health, has been studying and teaching Life Cycle Assessment (LCA) for more than 15 years, creating data-driven modeling approaches for estimating the full environmental impact of goods and services. Greg discovered, through his research, that just by living a typical modern life, every person is actually a net liability to the planet from an environmental standpoint.

“Each year I teach students the tools and lessons of LCA,” Greg explained, “and help them to see that every product we buy has negative environmental impacts. It became clear to me that every day life was creating burdens on the environment.

I believe we all want to be a positive influence, or, at least, nobody wants to be a burden on the planet. However, in order to live life as we know it, most of us tend to avoid the realization of our full impact on the environment – perhaps because we don’t know what to do.

I asked myself if it was possible that we could become a net benefit to the environment. The answer came in the form of the basic concept of Beneficience: reducing our footprint as much as possible, and then creating environment-benefitting behavior (handprint) to offset our remaining footprint and possibly more.”

To put his realization into action, Greg created a new App that will debut on Facebook January 1, 2012: *Beneficience*. The App will also be accessible through a standard web browser. *Beneficience* takes users through three simple steps:

1. Measure your footprint – find out how much environmental impact your life’s activities have.



2. Create a handprint – learn ways to reduce your impact and engage in environment-benefitting activities.
3. Spread the word – through Facebook and other social networking, you can share you results and commitments and inspire others to make a difference, too.

You’re probably wondering how much environmental impact different actions have. While there are many complex ways to measure environmental impact, one “ruler” in the scientific community is how much carbon dioxide is produced. Following are a few examples of footprints, from little baby steps to gargantuan impressions:

Small footprints:

- Typing and sending a basic email: 4 grams of CO₂
- Drying your hands with 1 paper towel: 10 grams of CO₂

Moderate footprints:

- A single 16-oz bottle of water: 160 grams of CO₂
- Driving one mile in typical US car (22.4 mpg): 850 grams of CO₂
- One four-ounce cheeseburger: 5000

What is our Impact?

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Be.ne.fici.ence

Combining *efficiency* (lower footprints) with the creation of *benefits* (handprints) that are bigger than our footprints.





Social Media

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g = 5 kg of CO₂ (roughly the same as two full loads of laundry –washed and dried!)

Large footprints:

- Round-trip flight, New York-to-London: 2.3 tons or 2,300,000 grams of CO₂ (the same as using 230,000 paper towels)
- Buying a new car: about 20 tons of CO₂...before you ever drive it!

How do we Measure Up?

Different cultures have different average footprints. Yup, you guessed it – North Americans lead the charge, producing more CO₂ than nearly all other countries on a per-person basis. Perhaps we will lead the Beneficence movement too!

World average:	7 tons of CO ₂ per year per person
Chinese:	3.3 tons of CO ₂ per year pp
UK citizen:	15 tons of CO ₂ per year pp
North American:	28 tons of CO ₂ per year pp

Creating a Handprint

While most of the footprints are alarming, with awareness and some behavior changes, much of our carbon production can be offset through a positive handprint. Following are some basic examples:

- Replacing an old shower head with

low-flow unit that cuts water by 50 percent: 500 grams of CO₂ offset per shower (180 kg of CO₂ per year)

- Driving 60 mph instead of 70 mph on a typical 70-mile round-trip commute: 5000 grams of CO₂ offset (after 200 roundtrips – a year of work – 1 ton of CO₂ offset)
- Eating a veggie burger in place of a cheeseburger: 4000 grams of CO₂ offset (Doing this for a year at one burger a week: 210 kg of CO₂ offset)
- Cutting back significantly on meat and dairy for one year without becoming vegetarian: 750 kg of CO₂ offset
- Avoiding fruits and vegetables that have been grown in a greenhouse or shipped via air freight for one year: 300 kg of CO₂ offset
- Cooking more efficiently: using a pan lid whenever possible, boiling at the lowest possible heat and using a microwave when appropriate, for one year: 150 kg of CO₂ offset
- Washing one load of laundry at 86 degrees F instead of 104F (warm instead of hot): 100 grams of CO₂ offset
- Conducting a virtual meeting versus in-person:
 - Round-trip flight not taken: 2 to 3 tons of CO₂ offset
 - One night not stayed in hotel: 20 to 60 kg of CO₂ offset



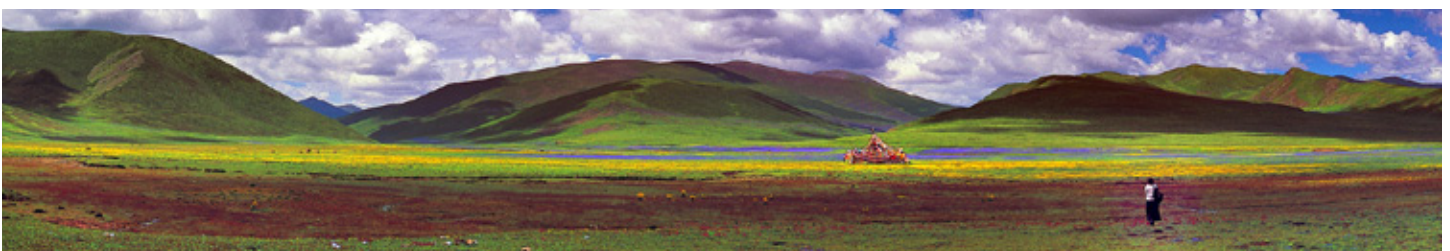
What are we doing?

With good cause, some pointed out that in order to hold the Dharamsala meeting, a significant amount of CO₂ was produced. The scientists who participated recognize this, and accordingly, many have made commitments to change behaviors in order to reduce their footprint and increase their handprint. In addition to intentions to make donations to carbon offset organizations, following are some of the personal commitments:

- Returning to vegetarianism
- Drastically reducing meat in the family diet
- Commitment to being a one-car family
- Considering installing solar energy
- Creating web meetings in lieu of travel, thereby scaling back to 1 trip per month versus 2-4 trips per month

These are just some of the simple choices that will help our presence here be a net benefit to the planet, and therefore, to humanity. Follow the link below to find out what you can do:

www.beneficence.org





Mind and Life Contemplative Studies Fellowship Fellowships for Humanities and Social Sciences

The Mind & Life Institute, with generous funding from The John Templeton Foundation, is proud to announce the Mind and Life Contemplative Studies Fellowship (MLCSF). The program is seeking grant applications that propose to bring fresh perspectives from the humanities into contemplative neuroscience and contemplative clinical science. One-year grants will be awarded to successful applicants holding Assistant Professor, Associate Professor, and Professor (or equivalent) rank at their academic institution. The fellowships are primarily for philosophers, theologians, scholars of religion, historians, sociologists, and anthropologists.

The MLCSF aims to catalyze new research in the humanities and social sciences on contemplative experience and contemplative practices. This research will include cross-disciplinary collaborations with the emerging fields of contemplative neuroscience and contemplative clinical science, but will be spearheaded by scholars in the humanities and social sciences. A full understanding of the contemplative dimensions of human experience cannot be

had through the perspectives and methods of neuroscience and clinical science alone; such understanding also requires the perspectives and methods of disciplines that focus explicitly on the person in social, historical, cultural, and ethical contexts. Thus, the MLCSF will encourage scholarly investigations of contemplative practices in their full human context, from the multiple perspectives of religious studies, philosophy, theology, history, sociology, and anthropology.

Although in recent years Mind and Life has emphasized the scientific investigation of contemplative practices, philosophers, historians, anthropologists, and contemplative scholars have always been included at the Mind and Life Summer Research Institute and in our conferences and publications. We have also emphasized the central role that contemplative scholars must play as research collaborators in the scientific investigation of contemplative practices. This emphasis has led to the creation of a new kind of collaborative research, exemplified by scientific articles co-authored by contemplative scholars

and neuroscientists that have appeared in major scientific journals and books (see, for example, the recent articles by contemplative scholar John Dunne and neuroscientists Richard Davidson and Antoine Lutz in *Trends in Cognitive Sciences* and *The Cambridge Handbook of Consciousness*). The MLCSF represents a major new initiative that builds on this commitment to collaborative research, but extends it in new and significant ways by providing direct support to researchers in the humanities and social sciences.

For more information, RFP and application guidelines, please visit:
www.mindandlife.org/research-grants/contemplative-studies-fellowship/





INTERNATIONAL SYMPOSIA for Contemplative Studies

The inaugural International Symposia for Contemplative Studies will be a collaborative effort among Centers and Laboratories around the world that explore the correlates and consequences of contemplative practice.

The Symposia promises to be the foundational and pivotal meeting in the fields of Contemplative Science and Contemplative Studies, bringing together some of the world's renown scientists, academics, contemplatives and contemplative scholars. The Symposia is co-sponsored by many of the leading research centers, laboratories and other organizations dedicated to investigating the mind, mindfulness and contemplative practices.

The purpose of the International Symposia for Contemplative Studies is to bring together academics and other interested attendees for presentation, discussion, and

collaborative networking in the fields of contemplative basic science, contemplative clinical science, contemplative philosophy and humanities, contemplative education, and those domains of contemplative practice that relate to and interact with these fields of research and scholarship. These distinct, though overlapping fields of contemplative study each focus on advancing our understanding of the human mind and how training the mind through the use of contemplative practices can lead to a reduction in suffering, enhanced health and cognitive/emotional functioning, greater happiness, and increased social harmony.

There has been growing consensus on the need for a regular and recurring venue in which researchers, scholars, and students in these emerging contemplative fields can come together to share new research and scholarship and network with established and potential collaborators. Such a venue

would be an important vehicle for shaping and encouraging an interdisciplinary and cohesive field of contemplative studies in which basic and applied science, scholarship, and contemplative traditions collaboratively develop an integrated way of knowing in which first- and third-person perspectives are equally and synergistically included.

The International Symposia for Contemplative Studies will begin the evening of Thursday, April 26, 2012, and conclude in the early afternoon of April 29. The format of this meeting will include the keynote addresses and master lectures, along with submitted and invited concurrent symposia, workshops, panels and paper presentation sessions, poster sessions, and contemplative practice opportunities. Evening activities will be designed to facilitate networking, ongoing collaborative relationships, and the establishment of new collaboration.

www.contemplativeresearch.org

International Symposia for Contemplative Studies Co-Sponsors*

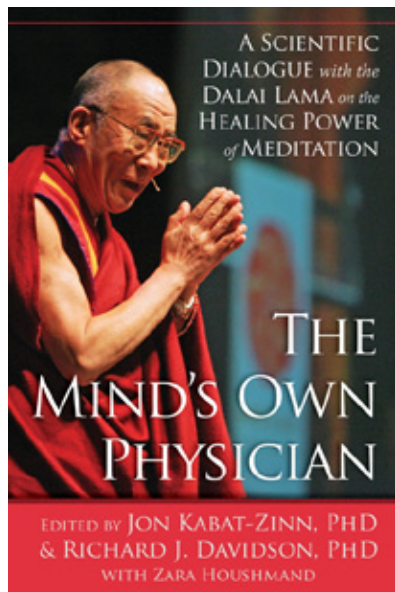
Baumann Foundation
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 Center for Compassion and Altruism Research and Education
 Center for Contemplative Mind in Society
 Center for Engaged Compassion, Claremont Lincoln University
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 Center for Integrative Medicine
 Center for Integrative Medicine at Wake Forest Baptist Health
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 Centre for Mindfulness Research and Practice, School of Psychology, Bangor University, Wales, UK
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 University of Arizona Neuropsychology, Emotion and Memory Lab
 University of Miami Mindfulness Research Initiative



The Mind's Own Physician Published Proceedings from Mind and Life XIII

In 2005, in Washington, DC, the Dalai Lama met with Jon Kabat-Zinn, author of *Full Catastrophe Living*, Richard Davidson, and other leading meditation researchers to explore the intersection between ancient meditation techniques and modern neuroscience. The result is a fascinating and revealing conversation about the potential of the human mind to heal itself through mindfulness meditation, transcribed and presented to the public for the first time in *The Mind's Own Physician*.



The Mind's Own Physician presents in its entirety the thirteenth Mind and Life dialogue, a discussion addressing a range of vital questions concerning the science and clinical applications of meditation: How do meditative practices influence pain and

human suffering? What role does the brain play in emotional well-being and health? To what extent can our minds actually influence physical disease? Are there important synergies here for transforming health care, and for understanding our own evolutionary limitations as a species?

Edited by world-renowned researchers Jon Kabat-Zinn and Richard J. Davidson, this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind, its capacity to refine itself through training, and its role in physical and emotional health.

Available here: www.mindandlife.org/publications/mop/

Author Bios

Jon Kabat-Zinn, PhD, MLI Board Member, is internationally known for his work

as a scientist, writer, and meditation teacher engaged in bringing mindfulness into the mainstream of medicine and society. He is professor of medicine emeritus at the University of Massachusetts Medical School, founder of mindfulness-based stress reduction, and author of numerous books, including *Full Catastrophe Living*; *Wherever You Go, There You Are*; and *Coming to Our Senses*.

Richard J. Davidson, PhD, MLI Board member, is director of the Laboratory for Affective Neuroscience, the Waisman Laboratory for Brain Imaging and Behavior, and the Center for Investigating Healthy Minds at the University of Wisconsin, Madison. He is currently the William James Professor and Vilas Research Professor of Psychology and Psychiatry at the University of Wisconsin. He has coauthored or edited over thirteen books, including *Visions of Compassion* and *The Emotional Life of Your Brain*.

Zara Houshmand has worked with the Mind & Life Institute for almost twenty years as an editor for books representing its dialogues between scientists and the Dalai Lama.





Being Human 2012

Science, Philosophy and Your Life

Mind and Life is a proud co-sponsor of Being Human 2012. This event will be an exciting exploration into what it means to be human.

We live at the dawn of a scientific revolution. Every day brings new findings from a broad range of disciplines – behavioral economics, cognitive neuroscience, evolutionary psychology, social anthropology, philosophy – that promise to overthrow long-held biases and stories about what it means to be human.

As we use the tools of science to explore the nature of humanity, we are learning more and more about how our brains function and what motivates our behavior, built-in biases and blind spots.



Being Human 2012 will be a public dialogue, held on March 24, 2012 at the Palace of Fine Arts in San Francisco, CA, and feature many scientific and scholarly pioneers, including:

- Richard Davidson, PhD
- David Eagleman, PhD
- Paul Ekman, PhD
- Anne Harrington, PhD
- Jon Kabat-Zinn, PhD
- Beau Lotto, PhD
- Hazel Markus, PhD
- Thomas Metzinger, PhD
- V.S. Ramachandran, MD, PhD
- Gelek Rimpoche
- Laurie Santos, PhD

This multidisciplinary discovery and experience led by leading scientists, thought leaders, and philosophers will address some of the most probing questions such as:

- How has evolution shaped our brains to construct a model of reality?
- How does the subconscious mind influence the decisions we make?
- What is the relationship between self and culture?
- Are you who you think you are, or is that just an illusion?
- What does science tell us about our interactions with fellow humans?
- Is humanity still evolving?

These fresh insights are interesting scientifically, but they also evoke poignant questions about our lived experience, perspectives that challenge our basic assumptions of who we are, both as individuals and as a society.

being human
2012

The Science of Human Experience
MARCH 24, 2012
9am–5:30pm

Palace of Fine Arts / San Francisco, CA

beinghuman2012.org



Why Give?

The work of Mind and Life is supported almost entirely by contributions from individuals and family foundations. We have received a few grants from institutions, and over the years we have held a few events. But the major work of Mind and Life depends essentially upon the kindness and generosity of people like you who support our vision and mission.

We recognize that the health, well-being and happiness of individuals, societies and our planet are primarily dependent on our individual and collective thoughts, emotions and decisions. Over the years, we have seen how an understanding of the mind derived from contemplative practices and applied to life can have incredibly positive effects. We have seen studies showing relief from depression, addiction, reduced violence, greater generosity, altruism, compassion and love, to name a few results. Recently, our Dharamsala meeting addressed issues of ecology and environment, exploring causes and solutions for our worldwide environmental crisis. We continue to be amazed and inspired by the possibilities uncovered through a scientific investigation of the mind, and we are proud to partner with you in this important exploration.



Over the past 25 years, with the guidance of His Holiness the Dalai Lama, other key contemplatives and world renowned scientists and scholars, Mind and Life has been a leader in this emerging field of Contemplative Science. Our ability to continue to lead this critical investigation depends upon your kindness and generosity. We have the knowledge, experience and management to carry on our important work and, as our work grows, we need financial partners to join us.

We invite you to grow with us as we grow our collaborative community. Together, we can build on our vision for understanding, awareness and a better world. Your support is paramount in ensuring that the important work we do with scientists and contemplatives around the world continues. Please consider making a donation to Mind and Life in this season of giving.

We are deeply grateful to all of our supporters who have shared our vision and entrusted us with this important mission thus far, and we are excited to welcome new friends joining us in the vital work we do.

Wishing you are yours a warm and safe Holiday Season and a Happy New Year!

Thank you from all of us at Mind and life

[Click here to make your donation - Thank you!](#)

To discuss a significant or multi-year gift please contact Chris O'Brien, Development and Communications Officer at chris@mindandlife.org or (303) 530-1940 x106.

P.S. Please share this newsletter with your friends and family.

The Mind & Life Institute is a 501(c)(3) organization. All donations are fully tax-deductible.



A TWENTY-FOUR YEAR HISTORY OF ACCOMPLISHMENT

Mind and Life Dialogues

The titles of these dialogues between His Holiness the Dalai Lama and leading scientists show the range of topics that the Mind & Life Institute has explored. For more details on these conferences, please go to www.mindandlife.org.

- 2011: Ecology, Ethics and Interdependence
- 2010: Contemplative Science: The Scientific Study of the Effect of Contemplative Practice on Human Biology and Behaviour
- 2010: Latest Findings in Contemplative Neuroscience
- 2010: Altruism and Compassion in Economic Systems: A Dialogue at the Interface of Economics, Neuroscience and Contemplative Sciences
- 2009: Educating World Citizens for the 21st Century: Educators, Scientists and Contemplatives Dialogue on Cultivating a Healthy Mind, Brain and Heart
- 2009: Attention, Memory, and the Mind
- 2009: Latest Findings in Contemplative Neuroscience
- 2008: Investigating the Mind-Body Connection: The Science and Clinical Applications of Meditation
- 2007: Mindfulness, Compassion and the Treatment of Depression
- 2007: The Universe in a Single Atom
- 2005: Investigating the Mind: The Science and Clinical Applications of Meditation
- 2004: Neuroplasticity: The Neuronal Substrates of Learning and Transformation
- 2003: Investigating the Mind: Exchanges between Buddhism and Biobehavioral Science on How the Mind Works
- 2002: The Nature of Matter, The Nature of Life
- 2001: Transformations of Mind, Brain and Emotion
- 2000: Destructive Emotions
- 1998: Epistemological Questions in Quantum Physics and Eastern Contemplative Sciences
- 1997: The New Physics and Cosmology
- 1995: Altruism, Ethics, and Compassion
- 1992: Sleeping, Dreaming, and Dying
- 1990: Emotions and Health
- 1989: Dialogues between Buddhism and the Neurosciences
- 1987: Dialogues between Buddhism and the Cognitive Sciences

Mind and Life Books and DVD Sets

The following books and DVD sets describe discussions between His Holiness the Dalai Lama and Western scientists. Books in print can be obtained from major booksellers; DVD sets are available directly from the Mind & Life Institute. For more information about each title, please go to www.mindandlife.org.

- *The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation*, based on Mind and Life XIII in 2005
- *Altruism and Compassion in Economic Systems*, DVD from Mind and Life XX, in 2010
- *Educating World Citizens for the 21st Century*, DVD from Mind and Life XIX, in 2009
- *The Science of a Compassionate Life*, DVD from His Holiness the Dalai Lama's Denver Public Talk, in 2006
- *The Science and Clinical Applications of Meditation*, DVD from Mind and Life XIII, in 2005
- *Train your Mind; Change your Brain*, from Mind and Life XII, in 2004
- *Investigating the Mind*, DVD from Mind and Life XI, in 2003
- *The Dalai Lama at MIT*, from Mind and Life XI, in 2003
- *Mind and Life: Discussions with the Dalai Lama on the Nature of Reality*, from Mind and Life X, in 2002
- *Destructive Emotions: A Scientific Dialogue with the Dalai Lama*, from Mind and Life VIII, in 2000
- *The New Physics and Cosmology: Dialogues with the Dalai Lama*, from Mind and Life VI, in 1997
- *Visions of Compassion: Western Scientists and Tibetan Buddhists*, from Mind and Life V, in 1995
- *Sleeping, Dreaming, and Dying: An Exploration of Consciousness with the Dalai Lama*, from Mind and Life IV, in 1992
- *Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health*, from Mind and Life III, in 1990
- *Consciousness at the Crossroads: Conversations with the Dalai Lama on Brain Science and Buddhism*, from Mind and Life II, in 1989
- *Gentle Bridges: Conversations with the Dalai Lama on the Sciences of Mind*, from Mind and Life I, in 1987

Mind and Life Research Initiatives

- **Mind and Life Summer Research Institute** - A week-long residential science retreat for 200 scientists, clinicians, contemplative scholar/practitioners and philosophers from around the world, working together to develop new fields of science and studies that examine the effects of contemplative practice and mental training on brain, behavior, philosophy, religious studies and the humanities. This is an annual program of the Mind & Life Institute which began in June, 2004, and has continued yearly since then.
- **Mind and Life Francisco J. Varela Research Grant Program** - providing small research grants to investigate hypotheses developed at the Mind and Life Summer Research Institute. Ten to 15 Varela awards are awarded annually.
- **Mind and Life Education Humanities and Social Sciences Initiative** - ensuring that the emerging fields of Contemplative Science and Contemplative Studies are multidisciplinary and integrated among first, second, and third-person modes of investigation.
- **Mind and Life Developmental Science Research Network (formerly MLERN)** - exploring human development issues and creating education-related programs that can help children cultivate the mental qualities of attention, emotional balance, kindness, confidence, and happiness early in life.



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