REQUEST FOR PROPOSALS

Through a partnership with the 1440 Foundation, the Mind & Life Institute is pleased to offer the Mind and Life 1440 Awards, specifically geared towards the investigation of social and relational outcomes of contemplative practice. These awards are intended to promote research that evaluates whether and how contemplative practice can promote inner well-being and healthy relationships in a variety of settings, with a particular interest in evaluating the application of contemplative practices in educational contexts.

Possible research questions for the 1440 Awards include:

1. What are the important elements of a fulfilling relationship, and can these skills be trained through contemplative practice?
2. What methods can be developed to accurately measure “relational health”?
3. Do contemplative practices in school settings improve academic performance, and is this effect driven by increased self-awareness and/or healthier relationships?
4. What innovative methods can assess the impact of emotional awareness and well-being on one’s interactions with others?

Previous 1440 Awardees and their projects can be found on our website.

BACKGROUND AND GOALS

Mind and Life promotes and supports rigorous, multi-disciplinary scientific investigation of the mind that will lead to the development of practices that cultivate inner well-being and authentic relationships characterized by compassion and kindness. Our commitment to an interdisciplinary approach includes research in the traditional mind sciences, social sciences, contemplative scholarship and practice, philosophy and humanities. We believe that only through this integrated investigation can we achieve a comprehensive understanding of how the mind works, the benefits of contemplative practices, and the best methods for realizing both inner and relational fitness.
We see these goals being achieved through two domains of scientific investigation. The first is basic science in the laboratory: How do contemplative practices affect biological and psychological systems in the practitioner? Are there consistent, measurable changes that lead to positive outcomes (e.g., reduced stress, brain changes, personality changes)? The second domain—and the focus of these awards—is applied science: How can contemplative practices be used in various contexts (e.g., education, business, and clinical) to increase our awareness of ourselves and others? What practices lead to healthier relationships and more compassionate interactions, and how can we measure this?

The 1440 Awards are offered to advance contemplative science in applied areas of investigation, with an emphasis on social and relational settings. We are especially interested in supporting research in educational contexts where contemplative practices are delivered, although proposals studying other settings are also welcome.

The 1440 Awards are also intended to support the developing careers of first-rate scientists, scholars and clinicians involved in this area of study. In line with Mind and Life’s interdisciplinary approach, this grant program encourages the active collaboration of scientists with contemplative scholars/practitioners in all phases of research. An ancillary outcome of the 1440 Awards will be the development of rigorous methods to evaluate social functioning and relationships. By encouraging and enabling high-level research in the area of social and relational outcomes of contemplative practice, the 1440 Awards aim to expand the applications and impact of contemplative practices in the world.

AWARD INFORMATION

Grants of up to $15,000 will be awarded through a competitive application, review and selection process. Applications are reviewed and selected based on five criteria: significance to the field, approach/design, innovation/novelty, quality of the applicant and likelihood of success, and strength of academic environment. Proposed research should be completed within a 2-year period, and annual progress reports are required for awardees to remain in good standing. It is expected that the completion of proposed research will result in the submission of findings to a peer-reviewed scientific journal and/or conference. The 1440 Awards are open to any academic researchers, although we seek to specifically promote the careers and development of young investigators such as graduate students and postdoctoral fellows.

To apply, please submit the following materials between January 4 and February 5, 2016, through the online application at [http://www.mindandlife.org/1440-awards/](http://www.mindandlife.org/1440-awards/):

- Research Proposal (2-3 pages, single-spaced, 1200 words maximum), including:
  - Title
  - Background and Significance
Emphasis should be placed on evaluating the effects of contemplative practice on inner well-being and healthy relationships

- Abstract (200 words maximum)
- Applicant’s current CV (NIH biosketch style preferred, click here for sample)
- Detailed budget (awards may only be used for research costs; they may not be used for salary, personnel, or indirect costs including overhead and administration – see FAQ at bottom of 1440 awards webpage for details)
- Two letters of recommendation (for graduate students and postdocs only), which can be emailed separately or submitted with the formal application. Letters should speak to the ability of the applicant to perform the proposed research, and the potential of the applicant to contribute to the field of contemplative science.

Proposals will be accepted between January 4 and February 5, 2016 and awardees will be selected and announced in May 2016. For more details, please visit http://www.mindandlife.org/1440-awards/, or email 1440Awards@mindandlife.org with specific questions.