

# OUR ENDURING IMPACT

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## 2022 Annual Report



*Mind & Life bridges science  
and contemplative wisdom  
to foster insight and  
inspire action  
toward flourishing.*

Featured throughout this Annual Report is the work of New York-based artist [Sirin Thada](#), whose stunning illustrations so vividly capture the overarching theme of interconnection on our multimedia website [Insights: Journey into the Heart of Contemplative Science](#).





## President's Letter

Four elegant cranes rising in unison serve as a fitting symbol for Mind & Life's 2022 Annual Report. Long associated with wisdom and compassion, these graceful creatures remind us of the power of community and aligning ourselves with the natural world.

2022 was a year of celebration and taking stock as Mind & Life marked 35 years of bridging science and contemplative wisdom to foster insights that lead to flourishing. Throughout the year, we revisited pivotal moments in Mind & Life's history-making journey and the people—our Co-founders, Founding Stewards, grantees, Fellows, visionary donors, and many others—who have made this work possible.

To honor this milestone, we launched a multimedia website, **Insights: Journey into the Heart of Contemplative Science**. The site features essays by leading researchers, contemplatives, and changemakers, all of whom have engaged in and been touched by our work. I encourage you to explore the site to learn more about how we can transform our minds, the wisdom that lies in the body, why attention matters and how to cultivate it, and how mindfulness and compassion practices are being used to address urgent challenges in today's world.

Our work is far from done. In 2022, we continued to deliver programs that offer insights and practical tools for navigating today's complexity. In the following pages, you'll read about the **Global Joy Summit**, a free, four-day online event that honored the extraordinary friendship between the Dalai Lama and Archbishop Desmond Tutu.

The event brought together renowned scientists, spiritual teachers, activists, and artists in an exploration of how we can live with greater joy in a deeply hurting world. More than 186,000 people in 190 countries participated.

In 2022, we piloted Mind & Life's **Global Majority Leadership and Mentorship program**, with its goal of growing the pool of BIPOC (Black, Indigenous, People of Color) investigators conducting contemplative research. The pilot program matched six emerging contemplative scholars with six seasoned contemplative scholars, who met regularly online to learn and grow from engaging with each other's contemplative scholarship, challenges, and vision. We're excited to see the ripple effect of this program in the years to come.

And throughout the year, we continued our support of emerging and established researchers through grantmaking initiatives that have been a hallmark of Mind & Life's work for nearly two decades. In all, we awarded 16 research grants, the **Francisco J. Varela and PEACE Grants** totaling \$710,000 to support efforts to address the youth mental health crisis, better understand mind wandering and Tibetan Dream Yoga, heal intergenerational trauma, and more.

As a global community, we're facing daunting challenges. Yet as you'll see in these pages, much has been learned over the past three-plus decades about how we can foster greater personal well-being, nurture more caring and compassionate communities, and engage our hearts and minds proactively in strengthening our connection with one another and the natural world. Building on our respected history, Mind & Life is uniquely positioned to advance dialogue and foster insights that can help illuminate the path toward a more equitable and sustainable future.



A handwritten signature in black ink that reads "Susan Bauer-Wu".

Susan Bauer-Wu  
*President*





*Celebrating 35 years*  
OF BRIDGING SCIENCE AND  
CONTEMPLATIVE WISDOM

## Honoring Mind & Life's Legacy

In October 1987, the first Mind & Life Dialogue with His Holiness the Dalai Lama took place, exploring Buddhism and the cognitive sciences in Dharamsala, India. With immense gratitude to everyone who has contributed to our legacy, in 2022 we honored what has continued to blossom from this momentous occasion: 35 years of remarkable work together.

Throughout 2022, we shared stories of Mind & Life's enduring impact and offered opportunities to deeply engage with contemplative science insights. Here's more about how we celebrated the occasion.

### The Impact of Contemplative Science

Mind & Life played a pivotal role in seeding the field of contemplative science, with our grants supporting hundreds of early-stage investigators in researching how contemplative practices could help address real-world challenges. To illustrate this time-honored role, we shared stories of leading scholars and scientists—including philosopher [Evan Thompson](#), law professor, author, and meditation teacher [Rhonda Magee](#), and contemplative neuroscientist [Norm Farb](#), among others—and how their work is changing the world.

*"In Francisco Varela's mind, the dialogues between the Dalai Lama and scientists were really about bringing together two different systems of thought and practice that were both concerned with the nature of the mind and its relationship to the world, reality, and experience. It was for the sake of the discussion, as a meeting point of these two traditions and their concern with human existence, the mind, and transformation."*

— Evan Thompson on the Mind & Life podcast

## Highlights from the Archives

Preserved in our media archives are 35 years of Dialogues between the Dalai Lama and leading researchers and other thought leaders, as well as recordings from 19 Summer Research Institutes and 4 International Symposia. The topics explored are timeless and remain of significant value for anyone who wishes to better understand the human mind.

## Insights on Flourishing

In fall 2022, we launched [Insights: Journey into the Heart of Contemplative Science](#), a new multimedia website exploring key learnings inspired by Mind & Life's work at the intersection of science and contemplative wisdom. The site features 18 essays by leading researchers and contemplatives, including Amishi Jha, Jud Brewer, Dekila Chungyalpa, Roshi Joan Halifax, Jenny Mascaro, Thupten Jinpa, and more. *Insights* authors describe in palpable terms their journeys to advance a new field of inquiry, what's been accomplished, and where more research, dialogue, and investment are needed to meet the unprecedented challenges of our time. We'll continue publishing essays and sharing insights from leaders in the field on this platform for years to come.

*"This remarkable collection reflects the extraordinary journey of this organization and the important contributions it has made to the braided fields of neuroscience, social psychology, philosophy, and contemplative practice."*

— Roshi Joan Halifax





## Meditations from Contemplative Teachers

Inner transformation is the beginning of outer change. Mind & Life—and the field of contemplative science as a whole—has supported individual transformation. Recognizing that these are deeply challenging times, throughout our anniversary year, we offered online guided meditations from contemplative teachers, including [Gail Parker](#), [Jon Kabat-Zinn](#), and [Sharon Salzberg](#).

Looking ahead, we acknowledge that 35 years is just the beginning as we continue to share valuable insights about the nature of the mind with a growing global audience eager to tackle the root causes of today's crises. We are grateful to all those who joined us on this anniversary journey, and thank you for being a vital part of our community.







## 35 Years in Numbers

**\$7.4 million** awarded in grant funding, with over **\$200 million in follow-on funding**

**300 funded grant projects** in 22 countries

**19 Summer Research Institutes** with **2,100+ participants**

**38 Dialogues and Conversations** with the Dalai Lama

4 Online courses and summits with **289,000+ participants worldwide**

**48 episodes** of the Mind & Life podcast, with **500,000+ downloads**





## Personal Well-being

***Mind & Life seeks to better understand the role of contemplative practices in helping people develop healthy mental habits—and resilience.***

With people nearly everywhere experiencing more sadness, worry, stress, and anger, according to global surveys, Mind & Life took steps to respond to a profound hunger for inner healing and ways to contribute to positive change.

## Personal Well-being



### Global Joy Summit

In November, we co-hosted the [Global Joy Summit](#) in partnership with the Fetzer Institute, The Awake Network Foundation, Mission: Joy filmmakers, and Idea Architects. Over four days, more than 186,000 viewers in 190 countries tuned in to this free, online event. Building on the inspiring friendship and worldviews of the Dalai Lama and Archbishop Desmond Tutu, the Summit brought together renowned scientists, contemplatives, activists, and artists who offered insights and practical steps for living with joy in challenging times. Citing a range of contemporary challenges—including individualism, materialism, and anxiety—presenters illuminated a more joy-filled path forward rooted in open-heartedness, community, and acknowledgement of our fundamental interconnection. Presenters included Bishop Michael Curry, emotions researcher Dacher Keltner, Buddhist teacher Mingyur Rinpoche, poet Ross Gay, and women’s rights advocate Zainab Salbi.

***“We all have the responsibility to build a healthier, more compassionate world.”***

—His Holiness the Dalai Lama







## Engaging Young Adults

Throughout 2022, Mind & Life, with generous funding from The Robert H.N. Ho Foundation, set out to explore how we could engage young adults, ages 18 to 30, more actively in our work. Over the course of the year, we consulted with like-minded organizations, carried out focus groups and interviews with young adult participants in our programs, engaged three external young adult advisors, held five visioning sessions, and developed a strategy to guide our efforts moving forward. Our priorities include elevating young adult voices, creating content that better reflects their needs and perspectives, and enhancing community building. We are pleased to have charted a course that was deeply informed by young adults, with a Young Adult Advisory Council created to advise the roll-out of the strategy in 2023.



### Love and Wisdom

Sharon Salzberg on the Mind & Life podcast



### Well-being Is a Skill

Richie Davidson writes for *Insights*



### Norm Farb: Strategies for Coping with Today's Stress Epidemic



### A compassionate decision-making model to increase compassionate behavior

James Kirby, PEACE grantee



# Compassionate Communities

*Mind & Life explores how the inner workings of the mind influence the formation of the views, behaviors, and social systems that separate us, and the role of contemplative practice in creating more compassionate communities.*

With humanity experiencing a crisis of disconnection, our 2022 offerings explored the role of our minds in creating today's divisions and how our minds can transform to create a more connected world.

Our 19th Summer Research Institute (SRI) on "Othering, Belonging, and Becoming," took place online June 6-10. Against a backdrop of daunting polarization, violent conflicts, rising authoritarianism, and climate emergencies, SRI 2022 was a balm for the spirit, offering insights grounded in science and contemplative wisdom.



## Compassionate Communities

Over five days, more than 350 researchers, contemplatives, and changemakers from 40+ countries came together for SRI online—in plenaries, small groups, storytelling ‘pods,’ and contemplative sessions—to explore the root causes and potential solutions to the growing divides in our world. Sessions bridged the promise and peril of our times, with presenters laying bare the consequences of our disconnection from one another and the Earth. Evidence of what’s possible came from visionary leaders like sujatha baliga, a restorative justice facilitator, who spoke to its use in healing harm and injustice in ways that endure and engage the wider community.

*“I know in my bones and through my prayers, that we inter-are. There is no us-them, me-you... I love the invitation to unconditionally welcome myself into the fullness of my humanity so that I, too, can mean the things I’m seeking to transform.”*

—sujatha baliga

Thanks to generous donors, we were pleased to provide 115 scholarships. SRI 2022 featured one of the most diverse pools of faculty, which attracted our most diverse pool of applicants. Our participants celebrated our efforts of inclusivity. Shared one:

*“My heart is full of gratitude for not just settling for ‘accommodating’ diversity but for embodying it in all your practices. I’m profoundly touched for a lifetime.”*



### The Science of Compassion

Jenny Mascaro writes  
for *Insights*



### Practice and Peace

Juan Santoyo on the  
Mind & Life podcast





Exploring the use of contemplative practices in social justice student-leadership development at a Historically Black University  
Bernard Richardson, PEACE grantee



Education and the Heart of Social Change  
Rob Roeser writes for *Insights*



Enactive Compassion  
Roshi Joan Halifax writes for *Insights*



Contemplative Education  
Tish Jennings on the Mind & Life podcast

## Global Majority Leadership and Mentorship Program

In 2022, we completed the pilot phase of Mind & Life's Global Majority Leadership and Mentorship Program. Its goal is to support and grow the pool of BIPOC investigators in contemplative research, particularly those who attend the Mind & Life Summer Research Institute and those who may seek funding from our grants. The program was developed by an interdisciplinary committee of Black, Latinx, Asian, and Indigenous contemplative scholars. The pilot paired six mentees with mentors. [Read more](#) about the program from planning committee lead Dr. Kamilah Majied.

*"I am thrilled that this program exists to bring forth leadership of global majority people. As global majority persons who also belong to many other non-dominant identities, as women, LGBTQ+ (QT), and disabled, this collective has provided space for us to flourish and develop a sense of belonging in Mind & Life."*

—Mentor Sarina Saturn, PhD

## Compassionate Communities



### Conversation with the Dalai Lama

The increasing complexity of our world, catalyzed by climate change, rapid technological innovation, and mounting political divisions, calls us to change the way we live. We are embedded in our social and natural environments: they shape us, and we shape them. What innate resources can we call on to move forward together in a new way?

In October, Mind & Life co-hosted (with Mind & Life Europe) a profoundly enriching Conversation with the Dalai Lama and leading scientists on "Interdependence, Ethics, and Social Networks," to explore this question and more. Presenters included anthropologist Joseph Henrich, behavioral neuroscientist Molly Crockett, philosopher Hanne de Jaegher, and cognitive scientist Abeba Birhane. This two-day discussion, held at the Dalai Lama's home in Dharamsala, India, spanned the tension that exists between diverse views and perspectives in today's world and the need to come together as one to address our collective challenges.

"Each shared concern over the powerful influence that social and cultural stories are having on contemporary society," wrote contemplative social scientist Eve Ekman. "Throughout, the Dalai Lama invited us to see beyond the confines of our separateness, and to engage with the warm-hearted potential we all share." Another participant shared:

*"It truly was a once-in-a-lifetime experience and I will continue to gnaw on many of the conversations I had while I was there. It's easy to be pessimistic in today's world. Mind & Life is a bright spot in the midst of the chaos. Thank you for what you do."*







## Human-Earth Connection

“Fundamentally, the climate crisis is a relationship crisis,” said mindful policy advocate Jamie Bristow on the Mind & Life podcast, adding that mindfulness and compassion can act as powerful enablers of reconnection. Equally important is realizing that we are all part of a collective Earth system, emphasized contemplative scholar and Indigenous activist Yuria Celidwen in an essay published on *Insights*.

Drawing from rich content presented at Mind & Life’s 2021 Summer Research Institute, in 2022 we launched a new online climate course, “The Mind, the Human-Earth Connection, and the Climate Crisis.” The 10-hour course examines the root causes of the climate crisis and strategies for healing our relationship with one another and the Earth. More than 1,150 people have enrolled in the self-paced course to date, which features presentations from 20+ leading experts, including Indigenous leaders, scientists, scholars, contemplative teachers, and activists around the globe.

Lessons include “The Relational Basis of the Climate Crisis,” “Changing Your Behavior,” and “Transforming Society,” among others. Also included are contemplative practices, reflection questions, and action steps. The course was designed for use by students, educators, parents, concerned citizens, and community groups/organizations seeking to mobilize and motivate individuals to be part of the solution. It will be updated regularly with new content to provide a rich and evergreen climate resource.

To dive deeper into developing resilience in the face of climate change, we co-hosted with *Tricycle* an online panel on “Connection, Community, and Compassion: Resources for our Emotional Well-being” in honor of Earth Day 2022. Panelists, including Dekila Chungyalpa, Brother Chân Pháp Dung, Elissa Epel, and Mind & Life President Susan Bauer-Wu, offered takeaways on how to face the climate crisis while caring for our emotional well-being that reached nearly 5,000 viewers around the globe.

Throughout the year, members of the Mind & Life staff, Board, and Steering Council continued to participate in the Council on the Uncertain Human Future, a series of small-group guided discussions focused on the climate crisis: its root causes, future implications, and how to live in this present moment. We shared insights and resources from the experience on the Mind & Life blog.

And in 2022, the manuscript was completed for A Future We Can Love, a new book by Susan Bauer-Wu that builds on the 2021 Mind & Life Conversation between the Dalai Lama, Greta Thunberg, and leading scientists. The book, to be released in mid-2023, offers wisdom and guidance from spiritual teachers, scientists, and climate activists on how to live fully now while ensuring a brighter future for generations to come. All author proceeds will benefit Mind & Life.



Indigenous Wisdom  
Yuria Celidwen on the  
Mind & Life podcast



Mother Wisdom:  
Learning to Embody  
Interdependence  
Dekila Chungyalpa  
writes for *Insights*



What the Mind has to do  
with the Climate Crisis  
Christine Wamsler  
writes for *Insights*



Policy, Practice, and  
Planet  
Jamie Bristow on the  
Mind & Life podcast

## Mind & Life Awards



### 2022 Mind & Life Service Award

#### Ed Taylor

In recognition of the breadth and depth of his service to Mind & Life, Ed Taylor, Vice Provost and Dean of Undergraduate Academic Affairs at the University of Washington, was honored with our 2022 Service Award. “We deeply appreciate the generous and steadfast service Ed has given to Mind & Life over many years,” said President Susan Bauer-Wu. “We are forever grateful for his wisdom, guidance, and warmth as a colleague, who makes all feel welcome and valued in his presence.” [Read more](#) about Ed and his engagement with Mind & Life, now spanning 15 years.



## Mind & Life Awards

### Mind & Life Public Communication of Contemplative Research Award

Karen Bluth

In 2022, Mind & Life launched a new Public Communication of Contemplative Research Award to encourage dissemination of nuanced and accurate insights from contemplative research to a broad audience. The inaugural winner was Karen Bluth, PhD, the recipient of a 2012 Francisco J. Varela grant, for her article on "How Self Compassion Can Improve Teen Mental Health." The piece was published on *Psychology Today* online and will appear soon on the digital edition of *Mindful* magazine. Said Amber Tucker, Senior Editor at Mindful:

*"Exciting news about the award! Indeed, our team here often shakes our heads at how 'pressures on major media outlets can often lead to over-simplification, hype, and mis-interpretation of this research.' We're so overdue for more nuanced and simply accurate reporting on the research emerging from contemplative spaces, especially in the mainstream."*



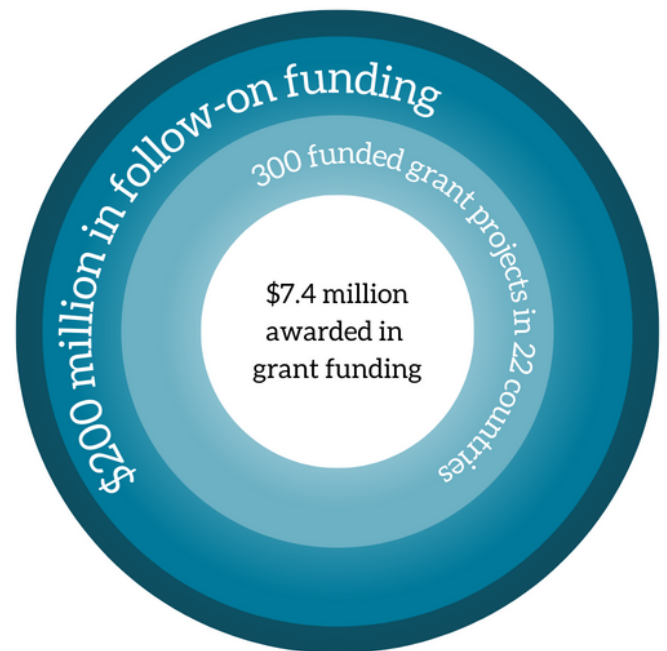
### 2022 Mind & Life Catherine Kerr Award

Sona Dimidjian

To honor her dedication to cultivating mental health and wellness in individuals and communities, Sona Dimidjian, Director of the Renée Crown Wellness Institute and a professor in the Department of Psychology and Neuroscience at the University of Colorado Boulder, received the 2022 Catherine Kerr Award for Courageous and Compassionate Scholarship. "Sona is a pioneering thinker, who has contributed greatly to the investigation of mindfulness-based approaches to treating depression, with an unwavering focus on underserved populations," said Mind & Life President Susan Bauer-Wu. "Sona lives the qualities that Cathy brought to her work, including bold innovation, imagination, courage, authenticity, and heartfulness." [Read more](#) about Sona's work and the Kerr Award.

# Donor Gratitude

We offer warm gratitude to the generous donors who provided critical support in 2022. Your investments enable us to bridge science and contemplative wisdom to foster insights, inspire action toward flourishing, and support the field of contemplative science.



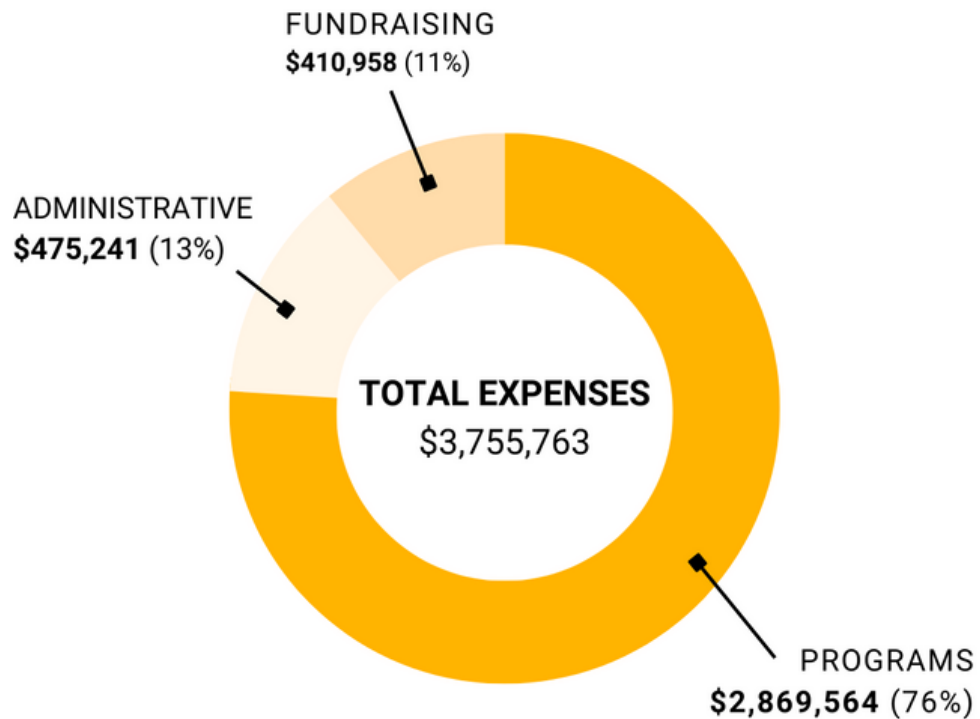
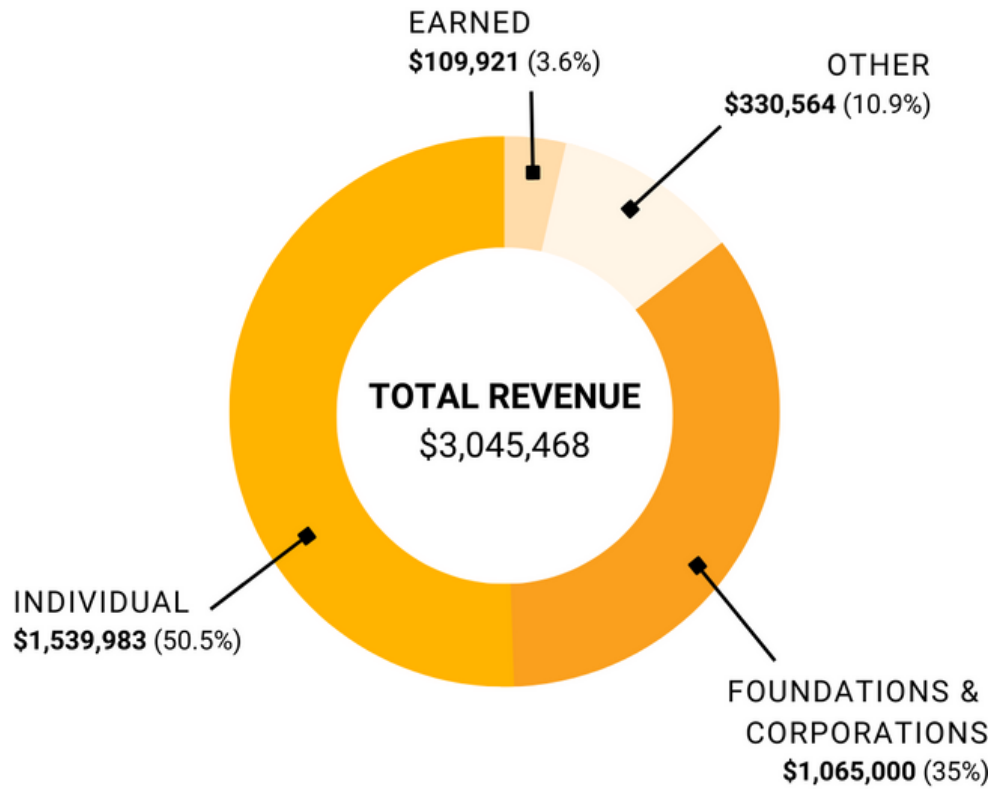
*"It was the Varela funding that enabled me to conduct the first pilot randomized control trial of the mindfulness-oriented recovery enhancement (MORE) therapy. And that was the springboard to my receiving now more than \$70 million in federal research grants to study, test, develop, and optimize this therapy that I've really been engaged with as my life's work."*

—Eric Garland, PhD





# Financial Summary



[VIEW 2022 FINANCIAL AUDIT REPORT](#)



**MIND & LIFE**  
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