



LEGACY GIVING

A Gift That Carries This Work Forward

Mind & Life began with a simple, powerful idea: that dialogue between science and contemplative wisdom could help alleviate suffering and support flourishing. That vision continues because people like you believe in it.

A legacy gift ensures that this work continues for generations to come—supporting research, convenings, and educational programs that deepen understanding of the mind and create positive change in the world.



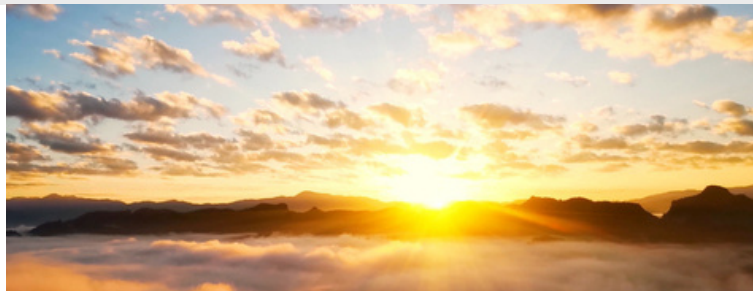
A Flexible and Meaningful Way to Give

A gift in your will or living trust is one of the simplest ways to support Mind & Life's future—and one of the most flexible.

In as little as **one sentence**, you can include Mind & Life in your estate plans while retaining the ability to revise your plans as life evolves. You may choose to designate:

- A specific dollar amount
- A percentage of your estate

This type of gift does not affect your finances today and can be updated at any time.



Our Mission:

Bridging science and contemplative wisdom to foster insight and inspire action toward flourishing.

Why Legacy Giving Matters

Many supporters choose to include Mind & Life in their estate plans as a way to express long-term care for this work, beyond any single moment or campaign.

Legacy gifts help sustain:

- Leading-edge research at the intersection of science and contemplative wisdom
- Scholarships that support emerging contemplative researchers
- Programs that cultivate dialogue, understanding, and compassion in a rapidly changing world



Language for Your Attorney

Including Mind & Life in your estate plan can be as simple as sharing the language below with your attorney or financial advisor.

To leave a specific gift:

"I give [dollar amount or percentage of my estate] to the Mind & Life Institute, a 501(c)(3) nonprofit organization headquartered in Charlottesville, Virginia (Federal Tax ID: 77-0284767), to be used in support of its mission at the discretion of its Board of Directors."

Letting Us Know

If you've already included Mind & Life in your estate plans, we would be grateful to know. Sharing this information allows us to thank you personally and better understand how to steward your gift intentions.

With your permission, we may also invite you to occasional gatherings for legacy supporters. Recognition is always optional, and anonymity is respected.



Thinking About a Legacy Gift?

We would be glad to have a conversation about how a gift in your estate plan could support Mind & Life's future. Please reach out – we're here to help at whatever planning stage you are in!

Advancement@mindandlife.org



Where Your Gift Can Make a Difference

Legacy gifts may be unrestricted, allowing Mind & Life to direct resources where they are needed most, or designated to support a priority area close to your heart, such as:

- Research grants advancing the science of contemplative practice
- Summer Research Institute fellowships for emerging scholars
- Global dialogue programming that bridges science and wisdom traditions
- New initiatives as they emerge

If you are interested in directing your gift, we welcome a conversation about how your intentions can best be honored.

Ways to Fund a Legacy Gift

Legacy gifts to Mind & Life may be funded through:

- Cash
- Appreciated securities
- Real estate
- Tangible personal property
- Closely held stock



For more information visit
www.mindandlife.org/support-us