

**MIND & LIFE**  
INTERNATIONAL



**Mind & Life XX Conference**

## **Altruism and Compassion in Economic Systems**

**A Dialogue between Economics, Neuroscience and Contemplative Sciences**

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**APRIL 9–11, 2010 • Kongresshaus, Zürich, Switzerland**

Co-Sponsored by The Mind & Life Institute and The University of Zurich







## Greetings and Welcome,

On behalf of His Holiness the Dalai Lama, other members of the board of the Mind & Life Institute, and the faculties and administrations of our co-sponsoring institution, we want to welcome you to *Mind & Life XX: Altruism and Compassion in Economic Systems; A Dialogue between Economics, Neuroscience and Contemplative Sciences*.



The Mind & Life Dialogues between scientists, philosophers and contemplatives began in 1987 as a joint quest for a more complete understanding of the nature of reality, for investigating the mind and for

promoting well-being on the planet. Over the past 23 years these dialogues have covered many topics upon which scientists and contemplatives can enrich each others' understanding, ranging from Physics and Cosmology to Neuroplasticity; from Altruism and Ethics to Destructive Emotions and Education.

Our work, however, is not limited to dialogue and understanding. More important is the need to translate this understanding into programs, interventions and tools that will bring tangible benefit into people's lives. Hence, in 2000, we began an ambitious program to catalyze new fields of scientific research to investigate the effects of contemplative-based practices on mind, brain, behavior, the prevention and treatment of disease and general health and well-being.

In previous public Mind & Life Dialogues we explored how collaborative research between scientists and contemplatives could illuminate the fields of neuroscience and clinical science, and might complement and add to the effectiveness of social and emotional learning. In many ways, however, this dialogue is our most ambitious. We are bringing together world-renowned scholars from the disciplines of economics, neuroscience, psychology, philosophy, contemplative practice and scholarship, anthropology, business and philanthropy. We plan to look into questions of how the emerging field of Neuroscience and Neuro-economics is illuminating how emotions influence decisions, and bring to the table questions such as:

- Can we envision an economic system that delivers both material prosperity and human well-being?
- Can we form a society that is both productive and in balance with societal and environmental concerns?
- What role can altruism, compassion and empathy play in modern economic development?

This ground-breaking symposium will offer a unique opportunity to follow a high-level, interdisciplinary exchange by scientists and economists focusing both on individual thinking and the structure of economic systems. Thus, the conference will build bridges between different disciplines and serve as a catalyst for new research projects and economic initiatives promoting personal responsibility, fairness, cooperation and compassion.

In the short time we have together over these two and a half days, we will only begin an exploration along the frontier of how we can skillfully use the techniques of contemplative-based practices in environments to enhance healthy human society. It is our deepest desire that you become inspired to explore and expand this frontier in your own work.

We want to pay tribute to the memory of Francisco J. Varela, Ph.D., co-founder of the Mind & Life Institute, and express our deepest thanks to his legacy. Without his wisdom, dedication and commitment, we would not be here today.

We also want to offer a deep bow of gratitude to His Holiness the Dalai Lama, our planning committee, our dialogue participants, our co-sponsor the University of Zurich, and the many financial sponsors, operations team members and volunteers who have made this conference possible.

Welcome, with warmest regards,

R. Adam Engle  
Chairman and CEO, Mind & Life Institute

Diego Hangartner  
COO, and Director of Mind & Life International  
Mind & Life Institute









*How do the concepts of altruism, egoism, empathy and compassion in Buddhist philosophy relate to similar concepts in the emerging fields of 'social neuroscience' and 'neuroeconomics' and to recent empirical research on empathy, altruism, fairness, economic decision-making and cooperation? How can compassion and pro-social motivation influence [economic] decision-making? Can an economic system be developed that rewards compassionate motives and altruism and also focuses on resolving real societal problems related to poverty and environment?*

This is the first interdisciplinary public conference for the Mind & Life Institute (MLI) in Europe and is co-sponsored by the University of Zurich. The goal of this event is to hold a high level, interdisciplinary dialogue on Buddhist, neuroscientific, psychological and economic views on empathy, compassion and pro-social motivation, and to discuss the relevance of altruism and compassion for both personal transformation and the transformation of large-scale social systems such as economic systems.

To achieve this goal, the conference will feature leading scholars from Buddhism, Social Neuroscience, Psychology, Philosophy, and for the first time, Economics and Neuroeconomics. This includes the following experts:

- Economic sciences: Ernst Fehr, University of Zurich; William Harbaugh, University of Oregon; Lord Richard Layard, London School of Economics
- Psychology: Daniel Batson, University of Kansas
- Anthropology: Joan Silk, University of California – Los Angeles
- Neurosciences: Tania Singer, University of Zurich; Richard Davidson, University of Wisconsin-Madison
- Philosophy and the Contemplative Sciences: His Holiness the Dalai Lama; Matthieu Ricard, Shechen Monastery, Nepal; Roshi Joan Halifax, Upaya Zen Center; John Dunne, Emory University; Gert Scobel, 3sat
- Applied economics: Sanjit Bunker Roy, Barefoot College; William George, Harvard Business School; Antoinette Hunziker-Ebnetter, Forma Futura; Arthur Vayloyan, Credit Suisse

By inviting (neuro)economic perspectives to the dialogue, we will explore new bridges between disciplines that have not talked to each other in the past and offer a great opportunity for new strands of collaborative projects in the future.





### Introduction and Welcome

Friday, April 9, 2010 • 9:00-9:15am

R. Adam Engle  
*Chair and CEO, Mind & Life Institute*

Prof. Andreas Fischer  
*President, University of Zurich*

Welcome and introduction of H.H. the Dalai Lama

### Session One:

#### Compassion, Empathy, Altruism and Prosocial Behavior

Friday, April 9, 2010 • 9:15-11:30am

##### *Speakers and Panelists*

**H.H. the Dalai Lama**  
**Daniel Batson**  
**Tania Singer**  
**Richard Davidson**  
**Matthieu Ricard**

##### *Moderator:*

**Roshi Joan Halifax**

##### *Interpreter:*

**Thupten Jinpa**

This session includes short presentations summarizing the Buddhist, neuroscientific and psychological views on empathy, compassion and pro-social motivation, and why these qualities are relevant for society and well-being at large.

This theoretical introduction will be supported by an explanation of why and how Buddhist practitioners cultivate pro-social motivation and compassion and include an overview of the most recent neuroscientific findings on the effects of compassion training on brain, behavior and health.

### Session Two:

#### Altruism: Evolutionary Origins and Modern Expressions

Friday, April 9, 2010 • 1:30-3:30pm

##### *Speakers and Panelists:*

**H.H. the Dalai Lama**  
**Joan Silk**  
**Ernst Fehr**  
**Tania Singer**  
**John Dunne**

##### *Moderator:*

**Matthieu Ricard**

##### *Interpreter:*

**Thupten Jinpa**

This session focuses on questions of altruism and egoism as conceived in Buddhist and Western philosophy as well as on economic theory. This session will be complemented by a presentation by Joan Silk, an evolutionary anthropologist who will speak about cooperation and altruism in other species (e.g., apes). The panel discussion will focus on the question of the relative importance of egoism and altruism in social exchange and more generally in an economic system.

Friday, April 9, 2010 • 3:45-4:45pm

Question and Answer session with speakers and panelists of Sessions 1 and 2



**Session Three:**  
**Economic Research on Altruistic/Pro-Social Behavior**  
 Saturday, April 10, 2010 • 9:30-11:30am

*Speakers and Panelists:*  
**H.H. the Dalai Lama**  
**Lord Richard Layard**  
**William Harbaugh**  
**Ernst Fehr**

*Moderator:*  
**Gert Scobel**

This session presents the most important findings from economic research on cooperation, decision-making and pro-social motivation and behavior (e.g. concepts of fairness, altruism, the neural basis of donations and giving, and the role of punishment for cooperation). A discussion will follow, putting all the other views in perspective to the morning presentations.

**Session Four:**  
**Introducing Pro-Sociality into Economic Systems**  
 Saturday, April 10, 2010 • 1:30-3:30pm

*Speakers and Panelists:*  
**H.H. the Dalai Lama**  
**Antoinette Hunziker-Ebneter**  
**Arthur Vayloyan**  
**Sanjit Bunker Roy**  
**Matthieu Ricard**

*Moderator:*  
**Gert Scobel**

*Interpreter:*  
**Thupten Jinpa**

This session is devoted to practical implementations in economics and focuses on applied economic models such as microfinance, social business, responsible investment and philanthropy. The ensuing discussion will compare these different economic models to each other and critically discuss the role of donations, integrating Buddhist and scientific views.

**Saturday, April 10, 2010 • 3:45-4:45pm**  
**Question and Answer session with speakers and panelists of Sessions 3 and 4**

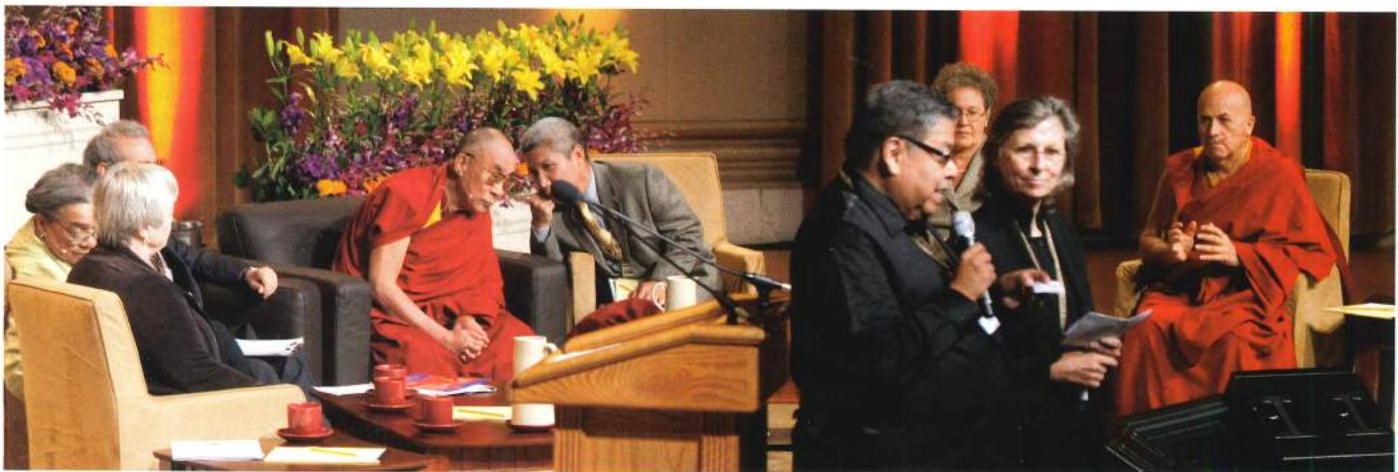
**Session Five:**  
**Reflections, Integration and Future Directions for Research and Policy**  
 Sunday, April 11, 2010 • 9:30-11:30am

*Speakers and Panelists:*  
**H.H. the Dalai Lama**  
**William George**  
**Richard Davidson**  
**Ernst Fehr**  
**John Dunne**

*Moderator:*  
**Roshi Joan Halifax**

*Interpreter:*  
**Thupten Jinpa**

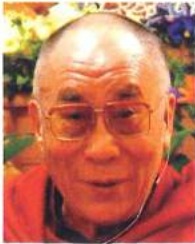
After a presentation about the role of leadership, this final session will be devoted to discussing future avenues of research and policy-making, incorporating the themes of the previous days.







## Speakers and Panelists



### **Tenzin Gyatso, the 14th Dalai Lama**

Tenzin Gyatso, the 14th Dalai Lama, is the leader of Tibetan Buddhism, the head of the Tibetan government-in-exile, and a spiritual leader revered worldwide. He was born on July 6, 1935 in a small village called Taktser in northeastern Tibet. Born to a peasant family, he was recognized at the age of two, in accordance with Tibetan tradition, as the reincarnation of his predecessor, the 13th

Dalai Lama. The Dalai Lamas are manifestations of the Buddha of Compassion, who choose to reincarnate for the purpose of serving human beings. Winner of the Nobel Prize for Peace in 1989, he is universally respected as a spokesman for the compassionate and peaceful resolution of human conflict.

He has traveled extensively, speaking on subjects including universal responsibility, love, compassion and kindness. Less well known is his intense personal interest in the sciences: he has said that if he were not a monk, he would have liked to be an engineer. As a youth in Lhasa it was he who was called on to fix broken machinery in the Potola Palace, be it a clock or a car. He has a vigorous interest in learning the newest developments in science, and brings to bear both a voice for the humanistic implications of the findings, and a high degree of intuitive methodological sophistication.



### **Thupten Jinpa, Ph.D.**

Thupten Jinpa was educated in the classical Tibetan monastic academia and received the highest academic degree of Geshe Lharam (equivalent to a doctorate in divinity). Jinpa also holds a BA in philosophy and a Ph.D. in religious studies, both from the University of Cambridge, U.K, where he also worked as a research fellow for three years. Since 1985, he has been the principal translator to His

Holiness the Dalai Lama, accompanying him to the United States, Canada, and Europe. He has translated and edited many books by H.H. the Dalai Lama, including the recent New York Times' bestseller *Ethics for the New Millennium*.

His published works include also scholarly articles on various aspects of Tibetan culture, Buddhism and philosophy, including the entries on Tibetan philosophy for *Encyclopedia of Asian Philosophy* recently released by Routledge, UK. His two latest works are "Songs of Spiritual Experience: Tibetan Poems of Awakening and Insight" (co-authored) and "Self, Reality and Reason in Tibetan Thought." He is on the advisory board of various educational and cultural organizations in North America, Europe and India, and is also the book reviews editor for *Contemporary Buddhism*, a bi-annual, interdisciplinary journal exploring the interface between Buddhism and modern society. He is currently the president and the editor-in-chief of the Institute of Tibetan Classics, a non-profit educational organization dedicated to translating key Tibetan classics into contemporary languages.



### **Daniel Batson, Ph.D.**

Dan Batson is an experimental social psychologist. He received his Ph.D. in psychology from Princeton University in 1972, was a member of the Department of Psychology at the University of Kansas from 1972-2008, and is now a Professor Emeritus there. He lives in Knoxville, Tennessee, where he has a courtesy appointment as an Adjunct Professor of Psychology at the Uni-

versity of Tennessee and continues to write and collaborate on research. Over the years, his research has focused primarily on the existence of altruistic motivation and on its antecedents (including empathic concern, perspective taking, and parental nurturance) and its consequences. He has also conducted research on the behavioral consequences of religion and on the nature of moral motivation and moral emotions.



### **Richard Davidson, Ph.D.**

Richard J. Davidson is the William James and Vilas Research Professor of Psychology and Psychiatry, Director of the W.M. Keck Laboratory for Functional Brain Imaging and Behavior, the Laboratory for Affective Neuroscience and the Center for Investigating Healthy Minds, Waisman Center at the University of Wisconsin-Madison. He received his Ph.D. from Harvard University in Psychology and has been at Wisconsin since 1984. He has published more than 250 articles, many chapters and reviews and edited 13 books.

He has been a member of the Mind & Life Institute's Board of Directors since 1991. He is the recipient of numerous awards for his research including a National Institute of Mental Health Research Scientist Award, a MERIT Award from NIMH, an Established Investigator Award from the National Alliance for Research in Schizophrenia and Affective Disorders (NARSAD), a Distinguished Investigator Award from NARSAD, the William James Fellow Award from the American Psychological Society, and the Hilldale Award from the University of Wisconsin-Madison. He was the Founding Co-Editor of the new American Psychological Association journal *EMOTION* and is Past-President of the Society for Research in Psychopathology and of the Society for Psychophysiological Research. He was the year 2000 recipient of the most distinguished award for science given by the American Psychological Association –the Distinguished Scientific Contribution Award. In 2003 he was elected to the American Academy of Arts and Sciences and in 2004 he was elected to the Wisconsin Academy of Sciences, Arts and Letters. He was named one of the 100 most influential people in the world by *Time Magazine* in 2006. In 2006 he was also awarded the first Mani Bhaumik Award by UCLA for advancing the understanding of the brain and conscious mind in healing. *Madison Magazine* named him Person of the Year in 2007.





### John Dunne, Ph.D.

John Dunne is an assistant professor in the Department of Religion at Emory University, where he is Co-Director of the Encyclopedia of Contemplative Practices and the Emory Collaborative for Contemplative Studies. He was educated at the Amherst College and Harvard University, where he received his Ph.D. from the Committee on the Study of Religion in 1999. Before joining Emory's faculty in 2005, he taught at the University of Wisconsin-Madison and held a research position at the University of Lausanne, Switzerland. Support from the American Institute of Indian Studies sustained two years of his doctoral research at the Central Institute for Higher Tibetan Studies in Sarnath, India.

His work focuses on various aspects of Buddhist philosophy and contemplative practice. In *Foundations of Dharmakirti's Philosophy* (2004), he examines the most prominent Buddhist theories of perception, language, inference and justification. His current research includes an inquiry into the notion of "mindfulness" in both classical Buddhist and contemporary contexts, and he is also engaged in a study of Candrakirti's "Prasannapada", a major Buddhist philosophical work on the metaphysics of "Emptiness." His recently published work includes an essay on neuroscience and meditation co-authored with Richard J. Davidson and Antoine Lutz. He frequently serves as a translator for Tibetan scholars, and as a consultant, he has assisted Drs. Davidson and Lutz in their neuropsychological studies of Tibetan contemplative practices.



### R. Adam Engle, J.D., M.B.A.

R. Adam Engle is the Chairman and co-founder of the Mind & Life Institute. He was educated at the University of Colorado, Harvard University and Stanford University, where he received his B.A., J.D., and M.B.A. degrees respectively. Over the past 40 years, he has divided his professional life as a lawyer and entrepreneur between the for-profit and non-profit sectors.

In the for-profit sector, Mr. Engle began his career as a lawyer, practicing for 10 years in Beverly Hills, Albuquerque, Santa Barbara, and Teheran. After leaving the practice of law, he formed an investment management firm, focusing on global portfolio management on behalf of individual clients. He also started several business ventures in the United States and Australia.

Mr. Engle began working with various groups in the non-profit sector in 1965. In addition to the Mind & Life Institute, he also co-founded the Colorado Friends of Tibet, a statewide Tibetan support group based in Boulder, Colorado; was a founding member of the Social Venture Network; and has advised numerous other non-profit organizations.



### Ernst Fehr, Ph.D.

Ernst Fehr is Professor in Microeconomics and Experimental Economics and Director of the Institute for Empirical Research in Economics at the University of Zürich. He is affiliated faculty member of the Department of Economics at the Massachusetts Institute of Technology (MIT), former president of the Economic Science Association and the European Economic Association, and an

honorary member of the American Academy of Arts and Sciences and John Kenneth Galbraith Fellow of the American Academy of Political and Social Sciences.

Ernst Fehr is well-known for his important contributions to behavioral and experimental economics, as well as to the emerging field of neuroeconomics. His research focuses on the proximate patterns and the evolutionary origins of human altruism and the interplay between social preferences, social norms and strategic interactions. He has conducted extensive research on the impact of social preferences on competition, cooperation and on the psychological foundations of incentives. More recently he has worked on the role of bounded rationality in strategic interactions and on the neurobiological foundations of social and economic behavior.

Fehr's work is characterized by the combination of game theoretic tools with experimental methods and the use of insights from economics, social psychology, sociology, biology and neuroscience for a better understanding of human social behavior. In particular his research on the integration of sociological and psychological aspects into modern economics has brought him numerous prizes, such as the Marcel Benoist-Prize 2008. He is the first economist to be honored with this academic award, referred to as the "Swiss Nobel prize."



### William George, M.B.A.

Bill George is a Professor of Management Practice at Harvard Business School, where he is teaching leadership and leadership development, and is the Henry B. Arthur Fellow of Ethics. He is the author of the best-selling books *True North*, *Discover Your Authentic Leadership* and *Authentic Leadership: Rediscovering the Secrets of Creating Lasting Value*. Bill currently serves on the

boards of ExxonMobil and Goldman Sachs. He is the former Chairman and CEO of Medtronic. Under his leadership, Medtronic's market capitalization grew from \$1.1 billion to \$60 billion, averaging a 35% increase each year. Mr. George has made frequent appearances on television and radio, and his articles have appeared in numerous publications. He has been named one of "Top 25 Business Leaders of the Past 25 Years" by PBS.





## Speakers and Panelists



### **Roshi Joan Halifax, Ph.D.**

Roshi Joan Halifax, Ph.D., is a Buddhist teacher, Zen priest, anthropologist and author. She is Founder, Co-abbot, and Head Teacher of Upaya Zen Center, a Buddhist monastery in Santa Fe, New Mexico, and Director of the Upaya Institute. She received her Ph.D. in medical anthropology in 1973. She has lectured on the subject of death and dying at many academic institutions, includ-

ing Harvard Divinity School and Harvard Medical School, Georgetown Medical School, University of Virginia Medical School, Duke University Medical School, University of Connecticut Medical School, among many others. She received a National Science Foundation Fellowship in Visual Anthropology, and was an Honorary Research Fellow in Medical Ethnobotany at Harvard University, and is a Distinguished Visiting Fellow and Kluge Scholar at the Library of Congress. From 1972-1975, she worked with psychiatrist Stanislav Grof at the Maryland Psychiatric Research Center on pioneering work with dying cancer patients. She has continued to work with dying people and their families and to teach health care professionals as well as lay individuals on contemplative care of the dying. Her work for forty years has focused on engaged and applied Buddhism. She is a Board Member of the Mind & Life Institute. The author of many books, including *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*, Dr. Halifax founded the Project on Being with Dying and the Upaya Prison Project.



### **Diego Hangartner, Pharm.D.**

Diego Hangartner completed his studies in pharmacology at the Swiss Federal Institute of Technology, specializing in psychotherapeutic and psychoactive substances. Having worked with drug addiction, he became interested in understanding the workings of mind and consciousness. After encountering Buddhism, he then spent 11 years in Dharamsala, India, where he first learned

Tibetan and then studied for 7 years at the Institute of Buddhist Dialectics. During those years, he did several retreats and worked as a translator and interpreter, translating Tibetan into English, German, French and Spanish. After returning to Europe in 2003, he taught widely, was General Secretary and project manager of His Holiness the Dalai Lama's visits in Switzerland 2005 and in Hamburg 2007. He has been associated with Mind & Life since the late 1990's. Presently, he is the Director of Mind & Life International, based in Zurich, Switzerland, and is Chief Operating Officer of Mind & Life.



### **William Harbaugh, Ph.D.**

Bill Harbaugh is a professor of economics at the University of Oregon who studies why people make charitable donations. His work uses methods ranging from economic theory to experiments to fMRI neuroimaging. The neuroimaging research (joint with Dan Burghart and the psychologist Ulrich Mayr) shows that people exhibit a "pure altruism" response in reward-related areas of the brain

when they see money going to a charity that provides food to the poor, and that those people with larger neural responses are more likely to make charitable donations. He also shows that there is also a warm glow from giving – people show more activation in reward areas when they choose to give the money voluntarily.

In other work he has modeled the "prestige motive" for charitable giving and shown its effects empirically - when gifts are reported in categories, people tend to give the least amount possible for a given level of recognition. Harbaugh was also among the first economists to use experiments to test how well economic models of rational, self-interested choice apply to the behavior of children. He says, with some purposeful ambiguity, that "economic models work about as well for kids as they do for adults."

His most recent project, with Mayr and Jim Andreoni, looks at the receiving side of giving, and is motivated by the saying "Charity is a mixed blessing." This work in progress uses fMRI to examine the effects of charity on the brains of the people who receive it, with the goal of helping altruists reduce the "mixed" part of the blessing.



### **Antoinette Hunziker-Ebnetter, M.B.A.**

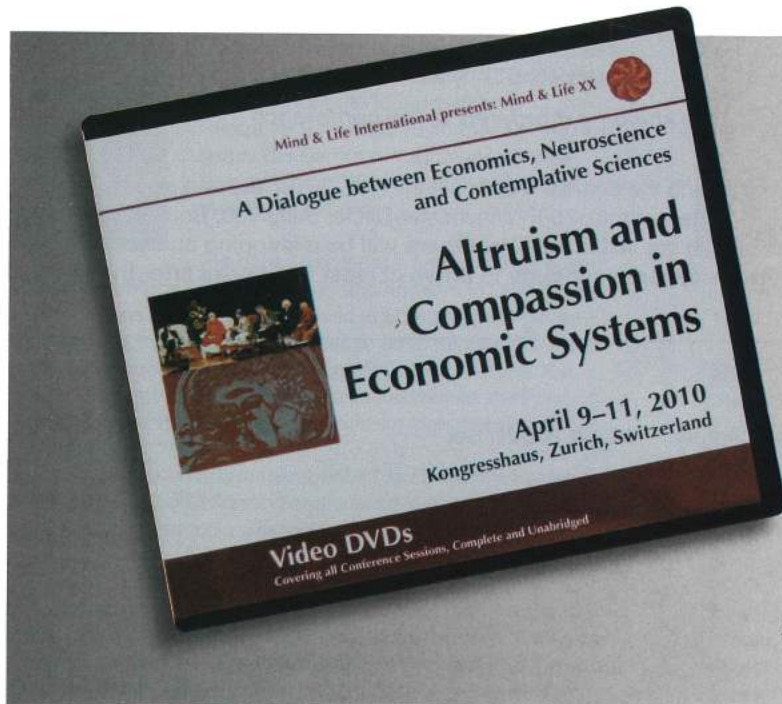
Antoinette Hunziker-Ebnetter is CEO and Founding Partner of Forma Futura Invest Inc., an independent asset management company for private and institutional clients focusing on sustainable quality of life. Forma Futura invests in attractive investment opportunities incorporating good governance and social and environmental responsibility while reflecting the client's values.

Prior to her present engagement, Antoinette Hunziker-Ebnetter was responsible for Trading and Sales and was a member of the Group Executive Board of the Bank Julius Baer & Co. She was previously Head of the Swiss Stock Exchange and Chief Executive Officer of virt-x, the first pan-European stock exchange with headquarters in London. In the mid-1990s she was responsible for building and commissioning the Swiss Electronic Exchange (EBS). She began her professional career as a currency options trader at Citibank. She went on to develop SOFFEX trading at Bank Leu, where she was later appointed Head of Securities Trading and Sales.

Antoinette Hunziker-Ebnetter is Vice Chairman of the Board of Directors of BKW FMB Energy Ltd. and a member of the Board of Directors of the Buildings Insurance of Bern. She holds a Master of Arts in Business and Administration from the University of St. Gallen and a Diploma from the Swiss Banking School.

*Speakers and Panelists cont'd on page 11*



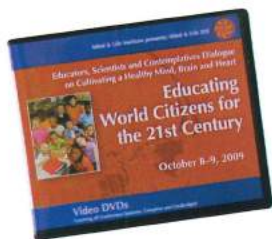


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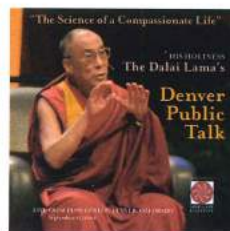
**Also Available:**



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How can our educational system evolve to meet the challenges of the 21st century? How will we educate people to be compassionate, competent, ethical and engaged citizens in an increasingly complex and interconnected world?

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### Lord Richard Layard, Ph.D.

Richard Layard is Emeritus Professor of Economics at the London School of Economics, where he was the founder-director of the Centre for Economic Performance. He now heads the Centre's Programme on Well-Being. Since 2000 he has been a member of the House of Lords.

His book *Happiness – Lessons from a New Science* was published in March 2005 and appears in 20 languages. Since then he has been heavily involved in promoting the government's programme of Improved Access to Psychological Therapy. He is also joint-coordinator of the Local Well-Being Programme through which three local authorities have introduced the Penn Resilience Programme into the curriculum for their 11-year-olds.

Richard Layard was an active member of The Children's Society Inquiry into The Good Childhood and was co-author of its recent report: *A Good Childhood – Searching for Values in a Competitive Age*.

He has worked on unemployment, inflation, education, inequality and post-Communist reform. He was an early advocate of the welfare-to-work approach to European unemployment, and co-authored *Unemployment: Macroeconomic Performance and the Labour Market* which has influenced policy in many countries.



### Matthieu Ricard, Ph.D.

Matthieu Ricard is a Buddhist monk at Shechen Monastery in Kathmandu, Nepal. Born in France in 1946, he received a Ph.D. in Cellular Genetics at the Institut Pasteur under Nobel Laureate Francois Jacob. As a hobby, he wrote *Animal Migrations*. He first traveled to the Himalayas in 1967 and has lived there since 1972, studying with Kangyur Rinpoche and Dilgo Khyentse Rinpoche, two of the most eminent Tibetan teachers of our times. Since 1989, he has served as French interpreter for His Holiness the Dalai Lama.

He is the author of *The Monk and the Philosopher* (with his father, the French thinker Jean-Francois Revel), of *The Quantum and the Lotus* (with the astrophysicist Trinh Xuan Thuan), and of *Happiness, A Guide to Developing Life's Most Important Skill*. He has translated several books from Tibetan into English and French, including *The Life of Shabkar* and *The Heart of Compassion*. As a photographer, he has published several albums, including *The Spirit of Tibet*, *Buddhist Himalayas*, *Tibet*, *Motionless Journey* and *Bhutan* ([www.matthieuricard.org](http://www.matthieuricard.org)). He devotes all of the proceeds from his books and much of his time to forty humanitarian projects (schools, clinics, orphanages, elderly people's home and bridges) in Tibet, Nepal and India, through his charitable association Karuna-shechen ([www.karuna-shechen.org](http://www.karuna-shechen.org)) and to the preservation of the Tibetan cultural heritage ([www.shechen.org](http://www.shechen.org)).

*Speakers and Panelists cont'd on page 12*







## Speakers and Panelists



### Sanjit Bunker Roy

Mr. Sanjit (Bunker) Roy is a well-known Indian educator and social activist who has done development and empowerment work in some of the least developed countries of the world. He received his education at the prestigious Doon School and St. Stephens College. In 1972, he founded the innovative Barefoot College in India ([www.barefootcollege.org](http://www.barefootcollege.org)). The college was founded upon the

idea that traditional and indigenous knowledge and skills that lie within the community should be applied to finding solutions to rural problems. The college believes in practicing the life style and work style of Mahatma Gandhi. This innovative educational Barefoot approach has now spread to 13 States in India including Bhutan and to 17 of the Least Developed Countries (LDCs) around the world, mostly in Africa.

Mr. Roy has also been involved in environmental activism and has received numerous awards for his work in the areas of education and ecology, including: the SUEZ Environment-Water for All Foundation-Special Prize (2009); The Sierra Club Green Energy & Green livelihoods Achievement Award (2009); the Alcan Award (2006); the Skoll Foundation Award (2005); and The Schwab Foundation for Outstanding Social Entrepreneurs, World Economic Forum Geneva Switzerland (2002) among others. In 2008, The Guardian in London recognized Mr. Bunker Roy as one of the 50 Environmentalists in the world who could save the planet.



### Gert Scobel, M.A.

Born on May 12th 1959 in Aachen, Germany, Gert Scobel studied Theology and Philosophy in Frankfurt am Main and at GTU in Berkeley, California, receiving a scholarship from the German National Academic Foundation. After a short period of teaching in collaboration with a German Research Project at the University of San Francisco, he worked as a writer for *Frankfurter Allgemeine*

*Zeitung* until he joined the ARD (First German public National Radio and TV) in 1988 as documentary filmmaker and host of various science and culture programs. He was anchorman of the daily culture program *Kulturzeit* (3sat) and of the nationwide Breakfast TV both on ARD and ZDF in 2004. He is presently responsible for his own program, "scobel" on 3sat. In an interdisciplinary way, the weekly TV program covers themes ranging from science and culture to social issues.

He has received various awards (Deutscher Fernsehpreis, Grimme Preis, Bayerischer Fernsehpreis), is the author of two children's books and a fact book on wisdom (*Weisheit – über das was uns fehlt*, 2008). Twice he received the EICOS (The European Initiative for Communicators of Science) scholarship working at the Max-Planck Institute of Neurobiology in Martinsried and the Max Planck Institute for Biophysical Chemistry in Göttingen.



### Joan Silk, Ph.D.

Joan Silk is Professor of Anthropology at the University of California, Los Angeles. She is principally interested in how natural selection shapes the evolution of social behavior in nonhuman primates. Most of her empirical work has focused on the behavior and reproductive strategies of females in two species of Old World monkeys, bonnet macaques (*Macaca radiata*) and baboons (*Papio cynocephalus*). Her dissertation research on bonnet macaques provided some of the first systematic evidence of the sources of variation in female reproductive success, and revealed that females compete vigorously for reproductive opportunities within the groups. Social bonds and alliances among females provide one way for females to cope with competition and stress. Prof. Silk's collaborative research on wild baboons in the Amboseli basin of Kenya and the Okavango Delta of Botswana has shown that females form strong, equitable and enduring relationships with selected partners, and show strong preferences for their mothers, daughters, sisters and peers. In these groups, the quality of social relationships among females has important effects on their fitness. Females who are well-integrated into their social groups and form the strongest bonds to other females reproduce more successfully than other females.

Over the last decade, Prof. Silk has become increasingly interested in questions that explicitly link together studies of nonhuman primates and humans, attempting to probe the phylogenetic roots of capacities that play a crucial role in human societies, such as reconciliation, cooperation, friendship, cooperative signals, paternal investment and pro-social sentiments. She has conducted experiments to examine the pro-social preferences of chimpanzees and children.

Prof. Silk is the co-author with Robert Boyd of a well-regarded textbook on human evolution, *How Humans Evolved*, the co-editor (with Peter Kappeler) of a volume about the roots of universal features of human societies, *Mind the Gap: The Origins of Human Universals*; and over 100 articles in edited volumes and peer-reviewed journals.



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### Tania Singer, Ph.D.

Tania Singer received her Ph.D. in psychology from the Freie Universität Berlin in 2000 and was awarded the prestigious Otto Hahn Medal of the Max Planck Society for best dissertation of that year. She was a Postdoctoral Fellow at the Max Planck Institute for Human Development, Berlin, until 2002. Tania conducted research on the neural foundations of empathy and fairness in

healthy and autistic subjects at the Wellcome Department of Imaging Neuroscience, London, from 2002-2005 and at the Institute of Cognitive Neuroscience, London, from 2005-2006. Currently at the University of Zurich, she is Inaugural Chair of Social Neuroscience and Neuroeconomics and Co-Director of the Laboratory for Social and Neural Systems Research. She has published papers on the social brain in *Science*, *Nature*, etc., and is Advisory Board Member of the Society for Neuroeconomics. Using a multi-method and interdisciplinary approach combining theories, paradigms, and techniques from disciplines as varied as neuroscience (e.g., functional and structural MRI, rt-fMRI, TMS, EEG), developmental and social psychology (e.g., questionnaires, experience-sampling methods), psychobiology (e.g., hormonal and autonomic measures), and economics (e.g., game theoretic paradigms), she investigates the foundations of human social behavior and, more specifically, the developmental, neural, and hormonal mechanisms underlying social cognition; social and moral emotions such as empathy, compassion, envy, revenge, and fairness; and emotion-regulation capacities and their role in social decision making and cooperation.



### Arthur Vayloyan, Ph.D.

Dr. Arthur Vayloyan is a member of the Private Banking Management Committee of Credit Suisse and Head of Investment Services and Products. He has the responsibility for integrating and delivering Credit Suisse's range of innovative products and services – including investment research and sales support – to the Private Banking units around the globe. His responsibilities also

include the Center of Competence for Ultra High Net Worth Clients, External Asset Managers and Trust and Life Insurance solutions.

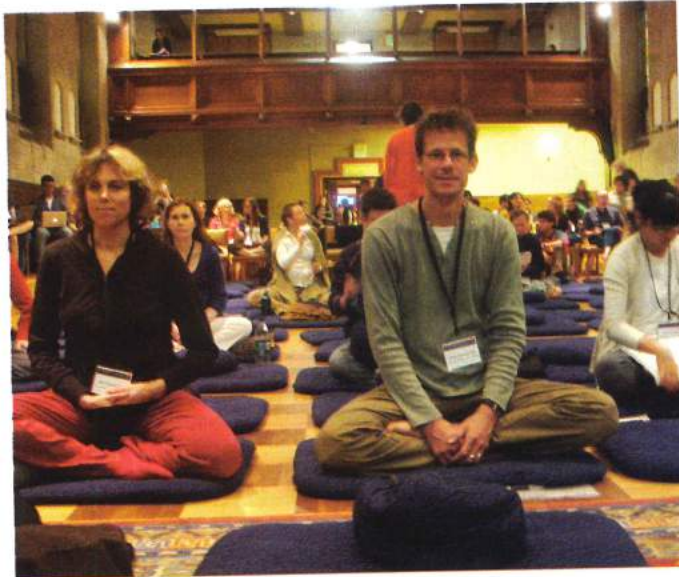
In addition to his functional responsibilities, Arthur Vayloyan serves in various committees and boards, both within and outside Credit Suisse. Dr. Vayloyan joined Credit Suisse in 1992, led the Representative Office in Uruguay until 1996, and subsequently, the Latin America/Iberia desk, which also included the offshore businesses from North America. From 2002 until the end of 2005, he was the Head of Private Banking Switzerland, covering the Swiss, as well as most offshore markets.

An avid speaker and author, Arthur Vayloyan's engagements include discourses on issues and topics ranging from Nanotechnology to Innovation, Globalization and Microfinance. He was an invited speaker at the United Nations in New York during the Year of Microcredit, 2005. Some of the innovations that he led in private banking received commendations from global media, including the *Euromoney*, *Die Welt* (Germany) and *Bilanz* (Switzerland) magazines.

Arthur Vayloyan is a Ph.D. in Physical Chemistry, with special emphasis on Nanotechnology, from the University of Bern and received his MBA from INSEAD in 1995. Arthur lives near Zurich, Switzerland with his wife and a son.







### The Mind & Life Summer Research Institute and Francisco J. Varela Research Awards

The *Mind & Life Summer Research Institute (MLSRI)* has been held annually since June, 2004, with the aim of advancing collaborative research among behavioral and clinical scientists, neuroscientists, and biomedical researchers based on a process of inquiry, dialogue and collaboration with Buddhist contemplative practitioners and scholars and those in other contemplative traditions. The long-term objective is to advance the training of a new generation of behavioral scientists, cognitive/affective neuroscientists, clinical researchers, and contemplative scholar/practitioners interested in exploring the potential influences of meditation and other contemplative practices on mind, behavior, brain function and health. This includes examining the potential role of contemplative methods for characterizing human experience and consciousness from a neuroscientific and clinical intervention perspective.

This vibrant, week-long residential program includes daily sessions of meditation instruction and practice; presentations of science, philosophy and contemplative theory and research; discussion and dialogue; small group meetings; faculty office hours; and a day-long silent retreat for all participants and faculty.



The *Francisco J. Varela Research Awards* are competitively-awarded grants of up to \$15,000 available to support studies proposed by research fellows attending the MLSRI on topics related to the themes of that year's Institute. The application process begins in the Fall following each MLSRI with award decisions made by the end of the year. Varela awardees return to the MLSRI in order to present their findings.

#### The specific goals of the Summer Research Institute and Francisco J. Varela Research Awards are:

- 1) to cultivate strategic dialogue between experimental psychologists, neuroscientists, cognitive scientists on the one hand, and contemplative scholars/practitioners and philosophers on the other, in order to develop research protocols to enhance investigation of human mental activity;
- 2) to foster a cadre of nascent scientists (graduate students and post-docs) and contemplative scholars and philosophers to participate in the development of the next generation of scientists, clinicians, and scholars interested in innovation and collaboration at the mind-brain-behavior interface;
- 3) to advance a collaborative research program to study the influence of contemplative practices on the mind, behavior and brain function, by informed use of highly trained subjects in human neuroscience protocols;



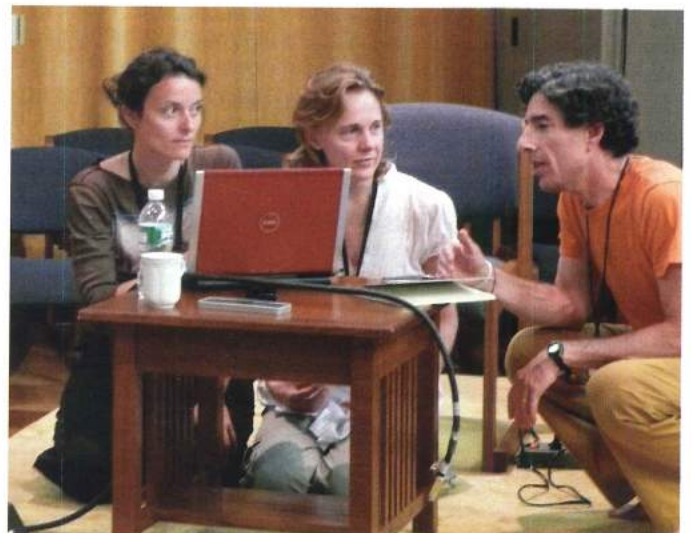


- 4) to explore ways in which the first-person examination of mental phenomena, by means of refining attention and related skills, may be raised to a level of rigor comparable to the third-person methodologies of the cognitive sciences; and
- 5) to catalyze the creation of three new scientific and academic disciplines: Contemplative Neuroscience; Contemplative Clinical Science and Contemplative Studies.

## Education Research

The 2010 MLSRI, *Human Development, Education and Contemplative Practice: Questions, Challenges and Opportunities*, will build on the thematic areas explored in the October, 2009 Educating World Citizens for the 21st Century conference by focusing on the field of education and the role that contemplative practices play in human development. Just as past gatherings of neuroscientists and clinical scientists with contemplative scholars have helped catalyze important research in these fields, the 2010 MLSRI will stimulate discussion and exploration of the existing body of knowledge related to education and human development and seek to identify gaps and promote studies to build up a rigorous scientific basis to inform the design and implementation of transformative educational programs.

The 2010 MLSRI will be held from June 14–20, 2010. For more information please see our web site: [www.mindandlife.org](http://www.mindandlife.org)







## Sponsors of Altruism and Compassion in Economic Systems

### Mind & Life Institute

The Mind & Life Institute operates through four divisions, all working together to promote scientific understanding of the effects of contemplative based practices:

- *Mind & Life Dialogues* set the scientific agenda by exploring which areas of science are most ripe for collaboration and how that collaboration can be implemented most effectively.
- *Mind & Life Publications* report to the greater scientific community and interested public what has occurred at our dialogues.
- *The Mind & Life Summer Research Institute and Francisco J. Varela Research Awards* is an annual weeklong residential symposium, and accompanying research grant program for researchers and practitioners in science, contemplation, and philosophy to explore how to advance this new field of scientific research on meditation and other forms of contemplative mental training.
- *Mind & Life Education Research Network [MLERN]* explores issues at the intersection of mind, brain, education and contemplative practice.

### University of Zurich

The University of Zurich is internationally known as a place of education and research. With 2,000 lecturers in 140 special institutes, 24,000 students and 1,900 graduates every year, the University of Zurich is Switzerland's largest educational institution. The university provides academic services, works with the private sector and considers itself part of a national and global network for the acquisition and dissemination of knowledge.

Zurich's international reputation is based on groundbreaking research, particularly in molecular biology, brain research and anthropology, and on the work of the University Hospital and Veterinary Hospital.

The university's researchers, lecturers and students benefit from the infrastructure that Zurich provides as a center of teaching and research. Apart from its own institutions, the university offers its members access to archive collections, libraries and the facilities of the Federal Institute of Technology (ETH), as well as to the city's private institutions. Nine museums and collections, covering subjects from anthropology to zoology, constitute yet another valuable academic resource.

### Co-Sponsoring Institutions for Past Mind & Life Events

Other institutions that have co-sponsored past Mind & Life events include:

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To learn more visit [www.mindandlife.org](http://www.mindandlife.org)

### How to Get Involved:

To find out more about how you can get involved with the work of the Mind & Life Institute, please visit us at: [www.mindandlife.org/support](http://www.mindandlife.org/support)







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Thank you for your presence. The revenue from registrations underwrites the cost of this event – the location rental, technical infrastructure, ticketing, security, professional staff, insurance, etc. – and other work of the Mind & Life Institute. Revenues do not go to His Holiness the Dalai Lama.

## Acknowledgements



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# A Twenty-Three Year History of Accomplishment

## Mind & Life Dialogues

The titles of these dialogues between the 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](http://www.mindandlife.org).

- 2010: Contemplative Science: The Scientific Study of the Effect of the Contemplative Practice on Human Biology and Behavior, co-sponsored by National Institute of Advanced Studies, Indian Institute of Science Campus
- 2010: Latest Findings in Contemplative Neuroscience, co-sponsored by the University of Wisconsin-Madison's Center for Investigating Healthy Minds
- 2010: Altruism and Compassion in Economic Systems: A Dialogue at the Interface of Economics, Neuroscience and Contemplative Sciences, co-sponsored by the University of Zurich
- 2009: Educating World Citizens for the 21st Century: Educators, Scientists and Contemplatives Dialogue on Cultivating a Healthy Mind, Brain and Heart, co-sponsored by Harvard University Graduate School of Education, Stanford University School of Education, Pennsylvania State University College of Education, University of Virginia Curry School of Education, University of Wisconsin-Madison School of Education, George Washington University Columbian College of Arts and Sciences, University of Michigan School of Education, the American Psychological Association and the Collaborative for Academic, Social and Emotional Learning
- 2009: Attention, Memory, and the Mind
- 2008: Latest Findings in Contemplative Neuroscience
- 2008: Investigating the Mind-Body Connection: The Science and Clinical Applications of Meditation, hosted by Mayo Clinic
- 2007: Mindfulness, Compassion and the Treatment of Depression, co-sponsored by Emory University
- 2007: The Universe in a Single Atom
- 2005: Investigating the Mind: The Science and Clinical Applications of Meditation, co-sponsored by Johns Hopkins Medical University and Georgetown Medical Center
- 2004: *Neuroplasticity: The Neuronal Substrates of Learning and Transformation*
- 2003: Investigating the Mind: Exchanges between Buddhism and Biobehavioral Science on How the Mind Works, co-sponsored by the McGovern Institute at Massachusetts Institute of Technology
- 2002: The Nature of Matter, The Nature of Life
- 2001: Transformations of Mind, Brain and Emotion at the University of Wisconsin
- 2000: Destructive Emotions
- 1998: Epistemological Questions in Quantum Physics and Eastern Contemplative Sciences at Innsbruck University
- 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 & 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](http://www.mindandlife.org).

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

## Mind & Life Research Initiatives

- **Mind & 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 & Life Francisco J. Varela Research Grant Program** — providing small research grants to investigate hypotheses developed at the Mind & Life Summer Research Institute. Ten to 15 Varela Awards are given yearly.
- **Mind & Life Education Research Network** — exploring how to bring the benefits of mental training in clarity, calmness and kindness to children.
- **Mind & Life Education Research Network Grant Program** — providing research grants for pilot studies designed to address fundamental issues related to the measurement, feasibility, and effects of mindfulness-based programs designed for children, adolescents, and their teachers.



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