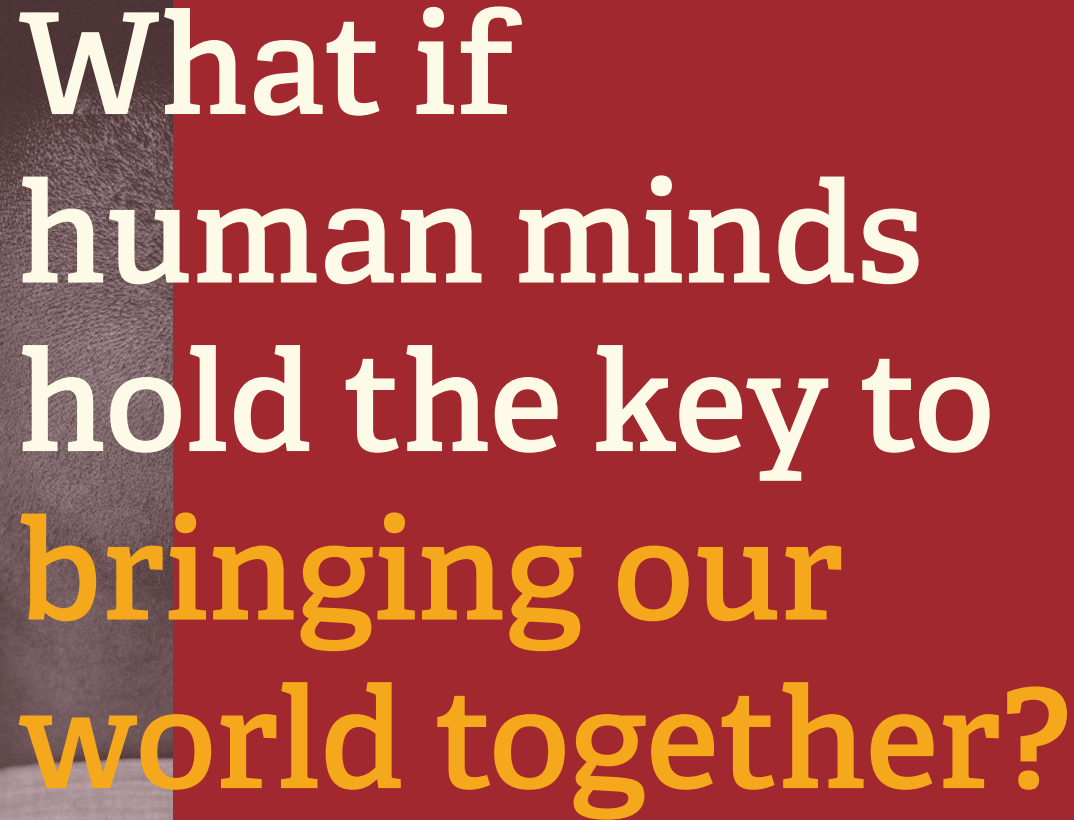




MIND & LIFE
INSTITUTE

OUR VISION FOR HUMANITY



A grayscale profile of a person's face is visible on the left side of the image. A thick, solid red vertical bar runs down the center, partially obscuring the face. The text is overlaid on the right side of the image, with the first three lines in white and the last two lines in yellow.

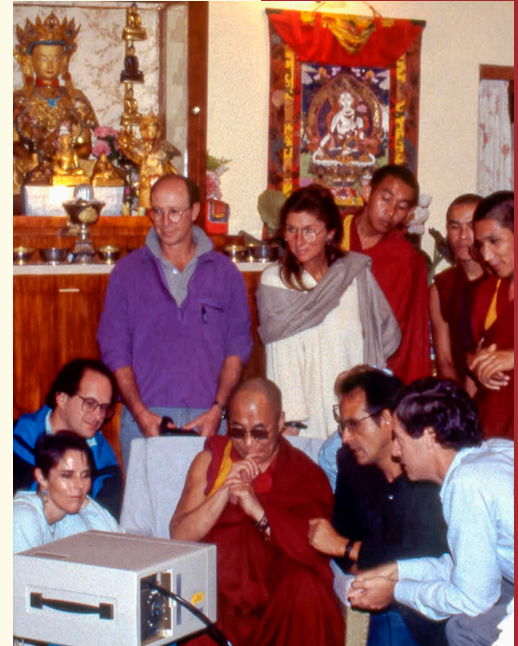
What if
human minds
hold the key to
bringing our
world together?



WHEN THE MIND & LIFE Institute began over three decades ago, our founders envisioned a future where science and contemplative wisdom would come together to promote human flourishing.

In collaboration with hundreds of scientists, contemplatives, and changemakers, Mind & Life has since helped bring that vision to life by seeding the modern mindfulness movement and the field of contemplative science.

Yet today, we recognize that humanity is more divided than ever. It's time for us to explore a new horizon that the Dalai Lama has always called on us to seek: **unlocking the mind's potential to break down barriers both within us and between us.**



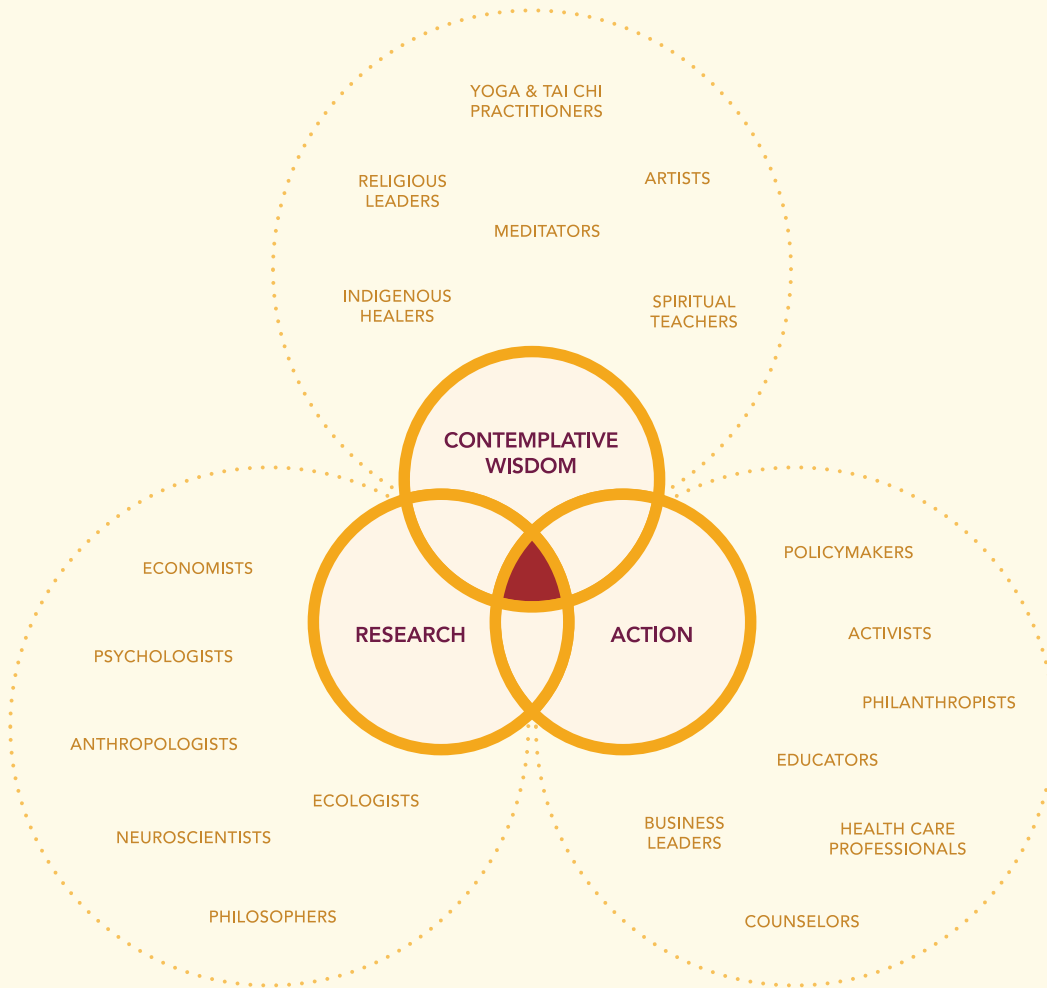
1992 Mind & Life Dialogue 4
Credit Clifford Saron

Asking bigger questions leads to bigger change.

WE'RE INSPIRED not only by questions that drive scientific insight, but also by those that move people to greater compassion and action.

That's why we're focusing our inquiry on exploring the root causes behind the challenges of disconnection and othering that separate and divide us.

We want to reveal how human minds contribute to—and can help solve—these problems.



MIND & LIFE convenes diverse perspectives at the intersection of research, contemplative wisdom, and action. We all share a common passion for inquiry, and together, we're asking questions and exploring solutions that open the door for transformation.

Inquiry has the power to inspire action.

We're digging deep into disconnection and othering—challenges we see at the root of human suffering.

Disconnection manifests in experiences like loneliness, depression, anxiety, and addiction. Othering surfaces as societal problems like racism, sexism, and political polarization.

Our work focuses on how the inner workings of the mind influence the views, behaviors, and social systems that separate us, and the role of contemplative practice in helping us embrace our shared humanity.

We're exploring topics like:



NURTURING WHOLE
STUDENT LEARNING



UNDERSTANDING AND
SHIFTING MENTAL HABITS



ADVANCING
SOCIAL JUSTICE



DEVELOPING
CAPACITY FOR
DIALOGUE



Our Theory of Change



Research and dialogues foster insight.

Bringing diverse minds together through inquiry is the heart and soul of our work. Now we're expanding to include those who are focused on real-world application and action.



We help amplify that insight to inspire action.

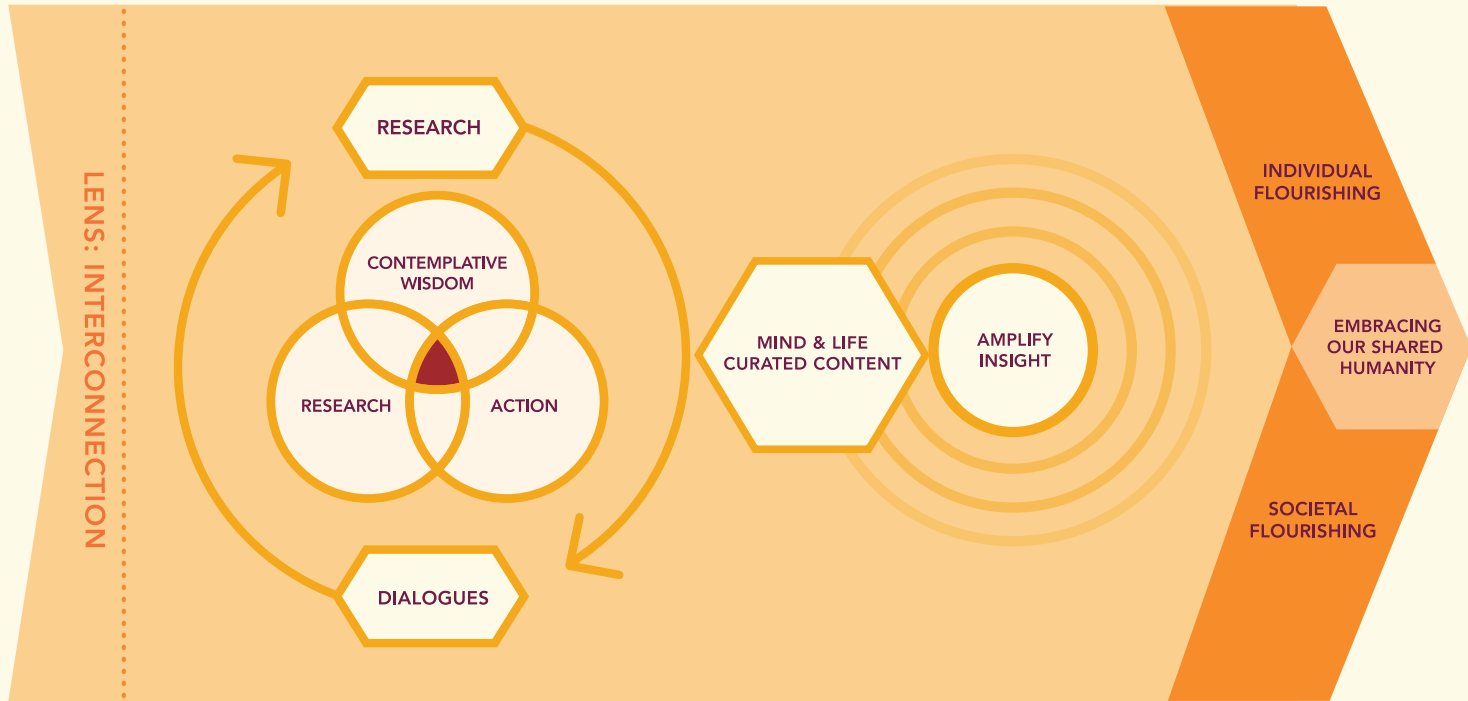
Working in collaboration with individuals and other organizations, we amplify learnings so they can take root and grow in the places they're most likely to affect change.



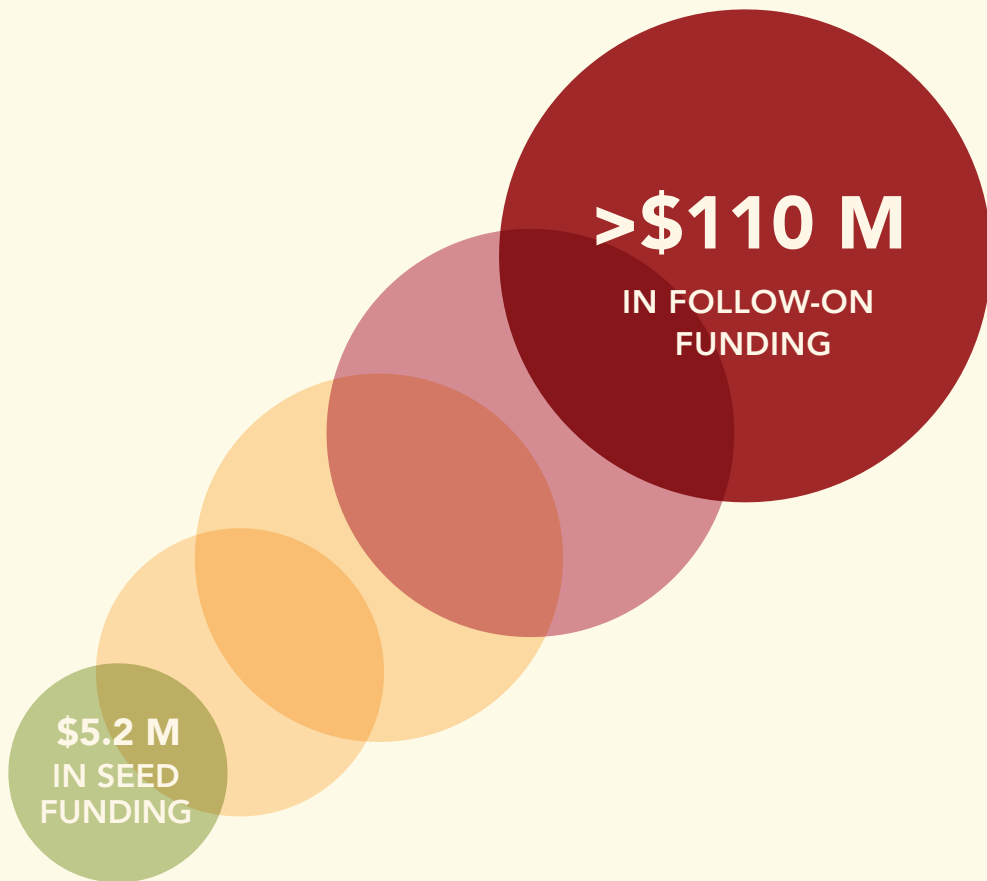
That action leads to flourishing for all.

Just as we helped usher in public understanding of mindfulness, we now seek to seed a profound transformation toward embracing our shared humanity—leading to individual, societal, and planetary flourishing.

FOSTER INSIGHT → INSPIRE ACTION → PROMOTE FLOURISHING



MIND & LIFE catalyzed the new interdisciplinary field of contemplative science—sparking an exponential increase in academic research around meditation and mindfulness, and helping launch the careers of promising young investigators through our powerful seed funding.





We're expanding our real-world impact when it's needed most.

A vital part of our legacy lies in linking the research we support to mainstream contexts, where it can be widely applied in the form of evidence-based educational and clinical programs. It's this real-world impact we plan to expand in this moment of crisis for humanity.

Imagine a
world where we
feel genuinely
connected to
one another...

*Where we approach our
differences with a sense of
compassion and curiosity,
instead of fear and suspicion.*

*Where we each recognize
that while we are all different,
we can still see ourselves in
each other.*



That is the world our expanded work will move us toward.

As we look ahead to making this bold vision a reality, Mind & Life is engaging the brightest minds and most compassionate hearts with the intention to affect a societal shift that brings humanity together.

GREATER REACH AND IMPACT

EXPANDED COMMUNITY

REAL-WORLD CONCERNS

SOLID FOUNDATION

BOLD VISION

We invite you to join us.

Seed the change

Your donation supports the conversations and learning exchanges we facilitate, the groundbreaking research we fund, and our expanding efforts to bring insights to those who can put them into action.

Lead the change

We're seeking changemakers, contemplatives, researchers, and collaborators from all walks of life to lead with us.

Explore with us

Tap into our digital resources to learn from and leverage the insights that emerge when we bridge science, contemplative wisdom, and action.

Our Values

INTEGRITY

We commit to be consistently equitable, trustworthy, transparent, and respectful.

CURIOSITY

We explore with a sense of humility and courage, embracing the innovation and creativity that comes out of the unknown.

COMPASSION

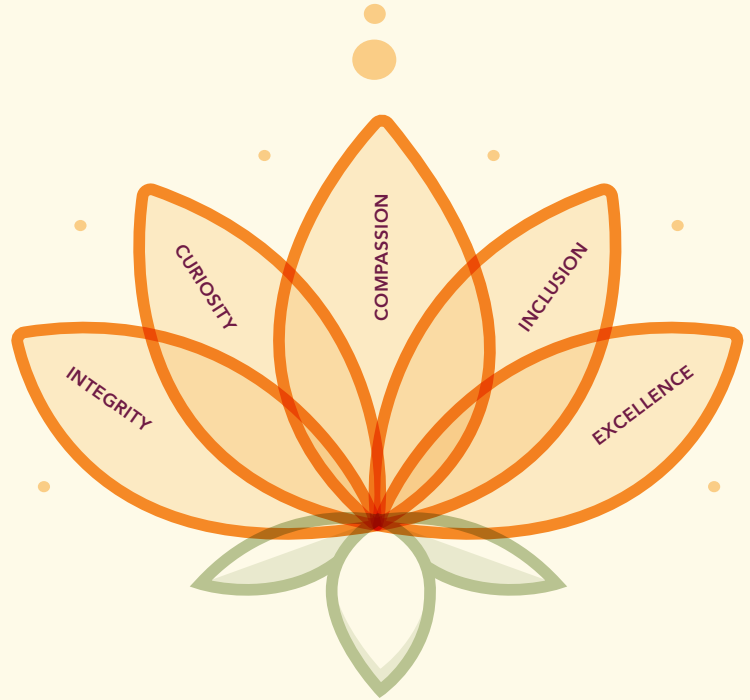
We aspire to relieve suffering through open-hearted and wise action.

INCLUSION

In intention and action, we embrace diverse perspectives and backgrounds that enrich our knowledge and broaden our community.

EXCELLENCE

We seek to reach our highest potential in all that we do through rigor and reflection.





“In today’s world, the entire population of seven billion people is one human community, living on one planet. Individual survival is entirely dependent on community survival—so caring about your community is ultimately taking care of yourself.”

—His Holiness the 14th Dalai Lama