



INSIDE MIND AND LIFE

A Quarterly Newsletter of the Mind and Life Institute

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The Chairman's Letter

Greetings,

Welcome to the first issue of **Inside Mind and Life**, our new quarterly newsletter. I am delighted to have this opportunity to share news on exciting new Institute meetings and programs planned for the future, and give you updates on our current programs and meetings as well. This issue focuses on our June 2004 Summer Institute, which will be held June 21-27 at the Garrison Institute in Garrison, New York. We also have a comprehensive update on our Cultivating Emotional Balance project. We know many of you are interested in this project based on your e-mail messages and phone calls. And we are introducing Mind and Life's new research grant program in this issue as well.



Adam Engle

Reflecting just for a moment on 2003, our Investigating the Mind meeting, held in Cambridge, MA on September 13-14, was an amazing success in every sense of the word. The feedback we have gotten from many scientists is that this meeting has shifted the understanding of the value and utility of the contemplative-science collaboration in ways that we cannot yet measure. If you weren't able to attend the meeting, it's not too late to order the meeting proceedings and see this groundbreaking event in the comfort of your own home. DVDs, CDs, audiotapes or videotapes can be ordered on our <http://www.investigatingthemind.org> website.

For those who have been waiting for the paperback version of *Destructive Emotions*, we have good news for you, too. We also have the *Destructive Emotions* discussion guide PDF posted on our <http://www.mindandlife.org> website. And *The New Physics and Cosmology*, based on our 1997 meeting is now available as well. Please see "Mind and Life Book News" in this issue for more details.

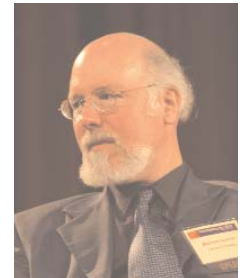
I hope you enjoy learning more about us. As always, we welcome your input and support. Please send your comments, questions, and suggestions to info@mindandlife.org.

With warmest regards,
Adam Engle
 Chairman and CEO
 Mind and Life Institute

The Mind & Life Summer Research Institute

We are pleased to announce that the first occurrence of the Mind and Life Summer Research Institute will be held at the Garrison Institute. It will begin the evening of Monday, June 21, and run for 6 days, Tuesday, June 22, through Sunday, June 27. The website address for the Garrison Institute is <http://www.garrisoninstitute.org/homepage.html>.

The purpose of the Summer Research Institute is to advance collaborative research among cognitive and affective neuroscientists and Buddhist contemplative practitioners and scholars. Our long-term objective is to advance the training of a new generation of cognitive/affective neuroscientists interested in exploring the influence of contemplative practice on mind, behavior, and brain function, including the potential role of con-



Summer Institute Faculty Member Stephen Kosslyn

templative methods for characterizing human experience and consciousness, and Buddhist scholars interested in expanding their knowledge of the modern mind sciences.



Summer Institute Faculty Member Sharon Salzberg

The specific goals of this program are several: 1) to elicit strategic discussion between modern experimental psychologists, neuroscientists, cognitive scientists, on the one hand, and Buddhist scholars, on the other, in order to develop research protocols to enhance investigation of human mental activity; 2) to have a cadre of nascent scientists (graduate students and post-docs), and some young Buddhist scholars, participate in these discussions in an effort to develop the next generation interested in innovation at the mind-brain interface; 3) to advance a collaborative research program to study the influence of contemplative practice on mind, behavior, and brain function, by informed use of the well-controlled mind in human neuroscience.



Summer Institute Faculty Member Joan Halifax Roshi



Summer Institute
Faculty Member
Alan Wallace

A small group of scientists and Buddhist scholars/practitioners will be the Faculty. The meeting will be limited to 60 Research Fellows and 28 Senior Investigators, as innovative and interdisciplinary scientific advances are more likely to succeed in a small meeting of committed scholars. Moreover, new fields can be dramatically shaped by providing training opportunities for young scholars who are in the very early stages of their careers or who are still in training.

Summer Research Institute Faculty

- Gerardo Abboud, Donyuling Center
- Jonathan Cohen, M.D., Ph.D., Princeton University
- Jane Carpenter-Cohn, M.A., Naropa University
- Richard J. Davidson, Ph.D., University of Wisconsin
- Georges Dreyfus, Ph.D., Williams College
- Gelek Rinpoche, Jewel Heart Sangha
- Joan Halifax Roshi, Ph.D., Upaya Zen Center
- Daniel Kahneman, Ph.D., Princeton University
- Dacher Keltner, Ph.D., University of California, Berkeley
- Stephen Kosslyn, Ph.D., Harvard University
- Margaret Kemeny, Ph.D., UCSF Medical Center
- David E. Meyer, Ph.D., University of Michigan
- Matthieu Ricard, Ph.D., Shechen Monastery
- Sharon Salzberg, Insight Meditation Society
- Anne Treisman, Ph.D., Princeton University
- Tsoknyi Rinpoche, Ngesdon Osel Ling Monastery
- Alan Wallace, Ph.D., Santa Barbara Institute

Theme of the Summer Research Institute

The overriding theme of the meeting will be to foster a meaningful dialogue between modern cognitive/affective neuroscience and Buddhist contemplative practice. For such dialogue to occur, it is important for the participants to appreciate the theoretical commonalities and differences between Buddhist and modern scientific perspectives. Hence attention will be given to



Summer Institute Faculty Members
David E. Meyer and Ann Treisman

issues that arise in studying the mind.

The scientific emphasis will be given to developing rigorous experimental designs to evaluate both state and trait effects of contemplative practice and potential experimental

designs for incorporating "first-person" contemplative methods into cognitive/affective neuroscience research on consciousness. We will encourage the active collaboration of scientists and Buddhist scholars in all phases of research. Examples of early findings from such collaborations will be provided.

Possible themes that will be addressed include:

Functional neuroimaging research on relations between changes in subjective experience during meditation and alterations in brain function.

Neuroplasticity and its implications for understanding transformations in brain and behavior produced by contemplative practice.

Integration of first-person methods in research on brain function, meditation, and consciousness

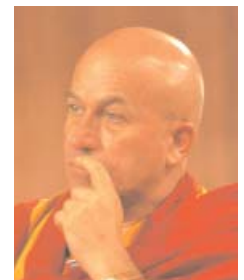
Affective and cognitive traits effects of meditation and methods to interrogate these changes in brain and behavior

Longitudinal research with meditation practitioners

Epistemological and methodological issues about introspection and meta-cognition, as seen from the perspectives of Buddhist psychology and modern cognitive science

Meeting Structure

Scientific and Buddhist presentations will be set up to encourage dialogue. All talks are "bottom up"—scientists will present the subject closest to their research interests. The Buddhist discussion comments would tie in relevant connections, i.e., what mind insights complement the brain research. Buddhist topics (nature of mind, or consciousness, etc.) will be presented, and then discussed by scientists to clarify related brain discoveries, if any. Each day will have one principal science topic presented, then discussed by Buddhist(s), and one Buddhist topic, then discussed by scientist(s). Each session will last about 2 hours.



Summer Institute Faculty
Member Matthieu
Ricard

Faculty have been selected to be comfortable with this structure—and not naïve to the science/contemplation interface. For this first Institute, all Faculty will have experience and empathy with the project.

Meditation, with appropriate instruction, is part of the program, in order to ground any discussion of first-person contributions in actual experimental practice.

Small group (10-15 students, 2 Faculty [one Buddhist, one scientist]) discussions will occur in the evenings, to allow exploration of the topics in more detail, directed towards testable hypotheses.

Applications opened at www.mindandlife.org on January 19, 2004, and closed on February 29. Final selection of applicants was completed on March 22, and applicants were notified immediately thereafter.

We Need Your Help to Make The Summer Research Institute Happen

Though the Summer Institute is being partially funded by generous grants from the John Templeton Foundation, the Garrison Institute, and the Mental Insight Foundation, we still have a budget shortfall. Please help us make the Summer Institute a reality by donating, either online at <http://www.mindandlife.org> or by mailing your check to us at:

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Cultivating Emotional Balance (CEB) Project Update

The Fetzer Institute (<http://www.fetzer.org>) funded a pilot study of the CEB training that took place from September 2002 to May 2003. An integrated 5-week training program was developed following a series of meetings with experts in emotion, psychotherapy and contemplative meditation. In addition, a number of behavioral evaluation measures were selected and modified to capture changes in emotional and interpersonal behavior, without relying exclusively on self-report. The training and evaluation measures were then pilot-tested on a sample of 15 female schoolteachers. The training



Paul Ekman and His Holiness the Dalai Lama talk about emotional balance at Mind and Life VIII in 2000 in Dharamsala, India

integrated lectures, discussions, and practices related to contemplative meditation with lectures, discussions, and practices related to the awareness and understanding of emotional experience in self and others derived from the scientific literature. The format included a 3-hour introductory session, a 2 and 1/2-day retreat, a 3-hour follow-up session and 3 full-day final sessions.

Participants found the integrated training experience to be quite meaningful. They reported a reduction in negative mood, which they believe resulted from an increase in their ability to maintain a calm quality even in the face of adversity. They also reported an increase in awareness of their emotions, their thoughts, and their reactions to others that allowed them to respond in unique and constructive ways. Many participants reported an ability to interact with others in a more compassionate and forgiving way.

Results Show Significant Impact

Results using evaluation procedures supported the participants' reports. Participants showed a highly significant decrease in depression, anxiety and hostility over the 5-week period. In addition, participants reported a significant increase in affection for others over the 5 weeks. They also demonstrated a significant improvement in the ability to detect subtle forms of emotional expression on the face. In addition, all participants were exposed to a standardized "stress" task at both the pre-training session and the post-training session.

At the post-test, participants showed a pattern of responding suggesting less emotional and physiological reactivity to the stress task when compared to their reactivity prior to the training. In other words, the training appeared

to protect them from the negative psychological and physiological effects of stress. The next phase of the project will determine whether these and other changes will continue to be observable when they are compared against any changes demonstrated by a control group that does not receive the training.

The next phase of the CEB project will be to conduct a randomized controlled clinical trial, comparing the integrated training to a control condition to determine the efficacy of the training and its impact over a 6-month follow-up period. The aims of the trial are to determine if the CEB training versus a control group reduces emotional experiences that are destructive to others, specifically, hostility, contempt and denigration; reduces emotional experiences that are destructive to self, specifically, shame, depression and anxiety; promotes empathy and compassion towards intimates and others; and promotes physiological health, as measured by changes in autonomic nervous system activity, neuroendocrine hormone levels and immune function.

The CEB project will recruit female schoolteachers, nurses, and other allied health professionals between the ages of 25 and 60 to participate in the study. Teachers and helping professionals were chosen for two reasons: 1) their work situations are stressful and can be emotionally draining due to their care-giving roles. These individuals may benefit from training that promotes emotional balance and compassion and, 2) because of the secondary benefit the training could have on the participants' pupils or clients/patients.

Planned CEB Training

Training will take place in a group setting over an 8-week period and will involve 4-5 all day sessions and 3-4 evening sessions. The training procedures will be modeled after those used in the pilot phase. Two trainers will lead the group sessions: Alan Wallace, co-investigator on the project and a Buddhist scholar and expert in meditation training, and Margaret Cullen, a marriage and family therapist, who has expertise in group interventions including those using psychological and meditation techniques.

The CEB training involves the integration of secularized meditation practices with various techniques drawn from Western psychological science designed to promote the understanding and regulation of emotional life. Training will focus on the following components: attention (concentration, attention and mindfulness); awareness and understanding of emotions in self and others; skills to handle emotional conflict; empathy training; and compassion training.

All participants will be evaluated using psychosocial and biological measures of emotion and social interaction at three points in time: immediately before, immediately after, and six months following the 8-week training period. The trial will determine whether the integration of contemplative practice and western techniques for dealing with emotion can reduce destructive emotions and enhance compassion and empathy for others. While self-report measures will be included, the project emphasizes measures of emotional and interpersonal behavior.

CEB Schedule

Pre-Trial Measurement Studies (to further refine instruments): 9/03-6/04

Recruitment of Participants/Set-up: 3/04-12/04

Trial Phase, Follow-up and Data Analysis: 1/05-6/06

If you live in the San Francisco Bay Area and would like to consider participating in this study, please call: 415 476-7681. If you would like to hear more about the study when information becomes available or would like to contribute to the study in some way, please contact Rosa Hippler at rhippler@itsa.ucsf.edu or 415 476-7751. The CEB website is at <http://cultivatingemotionalbalance.org/>.

Investigating the Mind (ITM) Meeting, September 13-14, 2003

Investigating the Mind: Exchanges between Buddhism and the Biobehavioral Sciences, held at the Massachusetts Institute of Technology in Cambridge, Massachusetts, was an



His Holiness the Dalai Lama, Buddhist scholars and scientists at the 2003 Investigating the Mind meeting at MIT

overwhelming success, with over 1100 people in attendance, and over 1600 on the meeting waitlist. This was the first-ever Mind and Life meeting open to the public.

The Dalai Lama participated in all sessions during the two-day meeting, when panels of neuroscientists and Buddhist scholars discussed attention, mental imagery, and emotion. Our meeting received a tremendous amount of international press coverage, including articles in *Science* magazine, *Newsweek*, *The Washington Post*, *The Wall Street Journal*, *USA Today*, *The Boston Globe*, *Smithsonian* magazine and *Psychology Today*, among others.

The Mind and Life Research Network (MLRN)

MLRN has recently initiated two lists to facilitate communication among contemplative practitioners, meditation researchers and interested partners who care about and support this important work. The moderated Announcement List is for formal announcements. The unmoderated Discussion List is intended for informal discussion. In alignment with the mission of the



Patricia (Tish) Jennings, MLRN Moderator

Mind and Life Institute we aim to facilitate meditation research that respects both the scientific and contemplative traditions and the synergetic collaboration between third person and first person perspectives. All scientific disciplines and fields are welcome to participate. The network has interest in all styles of meditation and contemplative practice.

After only a few months, there are approximately 400 members on the discussion list and 900 on the announcement list. The membership consists of scientists, clinicians, and graduate students as well as individuals who are practitioners of contemplative practice or who are interested in meditation research.

To join the Mind and Life Research Network, go to the URL <http://mindandlife.org/ml.research.network.html> and click on the links there.

Mind and Life Research Grants Program

The Institute is launching a small (maximum \$50,000) experimental grant program designed to provide scientists with support for specific research tasks that would not otherwise be covered by existing grants. As we begin this experiment, for 2004 these grants will be limited to selected Investigating the Mind panel members. These proposals will be funded in a competitive process, after peer review of a two-page proposal. The deadline for proposals will be May 1, with awards made July 1. The proposals will be evaluated by a subcommittee of the Mind and Life Institute Board of directors.



Scientists, His Holiness the Dalai Lama and Buddhist scholars discuss research conducted at the University of Wisconsin at Madison

If the program is successful, we will attempt to continue it in subsequent years by attracting further funding. If you'd like to contribute to this innovative program, donations can be made online at <http://www.investigatingthemind.org>, or by mailing your check to:

Mind and Life Research Grants Program
Mind and Life Institute
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Richard J. Davidson, Ph.D., Mind and Life Board Member, Named American Academy of Arts and Sciences Fellow

Richard J. Davidson, Ph.D., Vilas Professor of Psychology and Psychiatry, was elected as a Fellow to the American Academy of Arts and Sciences in the area of Social Sciences. The 2003 class of 187 Fellows and 29 Foreign Honorary Members includes four college presidents, three Nobel Prize winners, and four Pulitzer Prize winners. "Newly elected Fellows are selected through a highly competitive process that recognizes those who have made preeminent contributions to their disciplines," said Academy President Patricia Meyer Spacks.



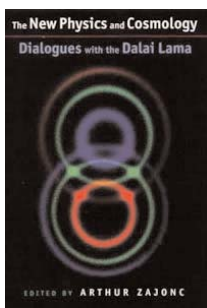
Richard J. Davidson, Ph.D.

New Fellows and Foreign Honorary Members are nominated and elected by current members of the Academy. Members are divided into five distinct classes: I) mathematics and physics; II) biological sciences; III) social sciences; IV) humanities and arts; and V) public affairs and business.

The unique structure of the American Academy allows Members to conduct interdisciplinary studies that draw on the range of academic and intellectual disciplines. The Academy was founded in 1780 by John Adams, James Bowdoin, John Hancock, and other scholar-patriots "to cultivate every art and science which may tend to advance the interest, honor, dignity, and happiness of a free, independent, and virtuous people." For more information, please go to <http://www.waisman.wisc.edu>.

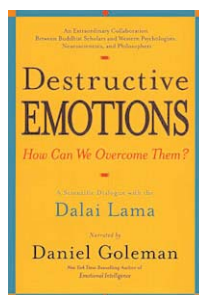
Mind and Life Book News

Destructive Emotions, written by Daniel Goleman, is now available in paperback in the US. It can be purchased at <http://www.amazon.com> for \$16.00, or from your local bookseller.



Our latest book, *The New Physics and Cosmology*, by Arthur Zajonc, is based on the 1997

Mind and Life VI meeting held in India with the Dalai Lama and physicists. This book is also available at <http://www.amazon.com> for \$29.95 or from your local bookseller.



The Science for Monks Program

Mind and Life Institute has been working with the Library of Tibetan Works and Archives and the Sager Family Foundation (<http://www.teamsager.org>) to help begin and implement their Science for Monks program, which moves forward on the Dalai Lama's goal to teach science in the Tibetan



His Holiness the XVII Karmapa, Matthieu Ricard, and other monks attended the Mind and Life X meeting in Dharamsala, India

monasteries. The program began in 2000, and held a month-long workshop in December 2003 in Dharamsala, India.

Several western science teachers taught physics, biology and math to 60 monk/students and 6 science and math teachers from Tibetan Children's village. Past Mind and Life meeting participants David Finkelstein and Ursula Goodenough were among the workshop faculty. The Science for Monks project is funded by the Sager Family Foundation. Monks from this program attended our recent Mind and Life X and XI meetings, and will also attend ML XII.

Our Research in the News

Financial Times, February 13 US edition, page 9.

Cooking Light, January-February issue, "Clear Your Mind, Improve Your Body," page 20

O, the Oprah Magazine, March issue, "Choose Happiness" page 192

"Science and Buddhism are very similar, because they are exploring the nature of reality, and both have the goal to lessen the suffering of mankind."

The Dalai Lama

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