Widening the Circle
Mindfulness in the World
Widening the Circle

Mindfulness is about being fully awake to our lives. It is about perceiving the exquisite vividness of each moment. We feel more alive. We also gain immediate access to our own powerful inner resources for insight, transformation, and healing.

Jon Kabat-Zinn
For nearly 30 years, the Center for Mindfulness has been an innovative leader in mind-body medicine and mindfulness-based treatment and research investigations, pioneering the integration of meditation and mindfulness into mainstream medicine and health care. Our Stress Reduction Program is now a mature endeavor and continues to expand its influence worldwide with hundreds of mindfulness-based stress reduction (MBSR) clinics now attracting tens of thousands of participants on five continents.

Starting from this solid foundation of achievement, and because of our unique empirical and experiential teaching approach, we are expanding mindfulness into a range of fields, including private and public school systems, the business community, and governmental agencies.

In 2007 we continued to widen this circle of influence across many boundaries both geographical and institutional to bring the transformational force of mindfulness to the everyday lives of people around the world.

Spaciousness emerges as we learn to trust ourselves enough to stop, to wonder and not know, to see more clearly and understand through the medium of this stopping and seeing—this making space—that we have more choices than we imagine about whether or not to act, when to act, where to act, and how to act.

Saki Santorelli
I live my life in growing orbits
which move out over the things of the world.
Perhaps I can never achieve the last,
but that will be my attempt.

...I have been circling for a thousand years,
and I still don’t know if I am a falcon, or a storm,
or a great song.

Rainer Maria Rilke
Dear Friends

For 29 years the Center for Mindfulness has been turning in growing orbits. Look once, we are a clinic—another turn, a research enterprise—still again, an educational institute...or a corporate leadership endeavor. In a very real and substantive way, our work is to turn. Yet, turning always requires an axis, a pivot point. Our pivot point is mindfulness. It offers us the stability and vastness to move and meet the world.

What we are as an organization is hard to say, exactly. I find this elusiveness exhilarating; it sustains our nimbleness, our capacity to shift and flow, to catch a glimpse of possibility even in the tiniest seed moments. This does not mean that we don’t attune to an inner pole star.

As you will see, we accomplished much over the past year. The Stress Reduction Clinic is thriving. We are working in increasing depth with medical students and residents, as well as with corporate leaders. Our professional education programs are reaching into Australia, South Africa, Europe, Costa Rica, Canada, and the United States. Research investigations of mindfulness are increasing. We are hosting our sixth annual international scientific conference on meditation and mindfulness this year. And we are now bringing mindfulness to adolescents and public school teachers.

In the midst of all this productivity, mindfulness continues to teach us about how to wait, about how to be still and listen, and about how to cultivate and become intimate with the kind of spaciousness that allows the unforeseen to emerge and be seen. I find this to be hard work because I find the intoxicating speed of the digital age to be both exciting and oppressive. It is easy to become drunk, bowing before I know it to the push of impulse and thereby forgetting the pull of our collective, organizational purpose. Yet, this “pull”—what I have called the pull of the soul towards the possible—is essential to attend to. This is what you have come to expect from us, what you have come to rely on through our initiatives, and what we have come to expect of ourselves.

This is why we “practice.” We practice mindfulness because we are attempting to embody and enact the great circling that Rilke sings about. Here at the Center for Mindfulness we do not know if we are a falcon, or a storm, or a great song. It doesn’t really matter. What does matter is that we are committed to assuming increasing responsibility for moving out over the things of the world by engaging the world through mindfulness. This is our commitment and our greatest ally.

I am delighted to present to you our first annual report and I thank you for supporting us in this 29-year adventure.

Saki F. Santorelli, EdD, MA
Executive Director, Center for Mindfulness
Director, Stress Reduction Clinic
Associate Professor of Medicine
University of Massachusetts Medical School
Our mission is to cultivate and integrate awareness into the everyday lives of people, organizations, and communities. We are a Center within the Division of Preventive and Behavioral Medicine in the Department of Medicine at the University of Massachusetts Medical School, one of five campuses of the University of Massachusetts system, with a mission of national distinction in health sciences education, research, and public service.

Jon Kabat-Zinn, PhD, founded the Stress Reduction Clinic 29 years ago and in 1995 we became the Center for Mindfulness. Over the years we have taken delight in pioneering and researching the integration of mindfulness in key areas of modern life: mainstream medicine, health care, medical and professional education, public and private school systems, corporate and non-profit organizations, athletics, and inner city and correctional institutions.

Our work has been featured on PBS in Bill Moyers’ documentary, Healing and the Mind, which was seen by more than 40 million people; on NBC’s Dateline; on ABC’s Evening News and Chronicle programs; on The Oprah Winfrey Show; and in hundreds of newspaper and magazine articles.

We offer a number of pathways for people to cultivate a sense of well-being, confidence, and creativity:

The Stress Reduction Clinic
Since 1979 more than 17,000 people have completed our eight-week Stress Reduction Program of relatively intensive training in meditation and mindfulness-based practices.

Oasis
Our mindfulness-oriented professional education and innovation center is an imaginative and rigorous school for a new generation of professionals intent on learning, from the inside out, how to integrate mindfulness into their disciplines and endeavors.

Research Investigating Mindfulness
From the very beginning, we have been dedicated to investigating and understanding the mind-body connection through pilot investigations, small studies, and large-scale research funded by the National Institutes of Health.

Annual Scientific Conference
For the past five years, we have hosted a unique international meeting of mindfulness-oriented clinicians, researchers, and educators who gather to share scientific findings, clinical approaches, teaching experiences, and ideas.

Mindfulness in Education
We are taking a leading role in a national movement focused on integrating mindfulness into education, including the development of distinctive mindfulness-based programs for teachers and adolescents.

Executive Leadership and Corporate Programs
For a range of private and public organizations we offer inventive mindfulness-based programs that cultivate genuine leadership and creativity.
The Year in Review

The Stress Reduction Clinic: Expanding the Circle of Caring

In 2007 our Stress Reduction Clinic was at full capacity. The Clinic now serves 400 new participants every year, which is equivalent to 4,000 yearly patient/participant visits. There are now more than 240 mindfulness-based stress reduction (MBSR) clinics worldwide—patterned after our original Clinic and serving thousands of people every year—as interest in mind-body and integrative medicine approaches grows and evidence about the potential healing power of the mind expands.

During the 29-years of the Clinic’s life, more then 17,000 people have completed our eight-week MBSR program. Many of them were referred to the Clinic by more than 5,000 physicians and many others were self-referred. The Clinic is financially stable and our collection rates are better than 90%. To this day we remain true to our founding commitment of not turning people away who can benefit from this service but who cannot pay for it in full.

About the Stress Reduction Clinic:

Founded at the University of Massachusetts Medical Center, the Stress Reduction Clinic remains at the heart of our work. From the Clinic’s inception, the primary treatment approach has been our eight-week MBSR program, an intensive training that asks participants to draw on their inner resources to actively engage in healing and caring for themselves. The program combines mindfulness practices such as meditation and mindful yoga with gentle inquiry and experiential learning. It is one of the most effective and respected methods of assisting people to face, understand, and work with stress, pain, and the challenges of living in the 21st century.

The program gave me a chance to take a good look at myself and in that way it was healing, but in a way I never expected. It wasn’t so much about doing ordinary tasks to relieve stress but it was much more of a journey, where you connect with your own strength and resources so that you can deal with whatever you’re dealing with in your own way. The class spoke to me in a very personal way.

Mary Knittle, Stress Reduction Clinic participant

At first it was painful for me to look inside myself, and I resisted. Slowly it began to register with me, and it became life changing. The way I looked at it finally—and I can still visualize this—is that a clear path opened up. The problems and issues haven’t gone away, but the way I choose to handle them and what I choose to focus on has changed to the point that I feel I have a life, and I feel so much more positive about this life.

Betty Simino, Stress Reduction Clinic participant
The Year in Review

Oasis: Extending Our Presence

Over the years we have come to realize that training others to teach mindfulness-based approaches enables the Center to expand our sphere of influence. In 2007, 630 professionals participated in Oasis, our new center for mindfulness-based professional education and innovation. Oasis directors Melissa Blacker and Florence Meleo-Meyer oversee a rigorous, longitudinal education and training process. Last year, they taught the first Center for Mindfulness-sponsored Practicum in MBSR® and MBSR Teacher Development Intensive® programs in Europe. And together or separately they taught multiple training programs in Sweden, England, Italy, the United States, and Austria. These programs were attended by health care professionals from Asia, North America, Africa, and Europe. Many of these people are now teaching and researching MBSR in their home countries and developing networks of collaborative relationships with like-minded Oasis graduates everywhere.

Jon Kabat-Zinn and Saki Santorelli taught 7-day professional MBSR training programs in California, New York State, and Germany. Graduates of these programs are bringing mindfulness into fields as diverse as education, psychology, law, athletics, business, and the criminal justice system. Over the years, more than 8,000 health care professionals have participated in the Center’s education and training programs.

About Oasis:

Oasis was founded in 2005 as a place to train and mentor a new generation of health care and other professionals interested in integrating mindfulness, MBSR, and other mindfulness-based approaches into disciplines and communities all over the world. While this is our primary focus, Oasis has a more fundamental objective, which is to foster an understanding among professionals that experience, intuition, discernment, and imagination are as crucial and valid as factual, evidence-based knowledge. Oasis is a rigorous forum for the development of these mutually effective, interdependent approaches to knowing, caring, and serving.

I’ve seen amazing transformations in our Oasis students, probably because of the experiential and intensive nature of our programs. While they may come in with the simple intention of learning how to teach or refining their teaching, people are often surprised to discover something new and profound about their own hearts and minds.

Melissa Blacker, Oasis director and senior MBSR teacher

As I go through each part of the training, what calls me back again and again is not only the opportunity to develop and hone skills as an MBSR teacher—it’s also being part of this community of MBSR practitioners and teachers. I feel a deeper kinship than I do anywhere else.

Elizabeth Cohen, MBSR teacher, Maitland, Florida
The Year in Review

Research Investigating Mindfulness: Increasing Our Scientific Understanding

In 2007, the Stress Reduction Clinic was the site for a number of federally and privately funded investigations and pilot studies of mindfulness conducted at the UMass Medical School and in collaboration with colleagues here and at other institutions. Two of these studies explored the potential value of mindfulness and MBSR for women with severe hot flashes* and for adults suffering with asthma.** Additionally, we are in the final phases of a four-year collaborative study with colleagues at Northeastern University investigating the use of mindfulness in reducing relapse and increasing coping in women and young mothers in early stages of recovery from substance abuse or addiction. We are also in the first phase of a pilot study of a mindfulness program designed specifically for adolescents. And, the long-awaited results of our investigation of the use of mindfulness and MBSR with prison inmates revealed that 1,350 male and female inmates in Massachusetts correctional facilities who participated in an MBSR program showed substantial reductions in hostility and mood disturbance and positive increases in self-esteem (The Prison Journal (87(2), 254-268), 2007).

* James Carmody, PhD, UMass Medical School assistant professor of medicine, principal investigator
** Lori Pbert, PhD, associate professor of medicine and James Carmody, principal investigators

About Center for Mindfulness Research:
The Center for Mindfulness has been committed to research for nearly thirty years. We have a reputation for delivering reputable, high-value, empirically tested programs that achieve tangible results. We remain intensely curious and intellectually committed to understanding the effects of our work, continually asking questions of our participants, and supporting intellectually rigorous scientific investigations and research about mindfulness and MBSR. With the leadership of James Carmody, PhD, UMass Medical School assistant professor of medicine, clinical investigations of mindfulness and MBSR are expanding at the Medical School. To date, we have produced more than 100 publications, including scientific papers, books, monographs, and abstracts about mindfulness and mindfulness-based stress reduction.

In contributing my time as director of research for the Center I seek to fulfill the expectation of an academic medical institution that the Center’s programs are measured and understood. This means that any claims communicated to the wider world about the program’s efficacy are based on solid empirical evidence from rigorous clinical research.

James Carmody, PhD, Assistant Professor of Medicine

The field of medicine is moving toward a more evidence-based practice—so the accrual of scientific evidence is crucial in helping to promote the application of meditation in widespread segments of our culture. Studies at the Center for Mindfulness have illuminated the efficacy of meditation practice and the mechanisms through which mindfulness may work. I look to the research of the Center as the originator and, in many ways, the beacon of work in this area.

Richard J. Davidson, PhD, Director, Laboratory for Affective Neuroscience, University of Wisconsin
The Year in Review

Annual Scientific Conference: Welcoming Our Circle of Friends

Our Fifth Annual International Scientific Conference, Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, took place in March 2007 in Worcester, Massachusetts, and drew more than 420 participants from North America, Europe, South Africa, South America, Australia, New Zealand, and China. The conference explored the profound connections between mindfulness, medicine, neuroscience, healing, and the mind, with workshops and presentations on meditation and the physiology of stress; cognitive-affective neuroscience and clinical applications of mindfulness; and clinical and adaptive applications of mindfulness-based interventions. In a post-conference survey, more than 90% of respondents rated the conference as good or excellent and more than 80% of respondents said that the conference fulfilled their reason for attending.

About Our Annual Scientific Conference:
Every year for the last five years, the Center for Mindfulness has hosted a unique international gathering of researchers, neuroscientists, educators, and MBSR teachers and students. Our annual conference is a forum for presenting, investigating, and learning about mindfulness-based clinical care and research. The meeting gives participants the opportunity to meet and interact with mindfulness-oriented clinicians, scientists, educators, and teachers. The sixth annual conference takes place in Worcester, Massachusetts from April 9-13, 2008.

It is very exciting that a conference of this kind exists. It is essential that there is a place for people working in different domains and at different levels of granularity to gather and share ideas about meditation research and practice. This is unique. There’s a huge explosion of interest in mindfulness among so many different professional disciplines, including neuroscience, clinical research, and mental health care and I see this reflected in the conference. Personally, the conference inspires me to continue doing my clinical research.

Philippe Goldin, PhD, clinical research scientist, Department of Psychology, Stanford University

I was meditating and the first image that came to mind about this conference was that of a large living room with all our friends from around the planet—healthcare professionals, nurses, researchers, neuroscientists, MBSR professionals—coming together and presenting their data and insights, hashing this stuff out and beginning to learn from one another—and in that way adding to the growing contribution of mindfulness in the field of mind-body medicine and other areas of modern life.

Sari Santorelli, executive director, Center for Mindfulness
The Year in Review

Mindfulness in Education: Reaching Out to Teachers and Children

In 2007, Florence Meleo-Meyer, Mindfulness in Education director and senior MBSR teacher, drew on a $100,000 Globe Foundation grant to explore potential public education programs for both teachers and young adults, including our Mindfulness-Based Teen Program®. “The teenagers captured my heart with their freshness, willingness, courage, authenticity, strength, and vulnerability. They diligently practiced mindfulness—deepening the realm of heart and mind,” said Florence.

To help teachers, Florence joined forces with Pamela Seigle, executive director of Courage & Renewal Northeast, based at Wellesley College, to create a model that integrates MBSR and Courage to Teach®. This unique training program for teachers combines the reflection and renewal work of Parker Palmer’s renowned Courage to Teach approach with the depth and wakefulness of mindfulness training. Florence and Pamela introduced an after-school pilot program in the Columbus Park Preparatory Academy, an innovative elementary school in Worcester, Massachusetts. Reflecting on the program, Pamela said, “Recognizing the extremely valuable care these teachers give to children, we offered them tools for reflection and self-care to sustain their authenticity and presence in the classroom.”

“Courage to Teach®, based on the work of Parker J. Palmer and colleagues, is a program of retreats for the personal and professional renewal of public school educators. Courage to Teach focuses neither on “technique,” nor on school reform, but rather on renewing the inner lives of professionals in education.

About Mindfulness in Education:
With its central emphasis on cultivating and refining attention, weaving mindfulness into the fabric of our educational system is critical to learning and important to the health of children and their teachers. We are developing innovative ways to cultivate inner resources that empower teachers and students to be focused, confident, aware, composed, and kind to themselves and others. When educators cultivate these attributes within themselves, they more easily create learning environments that foster these same qualities in their students and colleagues. This approach is reflected in our nascent Mindfulness-Based Courage to Teach® and our Mindfulness-Based Teen Programs.

It’s inspiring to work with teachers as they begin to recognize their inherent capacity to be aware and caring, as they learn to care for themselves and open to their potential, and beyond that, to see that quality of mind reflected in the culture of their classrooms.

Florence Meleo-Meyer, Mindfulness in Education director and senior MBSR teacher

The Mindfulness-Based Courage to Teach program was a gift to all of us—my teachers, our students, and me. It gave us an opportunity to replenish ourselves by slowing down, reflecting on who we are and what we do, and giving ourselves the time and space to be. This had a definite impact in our classrooms. Teachers found themselves often taking a breath and centering themselves so that they could give their full attention to the needs of students.

The Year in Review

Executive Leadership and Corporate Programs: Expanding the Vision

2007 saw the expansion of our executive leadership and corporate programs as we began to work in a more in-depth and sustained way with executives and officers from major corporations and institutions. Janice Marturano, vice president, public responsibility and deputy general counsel for General Mills, Inc., joined our team as the Center’s new director of corporate leadership education. Under her direction we conducted a number of programs for executives at General Mills, including four Cultivating Leadership Presence through Mindfulness® multi-day residential programs for 70 senior leaders; two on-site Mindfulness in the Workplace® seven-week programs; and a program focused on innovation titled Catching Lightning: Mindfulness and Innovation®. Working with these executives allowed us to study, refine, and develop programs focused on leadership and innovation. Our goal is to continue to cultivate relationships with organizations in which we can further expand our business-oriented mindfulness-based initiatives.

About Executive Leadership and Corporate Programs:
For more than a decade, the Center has responded to requests from a range of for-profit, not-for-profit, and public organizations with a variety of programs. To date, we have worked with more than 30 organizations and institutions in both the private and public sectors, including Abbott Laboratories, Baystate Health, Bose Corporation, Eileen Fisher Inc., the Environmental Protection Agency, General Mills, Inc., Hale and Dorr, and New Balance Athletic Shoe.

Mindfulness-based executive leadership and innovation programs provide ways to cultivate a direct experience of mindfulness and bring the resulting insight and awareness into professional and personal life. Participants receive instructions in mindfulness practices aimed at learning to sustain focus, redirect attention when the mind becomes distracted, listen more fully, and cultivate creative, innovative thinking. Leaders report that engaging in such practices brings about the unfolding of genuine presence at work and an effective and efficient relationship with all aspects of corporate life.

I’ve enjoyed working with leaders as they discover and practice mindfulness to strengthen and hone the ability to see the big picture and selectively focus attention—to listen deeply and learn to respond rather than react. At the same time, mindfulness practice gives leaders the ability to relate in a disciplined and efficient manner to the steady stream of thoughts that can clutter the present moment and obscure the stillness from which true innovation and clear-seeing emerges.

Janice L. Marturano, Director of Corporate Leadership Education, Center for Mindfulness

Mindfulness training enhances my ability to be clear and present so I can be more focused and innovative at work. It will also have an important impact on my team as they experience a calmer, more focused leader.

Tim Coats, Vice President, Logistics and Strategy, General Mills, Inc.
Financial summary

Financially, the Center has had a positive operating budget for the last five fiscal years. Primary revenue streams are increasing, income sources are now diversified and deepened, and fund-raising and philanthropic efforts have expanded, resulting in significant gifts and grants from individuals and foundations. Without sacrificing our vision and mission, we are financially viable and increasingly self-sustaining.

Center for Mindfulness in Medicine, Health Care, and Society
Statement of Activities* for Fiscal Years 2005-2007
For fiscal years ending June 30

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<th>FY 07</th>
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**EXPENSES**

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Change in Net Assets

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<td>Net Assets, Beginning of Fiscal Year</td>
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<td>$439,383</td>
<td>$240,985</td>
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<td>Net Assets (accumulated and committed for personnel, program, and infrastructure expansion)</td>
<td>$1,356,029</td>
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*Because the Center for Mindfulness is a University-designated Center in the Division of Preventive and Behavioral Medicine within the Department of Medicine at the University of Massachusetts Medical School, it is not an independent legal entity. Therefore, the above statement is unaudited and presented for informational purposes only.

**Programs include the Stress Reduction Clinic, Oasis Professional Education, Annual Scientific Conference, Executive Leadership and Corporate Programs, and Educational Resources/Merchandise. The Center’s clinical research infrastructure, which provides a platform for federally-funded research grants, is not included. Federal research grant revenues and related expenses flow directly through the UMass Medical School and are not included in the above statement.
Joining Our Growing Circle of Supporters

In 1979, we began. Without “ostentatious gestures,” the Center for Mindfulness has been attempting to listen and live in harmony with the voice of Being as we understand it in ourselves individually and organizationally. There is nothing mysterious or otherworldly about this “voice” or this listening. Tens of thousands of people and diverse organizations have come to count on us to assist them in recognizing and cultivating within themselves such listening and attentiveness and then, to take responsibility for the actions that emerge out of stillness and silence and seeing.

Across the planet the circle of awareness is widening. Mindfulness is being recognized as a powerful means of nourishing health, disciplining the mind, honoring the heart, and meeting the world with wisdom, compassion, and ethical action. More than ever, people and organizations are turning to us for our assistance. Today, the Center stands at a great threshold. While remaining firmly rooted in medicine and our medical school, the Center is engaging other key areas of modern life and society. Meeting these challenges in the year before us, we are turning our attention toward:

- cultivating the next generation of mindfulness-oriented health professionals in Australia, Canada, Europe, South Africa, and the United States...
- creating a highly collaborative, interdisciplinary research team to engage in groundbreaking clinical investigations with medical patients, Iraqi war veterans, and medical students and residents...
- expanding our pioneering leadership and worksite programs in Fortune 500 corporations and non-profits across the United States while building a network of mindful leaders...
- advancing a national movement focused on the application and integration of mindfulness into the education of adolescents and the ongoing development of teachers through innovative programs, curriculum development, and solid research...
- affecting health policy by widening access and broadening the scope of participatory medicine through strategic interface with other like-minded organizations, and through print and broadcast media, our Web site, and educational materials for the public.

It Is I Who Must Begin

It is I who must begin. Once I begin, once I try—here and now, right where I am, not excusing myself by saying things would be easier elsewhere, without grand speeches and ostentatious gestures, but all the more persistently—to live in harmony with the “voice of Being” as I understand it within myself—as soon as I begin that, I suddenly discover, to my surprise, that I am neither the only one, nor the first, nor the most important one to have set out upon that road.

Whether all is really lost or not depends entirely on whether or not I am lost.

VACLAV HAVEL
Circle of Supporters

In giving to the Center for Mindfulness, we feel that we are supporting the values most needed in today’s society. At a time when people seem to be living their lives on the surface, from the outside in, mindfulness practices encourage people to go inside, connect with their intuitive sense of soul, and find the resources within themselves to be patient and kind—a kindness that can spread to others and make our families and friendships more lasting and more authentic.

John and Maria “Tussi” Kluge, John W. Kluge Foundation

The efficacy of mindfulness practice—and the importance of the Center’s work—came home to me in a very personal way in 2000, when I was diagnosed with leukemia. After the initial shock of the diagnosis, meditation practice helped me to relax and realize, in a visceral way, the fundamental truth that this moment is all we ever have, and that whether or not we can improve our health through mindfulness practice, we can still find ways to be happy and peaceful in the face of any kind of adversity.

Richard Rockefeller, MD, chair, U.S. Advisory Board of Doctors Without Borders

We appreciate your generosity!