A Catalyst for Human Flourishing

Activity Report 2019
DEAR FRIENDS OF MIND & LIFE EUROPE,

The year 2019 for Mind & Life Europe was marked by a significant series of events related to our core MLE initiatives, a review and consolidation of our programs and activities, the successful Contemplative Science Symposium near Munich in the autumn, and our first MLE Retreat for younger scholars and scientists.

We were able to intensify our commitment to ‘Convene, Catalyse and build Community’ both in our professional and invitational events for Contemplative Philosophy (including support for the film ‘Epoché’ which was a direct result of the ICP workshop), ENCECON, our Community for Contemplative Education (CCE), and for the broader public through the Symposium.

We also piloted the MLE Retreat with 30 participants, which represents a programmatic “sweet spot” of encouraging and networking younger scholars and scientists. As a result of its success and our survey returns, we will continue with the MLE Retreat format for the next few years.

Additionally, we expanded and deepened our support of and partnerships with a variety of initiatives, including the worldwide premiere of the film ‘The Dalai Lama - Scientist’ directed by Dawn Engle as well as its exclusive premiere in Germany for participants of the Symposium.

And ‘behind the scenes’ we have upgraded our IT and web infrastructure, including preparations for a proper CRM data base, confirmed our UK and EU trademark for the Mind & Life Europe name, and consolidated a number of internal policies and processes. We also welcomed two new members to the Board of Directors. These things, too, are necessary for a smooth-functioning organization!

The MLE Team joins us in thanking you, dear friends and supporters, for your ongoing interest and engagement in the growing work of Mind & Life Europe!

Sincerely,

AMY COHEN VARELA
Chair of the Board

CORNELIUS PIETZNER
Managing Director

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European Varela Awards 2018

SUPPORTING THE NEXT GENERATION OF RESEARCHERS

January 25, 2019: Winterthur, Switzerland.

At the beginning of 2019, seven research projects of young scholars were awarded a Mind & Life Europe Francisco Varela Award (EVAs).

The EVA 2018 Awardees are:
* Corina Aguilar-Raab (Germany)
* Filip Van Droogenbroeck (Belgium)
* Mike Keesman (The Netherlands)
* Heather McDonald (United Kingdom)
* Ciaran Tobin (United Kingdom)
* Anthony Tuckwell (United Kingdom)
* Sebastjan Vörös (Slovenia)

Named after the neuroscientist and philosopher Francisco J. Varela, the EVAs have been an important and integral component of Mind & Life Europe’s support of contemplative scientists and scholars. The EVAs fund rigorous examinations of contemplative practices with the ultimate goal of providing greater insight into their cognitive, affective, neurobiological and socio-cultural effects, as well as their application for reducing human suffering and promoting flourishing.

The funding program is an essential feature of Mind & Life Europe’s strategy of building an interdisciplinary understanding of the mind and a key vehicle for increasing the number of exemplary scientists, scholars and clinicians involved in contemplative sciences.

The EVA 2018 projects span a wide range of research questions and approaches from the investigation of compassion in burdened couple relationships to a cultural congruence framework of Tibetan Mind Science and Western Mental Health to the exploration of Francisco J. Varela’s life-worlds.

Mind & Life Europe extends its sincere thanks to the Hershey Family Foundation for its support of this programme.

Mind & Life Europe also congratulates the awardees on their awards and wishes them well in their work.

EVA 2018 PROJECTS

CORINA AGUILAR-RAAB
Universität Heidelberg (Germany)
The enhancement of compassion in burdened couple relationships and its impact on immune-functioning.

FILIP VAN DROOGENBROECK
Vrije Universiteit Brussel (Belgium)
Compassionate attitude training in a challenging school context in Brussels. - An effectiveness study assessing the impact on well-being, prosocial attitudes and behavior, and socio-psychological attitudes concerning prejudice.

MIKE KEESMAN
Leiden University (The Netherlands)
Mindfulness effects on pain beyond placebo effects: Disentangling the role of decentering and positive treatment expectations.

HEATHER MCDONALD
Institute of Psychiatry, Psychology & Neuroscience, King’s College London (United Kingdom)
Turning the Curse into a Blessing: Using Mindfulness to Reduce Suspiciousness and Paranoia in Individuals with High Positive Schizotypy.

CIARAN TOBIN
University College London (United Kingdom)
Tibetan Mind Science and Western Mental Health: A Cultural Congruence Framework

ANTHONY TUCKWELL
University of Warwick (United Kingdom)

SEBASTJAN VÖRÖS
Faculty of Arts, University of Ljubljana (Slovenia)
Laying Down a Path in Walking: The Life-Worlds of Francisco Varela.

“Now it’s not going to be my generation. It’s going to be the young people who get enthusiastic about this paradigm of neurophenomenology and realise that they themselves have to acquire that learning. So then in the next generation these competences can be combined.”

– Francisco J. Varela
Contemplative Science Symposium

BEYOND CONFINES - INTEGRATING SCIENCE, CONSCIOUSNESS AND SOCIETY

October 25-27, 2019: Fürstenfeldbruck, Germany. An international group of people from over 30 countries joined us for our Symposium “Beyond Confines - Integrating Science, Consciousness and Society” in fall 2019. The event combined research insights from six scientific and applied fields (politics, economics, neuro- and cognitive science, nutrition, philosophy and education) with artistic experiences like singing and dancing.

Over three days, a wide range of panels were complemented by interactive workshops and experiences. International presenters like Dan Siegel, Roshi Joan Halifax, Wolf Singer, Nipun Mehta and Brother David Steindl-Rast provided food for thought and deep inspiration. One of the highlights was Gabriela Montero’s piano concert with her outstanding improvisations. The guests were also invited to participate in meditation and yoga. They also had the opportunity to see the pre-premiere of the film “Epochè” on the topic of microphenomenology as well as the German premiere of the film “The Dalai Lama - Scientist”.

The former monastery in Fürstenfeldbruck provided the perfect setting for the Symposium. A team of thirty volunteers supported Mind & Life Europe to make this Symposium a unique experience for the 300 participants. Videos from all panels and keynotes are now available through the website of our partner Auditorium Netzwerk (www.shop.auditorium-netzwerk.de).

IMPRESSIONS FROM THE SYMPOSIUM

“This has been the most beautifully thought-out and perfectly organized conference I have ever attended. It has been one delight after another.” – James Morley, Presenter Philosophy
Contemplative Science Symposium (cont’d)

BRIDGING DISCIPLINES THROUGH KEYNOTES, PANELS AND EXPERIENCES

“It was such a warm tone at this beautiful conference venue. Everything was taken care of, for the mind, the heart, the body and even the stomach. Feeling supported by the intense thoughts you’ve put into everything during the preparation phase: the loving atmosphere, the compilation of the panels and their outstanding and sometimes totally surprising speakers – nothing could have been better and more interesting.
And then came the encounters on the fringes of the event, with people who had something very special to offer everyone, everyone in his place.
A community of committed people that you will hardly ever see gathered in one place.”
– Hanna Paulmann, MLE Supporter

“My thanks really goes to the entire team organizing this amazing conference. I could only be there one day but this one day felt timeless. Such condensation of time and meaning. It felt like being on a conference in some futuristic age, when mankind had finally understood that the different dimensions and approaches – spiritual, scientific, political, economical, musical (!) etc. – must be investigated, considered and held together. (...) Also, I was very impressed about the time management. There was almost a kind of musical-rhythm during the day, not too long, not too short, and one could experience how much depth is in 15 minutes well used. I am honored and newly motivated to be on board of this organization and hope I can contribute.”
– Donata Schoeller, MLE Association Member

FURTHER IMPRESSIONS FROM THE SYMPOSIUM
MLE Retreat 2019

CONVENING YOUNG SCHOLARS TO ENGAGE IN CONTEMPLATIVE PRACTICES

October 27-29, 2019: Fürstenfeldbruck, Germany. Mind & Life Europe invited young researchers from all over the world to participate in its first MLE Retreat following the Contemplative Science Symposium in Fürstenfeldbruck. Over the course of 2.5 days, the participants aimed at exploring the relationship between contemplative practice and professional engagement.

Over thirty young people from eighteen countries participated in the MLE Retreat. Led by Hanneli Ågotsdatter and Martijn van Beek (MLE Association Member), the participants were guided through meditation, discussion dyads and yoga. Mary Helen Immordino-Yang and Andreas Roepstorff (MLE Board Member) - speakers on the Neuroscience Panel at the Symposium - joined the MLE Retreat and participated in the Q&A session to discuss opportunities and challenges of an academic career, e.g. establishing a contemplative practice in an environment often characterized by mostly rational approaches.

We express our gratitude to all the supporters who made the MLE Retreat 2019 possible!

IMPRESSIONS FROM THE MLE RETREAT 2019

“While the Contemplative Science Symposium helped me intellectually understand the significance of integrating knowledge and research from different domains, the MLE Retreat helped me experience that integration and its significance for my overall well-being. (...) It has not only provided a platform for deeper understanding of my mental habit patterns, but has also provided a much needed collective healing space to all the participants, thereby giving it a social dimension.”
– Heena Kamble, India

“Participating in the MLE Retreat was one of the most remarkable and transformative experiences I had in my life. The high qualification level of the teachers bringing a good balance between content and practices, working with lightness with the body, brought up a very open atmosphere for learning. This was also possible due to the precious experience of being surrounded by wonderful people from all over the world, creating a strong connection environment.”
– Emérita S. Opaleye, Brazil

“The MLE Retreat granted a safe space to explore the mind, heart, and body and an opportunity to engage with empowering and compassionate people that are entering different stages of life but nevertheless on the same path towards more integration and enlightenment. I have never in my life felt so empowered and connected.”
– Shannon Maloney, United Kingdom
MLE Initiatives (Philosophy)

CONVENCING AND TRAINING RESEARCHERS IN NEUROPHENOMENOLOGY

May 13-18, 2019: near Vendôme, France.
The second Initiative for Contemplative Phenomenology (ICP) workshop took place over five days in France. Led by MLE Association Members Michel Bitbol, Claire Pettitmengin and Natalie Depraz, the workshop trained researchers in the conduct of microphenomenological interviews.

Here is Michel’s description of the ICP experience: “At first, we thought we knew what this second workshop of the Initiative of Contemplative Phenomenology was about. The “Epochè”, the suspension of ordinary beliefs, the “putting out of play” of any judgment towards what there is, the “depriving of acceptance” (but also the depriving of refusal) of the thesis that the world exists independently of us. We also thought we knew that the Epochè is both a tool that promotes a contemplative attitude, and a mirror image of the inner gestures that are performed during the meditation. In that case, our task would have been simple: examining the analogy between a phenomenological and a contemplative experience by means of the microphenomenological interview technique.

But it turned out our domain of study is uncertain, not to say undefined. Phenomenologists do not agree about what an Epochè is, and they have no detailed method to achieve it. Contemplatives think they recognize something of their practice when being exposed to the phenomenological concept of ‘epochè’ (letting go, suspend conceptual superimpositions etc.). But is this more than an appealing analogy?

So, we were suddenly projected in a remarkably creative process. Cooking raw philosophical concepts in a contemplative pan, and conversely enhancing the contemplative by becoming aware of its steps. Phenomenology, meditation, and qualitative interviews are butressing each other.

We give instructions to make experiences in the wake of what we believe to be the epochè, and in the atmosphere of a meditative suspension. Then, the microphenomenological interview reveals unexpected inner gestures connected to this. In the process, we revise our beliefs, definitions, and practices. We find ourselves doing experimental philosophy and having philosophical experiences. And we are making stunning discoveries, refining distinctions, and transforming ourselves in the process of intense research, interaction, and friendship. We could hardly hope for more wonder…”

— Michel Bitbol

FILM: EPOCHÈ

May 13-18, 2019: near Vendôme, France. A team of filmmakers joined the ICP workshop to produce the film ‘Epochè’. Epochè, or the suspension of verbal and perceptive judgments on lived experience, appears as the common ground of both phenomenology and meditative practice. But how does one suspend judgment? How does it feel? What kinds of understanding of ourselves and our relation to others and to the world may unfold through this particular operation?

When the 40 phenomenologists and meditators met, they formed a living laboratory. Their purpose was to experience the gesture of epochè, which is central to phenomenological method, and to investigate those experiences. This film documents how new understandings emerge from interactions between phenomenologists and experienced meditators. Through micro-phenomenological interviews and meditation they come to see the contours of specific micro-acts and micro-events that appear to be key for our ability to suspend judgment.

Directed by Christian Suhr and Claire Pettitmengin; filmed by Christian Suhr; edited by Mette Bahnsen. Produced by Christian Suhr, Mette Bahnsen, Claire Pettitmengin, Natalie Depraz, and Michel Bitbol. Supported by Mind & Life Europe.
MLE Initiatives (Neuroscience)

CATALYSING RESEARCH AT THE EDGE

June 11-15, 2019: Schloss Buchenau near Frankfurt, Germany. The MLE European Neurophenomenology, Contemplative Neuroscience and Embodied Cognition Network (ENCECON) held a four day meeting last spring.

The theme of the meeting was “States of Consciousness: Comparing Meditation, Hypnosis, Trance and Psychedelics from a first- and third-person perspective” and bridged various disciplines and research topics. Almost thirty participants from across Europe took part in this extraordinary event that combined cutting-edge research with in-depth experiential work in areas like hypnosis and trance states.

ENCECON seeks to address concrete theoretical and methodological challenges currently hampering the empirical investigation of experience, its relationship to brain and body and its potential for well-being.

IMPRESSIONS FROM THE ENCECON WORKSHOP
Other MLE Activities: Events

FILM PREMIERE “THE DALAI LAMA - SCIENTIST”

August 31, 2019: Venice, Italy. In the summer, Cornelius Pietzner (MLE Managing Director) met Dawn Engle, Director of this extraordinary film and co-founder of the PeaceJam Foundation at the world premiere at the Venice Film Festival. Mind & Life Europe later hosted the German premiere of the film “The Dalai Lama: Scientist” at the Contemplative Science Symposium in October 2019.

His Holiness the Dalai Lama is one of the most recognized leaders around the world today. He is known as a man of peace, a great Buddhist teacher, an advocate for humanity. The film tells a less well-known story of the man, the Dalai Lama that few people have seen. It tells the story of his childhood passion for science, and of how it was sustained through the turbulent years of his extraordinary life. It traces the friendships with the scientists he learned from - and who learned from him - over his lifetime. Mind and Life of course has a large part to play in this story, developing scientific dialogues with the Dalai Lama since 1987 on subjects ranging from cognitive science to cosmology.

“The Dalai Lama: Scientist” immerses the viewer in these profound dialogues, explores the correlations between science and Buddhism, and shares personal life experiences of the Dalai Lama that have had a deep impact on his development as a world leader - and also, on the world itself.

BOOK LAUNCH WITH MINGYUR RINPOCHE


After an introduction by MLE Association Member Antoine Lutz, Matthieu Ricard (MLE Honorary Board Member) interviewed Mingyur Rinpoche, who elaborated on the themes of “In Love with the World”, an extraordinary interweaving of personal tales and teachings.

Prior to the book launch, Mind & Life Europe met with Mingyur Rinpoche. Together with Antoine Lutz, Cornelius Pietzner (MLE Managing Director) and Amy Cohen Varela (MLE Board Chair), they discussed opportunities for future collaborations. The focus was on ways to further stimulate dialogues between scientists, contemplative scholars and practitioners, and on mechanisms for collaboration between contemplatives and scientists in developing new research programs.
September 13, 2019: Germany. This past autumn German mindfulness magazine ‘Moment by Moment’ featured an interview with Amy Cohen Varela (MLE Board Chair). Related to the overall topic of “Friendship”, Amy Cohen Varela talks about the special friendship between His Holiness the Dalai Lama and her husband, Francisco Varela - both co-founders of Mind & Life.

They met in Alpbach in 1983, where both were participating in a meeting of scientists and contemplative scholars - amongst them physicist David Bohm and Benedictine monk Brother David Steindl-Rast. It was there that the seed was sown for the Mind & Life Dialogues to come.

Amy Cohen Varela also recounts how the relationship between the Dalai Lama and Francisco Varela was a deep friendship as well as that of a teacher and student. Francisco had, as the Dalai Lama often remarked with delight, “two hats, the scientist hat and the Buddhist hat” that he could switch in order to interweave research and contemplative scholarship in lively conversation.

What the Dalai Lama calls their “spiritual brotherhood” continues today, nearly 20 years after Francisco’s death in 2001: he is remembered at each meeting, and the friendship is sustained by this shared remembrance and the path it lays down for future dialogues.

Other MLE Activities: Publications

BOOK RELEASE: POWER & CARE

May, 2019: USA. Based on the Mind & Life Europe Dialogue in 2016, the Book ‘Power & Care. Toward Balance for Our Common Future—Science, Society, and Spirituality’ was released by MIT Press in spring 2019. Edited by Tania Singer, Matthieu Ricard (both MLE Honorary Board Members) and Kate Karius, it comprises insights from leading thinkers from different fields ranging from ethology to economy and including perspectives from the neurosciences and a variety of the world’s spiritual traditions.

The book documents the 2016 Dialogue on two fundamental forces, power and care, and reflects on their dynamics in human societies. The notion of power is essentially neutral; power can be used to benefit others or to harm them, to build or to destroy. Care, on the other hand, is not a neutral force; it aims at increasing the wellbeing of others. Are these forces incompatible? Power, imbued with care, can achieve more than a powerless motivation to care; power, without the intention to benefit others, can be ruthless. The contributors discussed topics including the interaction of power and care among our closest relatives, the chimpanzees; the effect of meditation and mental training practices on the brain; the role of religion in promoting peace and compassion; and the new field of Caring Economics.

September, 2019: Germany. Later in 2019, the German edition of the book was released by Knaur publishing house under the title ‘Die Macht der Fürsorge. Für eine gemeinsame Zukunft. Wissenschaft und Buddhismus im Dialog mit dem Dalai Lama’.

September 2019: Korea. Additionally, the Korean edition was published by Gimm Young Books in fall 2019.

The book is now available in four languages: French, English, German, and Korean.

INTERVIEW WITH AMY COHEN VARELA

September 13, 2019: Germany. This past autumn German mindfulness magazine ‘Moment by Moment’ featured an interview with Amy Cohen Varela (MLE Board Chair). Related to the overall topic of “Friendship”, Amy Cohen Varela talks about the special friendship between His Holiness the Dalai Lama and her husband, Francisco Varela - both co-founders of Mind & Life.

They met in Alpbach in 1983, where both were participating in a meeting of scientists and contemplative scholars - amongst them physicist David Bohm and Benedictine monk Brother David Steindl-Rast. It was there that the seed was sown for the Mind & Life Dialogues to come.

What the Dalai Lama calls their “spiritual brotherhood” continues today, nearly 20 years after Francisco’s death in 2001: he is remembered at each meeting, and the friendship is sustained by this shared remembrance and the path it lays down for future dialogues.
MLE Community Related Events

VARELA SYMPOSIUM AT UPAYA ZEN CENTER

May 16-19, 2019: Santa Fe, USA. In 2019, the Varela Symposium was themed ‘The Science of Connection, Complexity, and Emptiness’ and welcomed speakers from all over the world, including John Dunne, Alfred Kaszniak, Perla Kaliman, Adam Frank, Amy Cohen Varela, Richard Davidson and Roshi Joan Halifax. Over three days, the faculty explored topics around connection, complexity, and emptiness from the diverse perspectives of Buddhist philosophy, astrophysics, neuroscience, cellular biology, and psychotherapy.

“In the 2019 Varela International Symposium, we explored some of the most radical ideas and issues of our time, emerging from a view that sees reality as an infinite number of completely interconnected complex dynamic systems that are empty of any irreducible essence, with awareness at the foundation. The 2019 Varela Symposium faculty discussed the various ways in which the physical, biological, and psychological sciences have recognized the great importance of interconnectedness, from micro to macro levels of organization, and the dynamic and powerful processes that arise from this complexity. In studying the physical processes of the cosmos, the human mind/brain, and the interactions between our mind and our genome, they illustrated how “enaction,” a conceptual framework originally proposed by Francisco Varela and colleagues, has resonance with Buddhist perspectives on emptiness, and illuminates interactions within complex dynamic systems in a way that previous reductive materialist models are unable to do. The faculty also made clear how this framework has profound implications for how we live our lives.”

– Alfred Kaszniak

The Varela Symposium honors Francisco J. Varela, the co-founder of Mind & Life. He was also a good friend and colleague of Roshi Joan Halifax, founder and abbot at the Upaya Zen Center and MLE Honorary Board Member. Each year, the symposium brings together leading scientists, contemplatives, and scholars to explore some of the most radical ideas and issues of our time. Podcasts of the speakers are available on the Upaya website.

MIND & LIFE CONVERSATION WITH HIS HOLINESS THE DALAI LAMA

November 1, 2019: Dharamsala, India. At the end of the year, Amy Cohen Varela (MLE Board Chair) joined the 2019 Mind & Life Conversation with His Holiness the Dalai Lama and a group of renowned scientists.

Hosted by the Mind & Life Institute, this event featured conversations under the theme of ‘Compassion, Interconnection, and Transformation’.

The guest presenters for these conversations were Pumla Gobodo-Madikizela, a clinical psychologist and social scientist and Research Chair in Historical Trauma and Transformation at Stellenbosch University in Cape Town, South Africa, and David Sloan Wilson, SUNY Distinguished Professor of Biology and Anthropology at Binghamton University and President of the Board of Directors of the Evolution Institute.
MLE Value Cards

FOSTERING CHANGE BY VALUING PAST AND PRESENT

February, 2019: Paris, France. “The MLE Value Cards are the distillation of a process we’ve set in motion at Mind & Life Europe, that of reflecting self-consciously on our values in relation to our mission, and to how we want to embody them.

We’ve chosen some words, in the form of quotes, to specify these values. At the same time we are committed to the living, dynamic nature of what it is like to work on being present.

The MLE Value Cards have already been put to use in staff and committee meetings at Mind & Life Europe and at our Annual General Meeting (AGM). We use them to ‘check-in’ at the start of meetings; they allow us to focus or re-focus discussions when we’re losing or missing the point; they help us to remain aware of the quality of our presence together when we get caught up in the work we have to accomplish.”

— Amy Cohen Varela

MLE VALUES AROUND THE WORLD
Board and Annual General Meeting

MLE ANNUAL GENERAL MEETING (AGM)

February 16-17, 2019: Paris, France. In February, MLE Association and Board Members came together for the Annual General Meeting (AGM) in Paris, continuing the work and engagement from the informal meeting in Brussels in October of the prior year. During two days, the group of more than twenty members discussed recent developments as well as strategic impulses for the future.

Two new individuals were elected to the board of directors (Erick Rinner and Christian Thalhammer) and the financial audit 2018 was approved. Moreover, new developments like the MLE Value Cards that will support our work and interactions in the future were presented. These values were articulated by a small group of board members, staff and association members and contain guidance and inspiration for our daily work.

MLE BOARD OF DIRECTORS: TWO NEW MEMBERS

February 17, 2019: Paris, France. We are pleased to welcome two new members to the board of Mind & Life Europe. Erick Rinner and Christian Thalhammer were confirmed by the association members during the Annual General Meeting (AGM) in Paris.

Erick Rinner has many years of experience in private equity and corporate governance. He is the managing partner of an investment firm, Milestone Investisseurs, and is a board member and a senior trainer with the Potential Project, the global training company in corporate-based mindfulness programs.

“I am very honoured to have been nominated to the board of MLE. My intention is to be at service to contemplatives and scientists, bringing my governance and organisational skills to make MLE even more relevant in Europe and beyond. My own practice will help me to bring a compassionate attitude to all members so that together we make this world a better, more compassionate and more selfless world.”

– Erick Rinner

Christian Thalhammer is chairman of the Supervisory Board and partner in AKRON Group, a European wide real estate company based in Vienna (Austria), which he founded and managed for nearly 20 years. Since his retirement as CEO he is engaged in leadership trainings in mindfulness for managers of multinational companies and organisations (through Kalapa Academy, Cologne).
Apart from regular events such as the Annual General Meeting and the European Summer Research Institute (ESRI), Mind & Life Europe will also continue to strengthen its initiatives through community meetings in 2020. Amongst other things, we are planning to hold another meeting for the Community of Contemplative Education (CCE).

In order to further build and expand our community, we will launch an MLE Friends program that allows people to keep in touch and receive special benefits. One of these will be the first series of a webcast called ‘Beyond Confines - Following our Tracks’, thereby continuing the work and experiences that were started at our last Symposium in 2019.

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**MLE: Finances 2019**

**MANAGING OUR RESOURCES**

December, 2019: Winterthur, Switzerland. For all its activities, Mind & Life Europe depends on the active engagement from its members as well as from private supporters and institutional donors. A detailed overview can be found on the next page.

**DETAILED OVERVIEW OF FINANCES**

*All figures CHF.*

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Upcoming Activities: 2020

ENHANCING ACTION IN CONTEMPLATIVE STUDIES

Apart from regular events such as the Annual General Meeting and the European Summer Research Institute (ESRI), Mind & Life Europe will also continue to strengthen its initiatives through community meetings in 2020. Amongst other things, we are planning to hold another meeting for the Community of Contemplative Education (CCE).

In order to further build and expand our community, we will launch an MLE Friends program that allows people to keep in touch and receive special benefits. One of these will be the first series of a webcast called ‘Beyond Confines - Following our Tracks’, thereby continuing the work and experiences that were started at our last Symposium in 2019.

OVERVIEW 2020

February 22  MLE Future Perspectives Meeting, Austria
May          Launch of MLE webcast ‘Beyond Confines - Following our Tracks’, global
May 2        MLE Annual General Meeting, Belgium
May 29-31    Community of Contemplative Education (CCE) Meeting, Belgium
August 9-15  European Summer Research Institute (ESRI), Germany
Our People

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We would also like to express our deep gratitude to all of the MLE Volunteers without whom our work would not have been possible.

To learn more about our sister organization, the Mind & Life Institute, please visit their website www.mindandlife.org or see our FAQ on www.mindandlife-europe.org.