

Fathom the mind.

Heal the world.



center for  
contemplative  
research



Critical times call for critical responses.  
This is a critical response.



The damaging impact of humanity on our ecosphere over the last 150 years—which has significantly accelerated over the past few decades—is leading us to an unprecedented crisis that is imperiling human civilization and destroying other living species with tragic rapidity.

With all of the advances made in science and technology over the centuries, we're seeing that on

the one hand, this yields tremendous benefits for humanity, improving our quality of life.

But the use of science and technology has also become a major cause for the exploitation and destruction of our own environment—because our minds are clouded by greed, short-sightedness, anger, racism, and bigotry.



## Mental afflictions have catastrophic results.



These mental afflictions lead to the misuse of science and technology, with catastrophic results, and they prevent us from making good use of the valuable knowledge and resources that the scientific community has offered.

The dominant paradigm of the modern world is one of materialism, the view that only the physical universe is real. This gives rise to the idea that we pursue happiness by looking outwards: by acquiring, by accumulating, by consuming.

Yet with the current human population of 7.8 billion, which is steadily growing, we are on a trajectory that is catastrophically upsetting the balance of the ecosphere.



## Unprecedented times call for an unprecedented paradigm shift.



There needs to be a fundamental shift in our vision of “the good life,” of what it means for human beings to flourish, within ourselves and in relation to the rest of the biosphere. We must recognize that the satisfaction, the fulfillment, the happiness we seek, is to be cultivated from within.

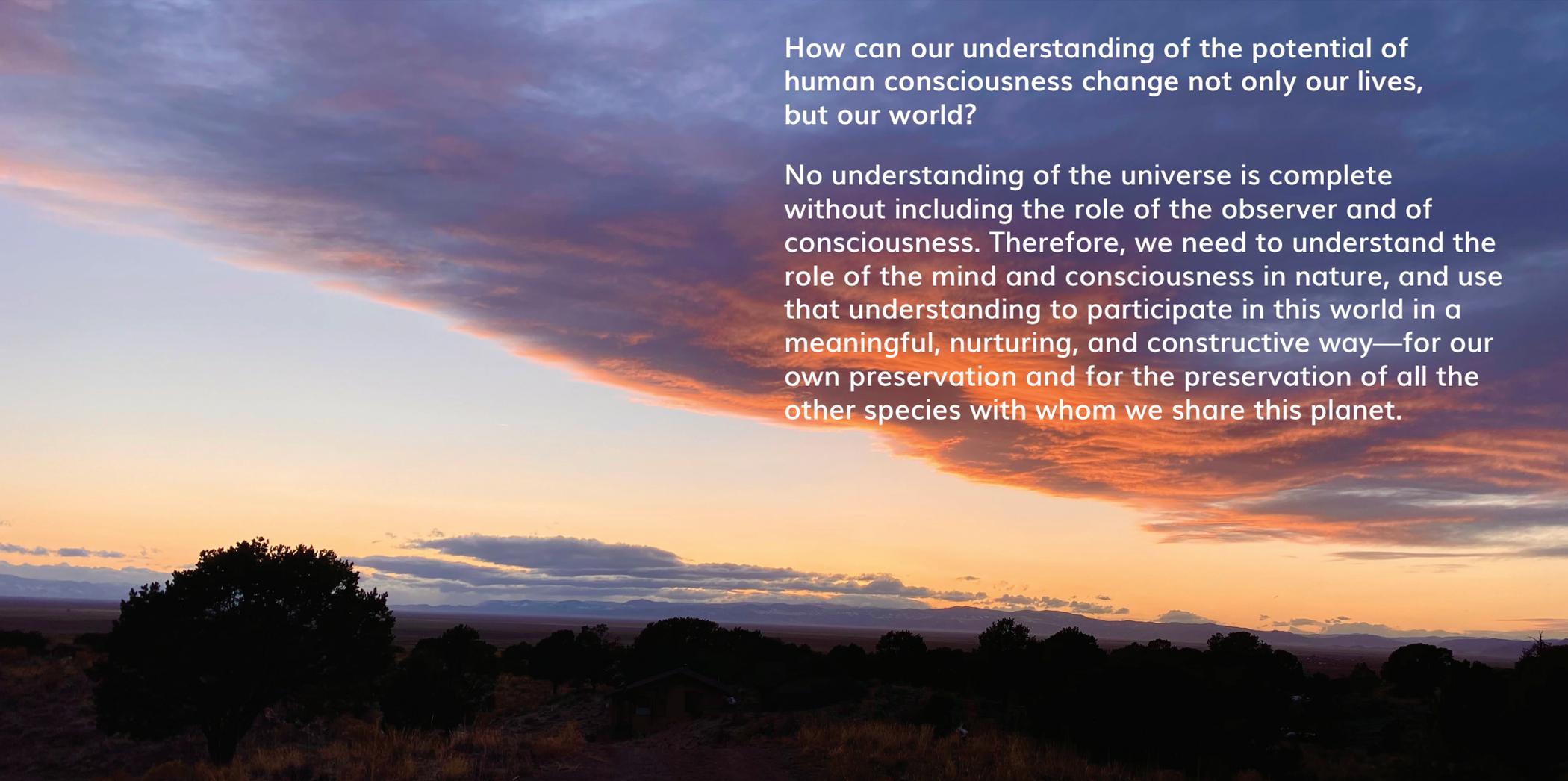
Solving these global problems will require an unprecedented paradigm shift: changing the fundamental way in which we view reality, including human nature, the mind, and its role in the natural world.



## Fathom the mind. Heal the world.

How can our understanding of the potential of human consciousness change not only our lives, but our world?

No understanding of the universe is complete without including the role of the observer and of consciousness. Therefore, we need to understand the role of the mind and consciousness in nature, and use that understanding to participate in this world in a meaningful, nurturing, and constructive way—for our own preservation and for the preservation of all the other species with whom we share this planet.





## Welcome to the Center for Contemplative Research: Leading a revolution in the mind sciences.



We are on the cusp of the first true revolution in the mind sciences, and a key element that can catalyze such a revolution is the careful, rigorous, replicable observation of the mind from within, using the methods of the great contemplative traditions of the world.

For us to make rigorous, replicable, authentic observations *with our minds as the primary instruments of technology*, we must develop and train the skills of attention, concentration, mindfulness, and introspection.



## Our Purpose



center for  
contemplative  
research

*To provide ideal conditions for dedicated contemplatives, scientists, and philosophers to fathom consciousness and re-envision global flourishing.*





## What is Contemplative Science?



Contemplative science is a discipline of first-person, subjective inquiry into the nature of the mind and its role in the natural world, which utilizes methods for developing refined attention, mindfulness, and introspection to directly observe states of consciousness and mental functions in their relationship with the body and the physical world at large.



## What is Contemplative Technology?

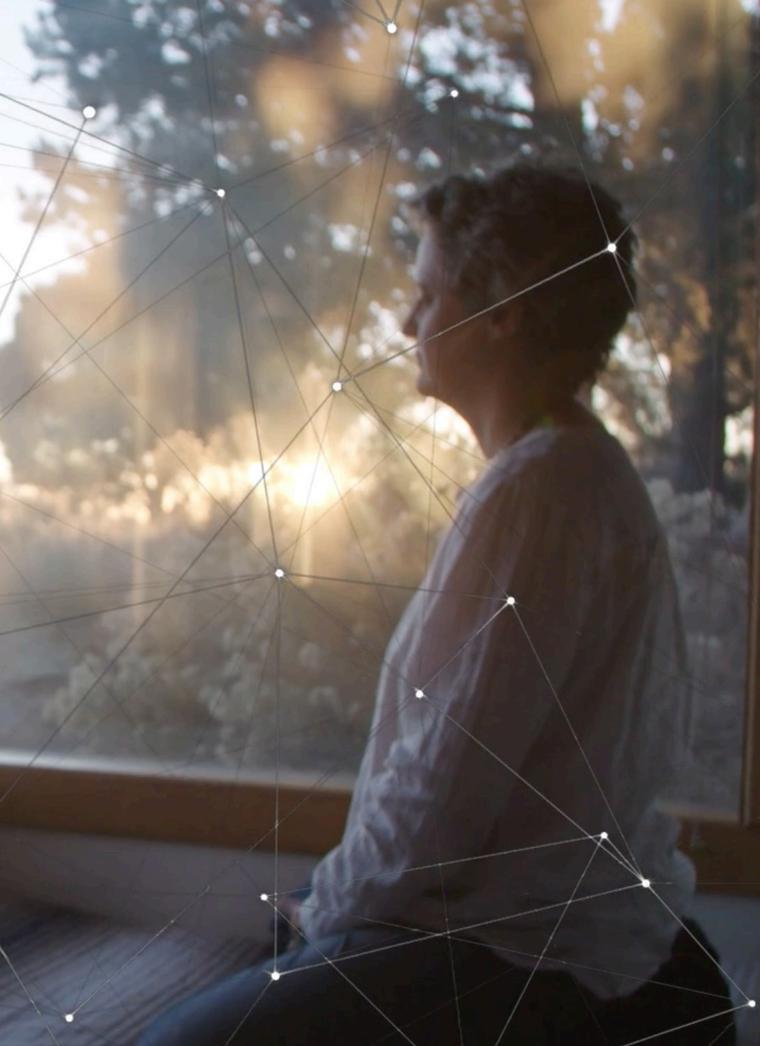


The only instrument with which we can observe subjective experiences is mental consciousness. To make reliable, replicable discoveries and move beyond “folk psychology,” the faculties of introspection, attention, mindfulness, and concentration must be developed to very high levels, beyond anything known in contemporary psychology.

Great contemplatives of the world have developed ordinary human faculties of attention and introspection to such highly refined degrees that they have been able to penetrate beyond the limits of the human psyche and explore deeper dimensions of consciousness.



## Training professional contemplatives.



Dedicated contemplatives receive ongoing instruction in ancient methods for cultivating exceptional mental balance, and practice in periods of long-term, solitary retreat, ranging from several months to years on end.

Throughout the course of their retreats, they meet periodically with their teachers, one another, and with scientists from different disciplines, reporting on their first-person discoveries and providing scientists with the opportunity to collect third-person data.



Each CCR is an observatory for the mind.



*CCR North America  
Crestone, Colorado | USA*



*CCR Europe  
Castellina Marittima | Italy*



*CCR Asia Pacific  
Matiri Valley | New Zealand*

To engage in sophisticated, rigorous research, scientists need observatories, and the same is true for contemplatives. A contemplative needs to receive professional training while living in a conducive environment that refreshes the mind, invigorates the body, and inspires his or her whole being. The CCR hermitages are ideal environments of natural beauty that support deep contemplative research.

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## Two profoundly complementary approaches.



Since 2000, Dr. Wallace has been an advocate for a revolution in the mind sciences, one that will require overturning the current paradigm—namely, that the only true “science” entails objective, third-person research—and developing a new paradigm in which objective research is augmented and completed by rigorous first-person, contemplative methods of inquiry.

It is time then to integrate with objective science time-tested methods of contemplative science, by which we can observe and study directly the subjective phenomena of consciousness and the mind.



## Consciousness plays a fundamental role in the universe.



The idea that consciousness plays a fundamental role in the universe holds unimaginable potential for humanity. His Holiness the Dalai Lama has repeatedly encouraged Dr. Wallace to create centers offering opportunities for rigorous mind-training and collaborative research by practiced contemplatives and scientists.

By so doing, together they can seek to explore the inner sources of mental conflict and distress, the roots of genuine well-being, and the origins, nature, and potentials of the mind.



## Replicable discoveries



One of the keys to the extraordinary success of modern science is the replicability of discoveries made by multiple individuals in multiple research facilities. Contemplatives have long been making replicable discoveries that have been intersubjectively corroborated among themselves.

In unprecedented ways, scientists at our CCR observatories will be monitoring the brain-states of contemplatives, conducting studies in relationship to conative, attentional, cognitive, emotional, and behavioral measures, and integrating these studies with the reported first-person discoveries made by the contemplatives.



## A natural sense of well-being emerges.



Contemplative traditions give us practical methods to cultivate a quality of well-being that enriches our lives and leads to a harmonious relationship with other people, other sentient beings and the environment at large.

The contemplative cultivation of genuine well-being begins with ethics—leading a nonviolent, benevolent way of life—and it proceeds with the training of attention so that we can focus with continuity and clarity on whatever we wish to attend to.

Methods for cultivating attention skills, discerning mindfulness, and emotional balance, as well as insights into the true sources of genuine well-being, can be applied in the fields of education, mental health, business, government, and so forth to enhance the psychological well-being of the human population as a whole.



## A prominent voice in bringing together science and contemplative traditions.



In addition to pioneering innovative research, CCR needs to set the standards in Contemplative Science and Contemplative Technology in order to catalyze discoveries that have the potential to bring about a fundamental shift in human evolution itself—guided by wisdom and compassion rather than by genetic mutation and alteration.

This opportunity is built on decades of research and the determined, personal resolve of Alan Wallace, together with his reputation as a scholar, contemplative, and Buddhist teacher. It's the result of tens of thousands of miles of Dr. Wallace's travels around the world to teach thousands of students over several decades, organizing and participating repeatedly in scientific dialogues and debates across all disciplines.



## Collaborative Partners

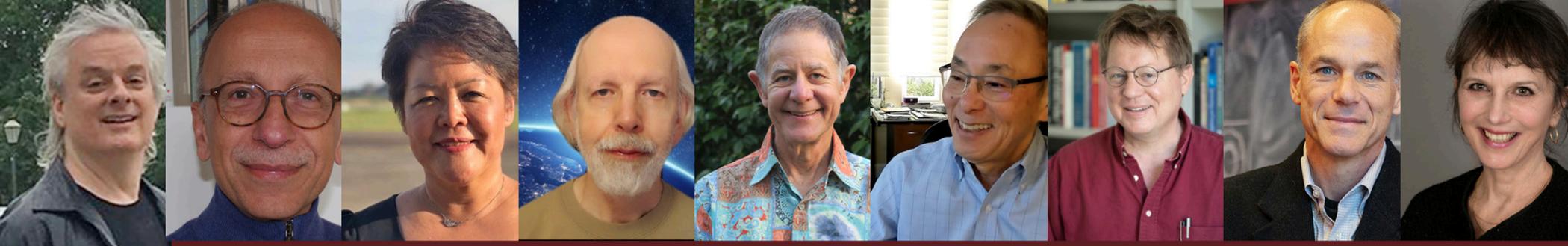


Thus far, the vast majority, if not all scientific studies of meditation have entailed scientists conducting research by administering questionnaires and interviewing meditators, studying their brains, and studying their behavior. But the meditators are subjects, and very rarely, if ever, have scientists included in their research the discoveries made by contemplatives themselves.

Our CCRs offer unprecedented opportunities for mutually respectful collaboration between highly trained professionals—both scientists and contemplatives.



## The CCR Scientific Advisory Board



It's time to break through the constraints of reductionist materialism.

More and more scientists are curious, are listening, and sharing this vision. There is no better time to embrace this unprecedented opportunity to change humanity's worldview, literally—with a simple but compelling message that if we can fathom the mind, we can heal the world.



## Invest in the future of humanity.



Now is the time to invest in the future of humanity by supporting the global network of CCRs and our shared vision with Dr. Wallace.

We extend an open invitation to scientists, contemplatives, and philosophers to collaborate in this monumental task.

We aspire to be inclusive, open-minded, kind, benevolent, and nonviolent, and to draw inspiration from the great contemplatives and scientists of history, East and West.



Join our efforts.



We invite you to join with us in our open-minded and rigorous exploration of the mind and its role in the natural world.

We're on the cusp of the first true revolution in the mind sciences, and it is the careful, rigorous, replicable exploration of the mind from within, using the methods of the great contemplative

traditions of the world, that we believe will play a crucial role in catalyzing such a revolution.

To be part of this great adventure, please contact the CCR Executive Director, Eva Natanya:

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