**Contemplative Sustainable Futures**

*⎯ Database, Version 24/04/2019 ⎯*

This database is aimed to provide an overview of key organisations, activities, and information relevant for the “Contemplative Sustainable Futures Program” (<https://christinewamsler.wixsite.com/sustainable-futures>). It is a ‘living document’, which is continuously updated. To cite your use of this database, please cite: Wamsler, C. (2019) Contemplative Sustainable Futures: Database, Lund University Centre for Sustainability Studies (LUCSUS), Sweden. Retrieved from: <https://christinewamsler.wixsite.com/sustainable-futures/network>

If you would like us to include your organisation, activity or any other information in this database, please contact Christine Wamsler, LUCSUS.

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# CONNECT | Existing networks, associations and communities

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| **Name** | **Description and/or goals** | **Website** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility** (yes/no) |
| The Mindfulness and Social Change Network | The network started in 2014 as a small collective of individuals who practice/teach mindfulness and are engaged in various forms of social, economic and environmental justice. The group has now expanded to over 70 mindfulness trainers, academics and researchers, activists, community workers and concerned citizens who want to engage in debates, share learning and resources, collaborate and innovate around mindfulness and social change.Key question/ focus of network: How can we harness the potential for mindfulness training and practice to promote the transition to a more sustainable, caring and socially just society? (It is a community of interest and practice for people exploring the relationship between mindfulness and social change. How can mindfulness help change agents, civil society organisations and social movements? Can mainstream mindfulness training promote social transformation? A space for sharing ideas) | www.themindfulnessinitiative.org.uk/professional-networks/interest-areas/10-professional-networks/39-social-change | Coordinated by Paula Haddock (paulahaddock@hotmail.co.uk) and Luke Wreford (lukewreford@gmail.com). Linked to The Mindfulness Initiative: http://www.themindfulnessinitiative.org.uk/professional-networks/interest-areas/10-professional-networks/39-social-change (see under other organisations). | yes |
| Association for Contemplative Mind in Higher Education ([ACMHE](http://www.contemplativemind.org/programs/acmhe)) | Multidisciplinary academic association with an international membership of educators, administrators, staff, students, researchers and other professionals committed to the transformation of higher education through the recovery and development of the contemplative dimensions of teaching, learning and knowing.The ACMHE promotes the emergence of a broad culture of contemplation in the academy, connects a broad network of academic professionals with online resources, and stimulates scholarship and research concerning contemplative pedagogy, methodology and epistemology within and across disciplines through initiatives and events including the annual ACMHE national conference. The ACMHE is an initiative of the Center for Contemplative Mind in Society (CMind).Sustainability focus:"Radical Well-Being in Higher Education: Approaches for Renewal, Justice, and Sustainability," the 11th Annual ACMHE Conference.The ACMHE conference is an annual interdisciplinary forum for all aspects of scholarship and research on contemplative approaches in higher education.For 2019, the ACMHE conference will share how contemplative practices, including mindfulness practices, can support and sustain learning communities that engage multiple ways of knowing and foster a more just, inclusive, sustainable, and compassionate world. In academia, this can function as a form of radical well-being, as contemplative approaches offer means of sustaining ourselves through institutional and societal challenges. In this way, the goals of the 2019 ACMHE conference are to explore the importance of self-care, to emphasize the importance of expanding our sense of care itself, and to learn how this is demonstrated in the field of higher education in ways that lead to more caring, compassionate campuses and communities | http://www.contemplativemind.org/programs/acmhe | Relevance mainly for teaching. | yes |
| European Neurophenomenology Contemplative Neuroscience, and Embodied Cognition Network (ENCECON) | The European Neurophenomenology, Contemplative Neuroscience, and Embodied Cognition Network (ENCECON) is a “hub” started by non-profit organisation Mind and Life Europe (MLE). MLE’s work is based on “hubs” that connect scientists, scholars and professionals in the development of contemplative science. These hubs cover both fundamental research in areas such as neuroscience, cognitive science, behavioural science and philosophy, as well as applied research in education, health care and management. The hubs are characterized by transdisciplinarity of scientific approaches, with regional and national diversity representing all of Europe, and contemplatives representing multiple wisdom traditions. The hub translates the outcomes into regionally and nationally relevant frameworks that professionals and policymakers can put into action. | http://www.mindandlife-europe.org/ | Linked to Mind & Life Europe, a European hub for contemplative sciences Non-profit organisation that bridges and integrates contemplative practices and wisdom with modern research capabilities. See: <http://www.mindandlife-europe.org/> | no |
| American Mindfulness Research Association (AMRA) | The [American Mindfulness Research Association (AMRA)](https://goamra.org/about/) was founded in 2013. Their mission is to support empirical and conceptual efforts to: (1) establish an evidence base for the process, practice, and construct of mindfulness; (2) promote best evidence-based standards for the use of mindfulness research and its applications; and (3) facilitate discovery and professional development through grant giving.AMRA serves as a professional resource to the sciences and humanities, practice communities, and the broader public on mindfulness from the perspective of contemplative practice. | https://goamra.org/ | They have a newsletter one can subscribe to.One can become an AMRA member. | no |
| Buddhist Climate Action Network (BCAN) | The Buddhist Climate Action Network (BCAN) draws together Buddhists (and friends) from all traditions to take collective action on global, human-caused climate disruption. They incorporate Buddhist practices and principles as we work together with other interfaith groups and the larger climate movement on wise and compassionate efforts for a more stable climate. | http://globalbcan.org/ | No explicit mention of mindfulness on their website, but it is implied in “Buddhist practices and principles”.They have a mailing list that one can subscribe to.They connect climate action groups from around the world with the possibility to start one’s own group too.connect@globalBCAN.org | yes |
| Global Ecovillage Network (GEN) | The European Ecovillage Conference took place in Ängsbacka in Sweden (July 16-20). This network appears to focus on related concepts of conscious lifestyles. (Recommended by Rebekka Olivegren) | http://www.angsbacka.se/event/global-ecovillage-network-conference/ | Contact person: Ewa Jacobso, ewa@rhizome.se, devaewa@gmail.comShe is also in the board of Ekobyrarnas Riksorganisationen. (Information from Rebekka Olivegren and also recommended by Anaim Gräff)Strong connection to sustainability, but weaker link to mindfulness.  | yes  |
| Omställning Sverige | The Swedish Transition Network. They are both an organisation with local establishments and a nation-wide network in Sweden that aims to provide new visions and ways out of the current unsustainable system.  | Transition Network Sweden:[http://omställning.net/](http://xn--omstllning-t5a.net/)  | Niklas Högberg (Communication/ conflictresolution) is a key contact person. Niklas is working with several groups and very much in the transition network in Sweden. To contact via LinkedIn or Facebook: https://www.linkedin.com/in/niklas-h%C3%B6gberg-07609a39?ppe=1 (Information from Rebekka Olivegren).The transition network deals both with sustainability and inner transitions.  | yes  |
| The Transition Network  | Inner Transition is a sub-network that is part of the Transition Network. They address wellbeing and human needs, gratitude and appreciation, human connection with nature, and spirituality.  | <http://transitionnetwork.org/about-the-movement/what-is-transition/inner/themes-inner-transition/><https://transitionnetwork.org/do-transition/inner-transition/?utm_campaign=missed_yesterday&utm_medium=email&utm_source=user_mailer>  | Contact via form <https://transitionnetwork.org/contact/>  | yes  |
| Alliance of Religions and Conservation (ARC) |

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| ARC is a secular body that helps the major religions of the world to develop their own environmental programmes, based on their own core teachings, beliefs and practices. They help the religions link with key environmental organisations – creating powerful alliances between faith communities and conservation groups.  |

 | <http://www.arcworld.org/about_ARC.asp>  | Martin Palmer (see section 4) is their secretary general. Information provided by Kate Rigby | yes  |
| Australia21 / Mindful Futures Network (MFN) / Mindful Futures: Innovations in mindfulness, empathy & compassion  | Building on the outcomes of Australia21’s Forum – Mindfulness, Empathy and Compassion – The Building Blocks of a Mindful Nation held at the University of Melbourne in June 2016 – Mindful Futures has been established to provide a national space for Australians wanting to investigate both the institutional and societal benefits of mindfulness, empathy and compassion (link 1, 2)One of their projects is the **Observed Mindfulness Measure** **(OMM)** to contribute to mindfulness research by adding an additional means of evaluating mindfulness intervention outcomes beyond self-report and by investigating the potentially observable effects of mindfulness (link 3, 4) | <https://www.facebook.com/Mindful-Futures-Network-MFN-1043140902489874/><http://australia21.org.au/mindfulfutures/objectives/#.WZm0NyhJbIV> <http://mailchi.mp/australia21/ppkm9qfuhd-1135093> <http://australia21.org.au/education/#.WZm1NihJbIU>  | Mail: office@australia21.org.au  | yes |
| Contemplative Pedagogy Network  | This network explores the role of contemplative teaching and learning in higher education. The network is meant to inspire (encourage those interested in contemplative pedagogy to explore ways of embedding it in curricula), to inform and to connect. The network functions as a JISC mail list that anyone can ask to be added to.  | General information: <https://contemplativepedagogynetwork.com/>Overview of references and exercises for contemplative education: <https://contemplativepedagogynetwork.com/resources-2/>  | If there is an interest to write for the accompanying blog or to be added to the mailing list contact barrattc@essex.ac.uk  | no |
| Mindfulness for Change  | Mindfulness for Change is a community that facilitates the integration and connection of embodied mindfulness practice so that they become a vehicle of change with a bigger impact than any individual actions. They have open-source materials and support aligned individuals, groups and organisations to do projects and programmes. They focus on convening people, hosting community gatherings, and developing and maintaining a common collection of resources and infrastructure.  | <https://www.mindfulnessforchange.co.nz/about/> <https://www.mindfulnessforchange.co.nz/#intro>  | Contact via online form: <https://www.mindfulnessforchange.co.nz/contact/>  | no  |
| Climate Psychology Alliance (CPA) | The Climate Psychology Alliance is a group drawn from the psychological professions. They aim to contribute their specialist knowledge to the area of climate change. They are a not-for-profit membership organisation that provides a forum for people wanting to make connections between depth psychology and climate change, as we all face the difficult truths of climate change and ecological crisis. They provide information, workshops consultancy and a space for dialogue. Recently they organised an event about the psychological underpinnings of personal, social and political action in relation to climate change. Topics include theories of change and individual and collective agency. The event will take place December 2nd 2017.  | <http://www.climatepsychologyalliance.org/about/what-we-do> <http://www.climatepsychologyalliance.org/about/who-we-are> The event: <http://www.climatepsychologyalliance.org/events/our-upcoming-events/243-agency-in-individual-and-collective-change>  | They also have a newsletter: <http://www.climatepsychologyalliance.org/news/newsletters> They have a mailing list: <http://www.climatepsychologyalliance.org/join-in/join-our-mailing-list> Contact via online form: <http://www.climatepsychologyalliance.org/join-in/contact-us>  | yes  |
| Ecopsychology UK  | Ecopsychology UK is an online community where write about this topic to share ideas and engage in discussions. They organise events and provide information about how we engage with ecological crisis.  | <http://ecopsychologyuk.ning.com/>  |  | yes  |
| International Transformational Resilience Coalition (ITRC) | The International Transformational Resilience Coalition (ITRC) is a community that develops and implements programs that will help us become mentally and emotionally resilient, not only to cope with the traumas brought on by climate disruption, but also to use those adversities as an opportunity to grow and thrive. It acknowledges the harmful impacts of climate change on personal mental health and psycho-social-spiritual well-being. | http://www.theresourceinnovationgroup.org/intl-tr-coalition/ | The ITRC was created by Bob Doppelt, Executive Director of The Resource Innovation Group. | yes |
| Teal-for-Teal movement | Teal for Teal aims to create more humane workplaces, where there is room for authenticity, community, passion and purpose. It is an organisation that unifies coaches, consultants, trainers and business leaders to meet face-to-face to discuss the emergence of next stage organisation practices, make more empowering and fulfilling ways to run businesses, NGOs and others, share tools, research and information of new organisational models, and to support pioneers who feel like ‘lone wolves’ in their organisation.  | Website including information about case studies: <http://www.tealforteal.com/what-is-teal.html> | Potential case study in Sweden.General contact Stockholm: Heléne Ählberg Email:helene.ahlberg@leadingbusiness.seSecond contact Malmö: Anna LundberghEmail: info@alundbergh.com(Information from Anna Lundbergh) | no  |
| Ritambhara | A community of yoga-practitioners in the southern state Tamil Nadu of India. They find deep wisdom and hope in the teachings and praxis of Yoga as a way forward from the current ecological, socio-cultural and political crises facing humanity.“By enabling each other to sustain and deepen our practice, we are creating a resource base for continuous learning. Through Group study, Learning dialogues anchored by the ‘elders’, and sharing the praxis through offering programmes and publications, we hope to foster this space of enquiry for all those who feel called to enter.”They also have a retreatcenter – see Practice and Inform | https://ritambhara.org.in | ashram@ritambhara.org.in or call us on +91 94440 07954 | yes |
| Green faith | GreenFaith is an interfaith coalition for the environment that was founded in 1992.  They work with houses of worship, religious schools and people of all faiths to help them become better environmental stewards. They believe in addressing environmental issues holistically, and provide resources and tools religious institutions need to engage with environmental issues and become religious-environmental leaders. In their resource section you can find sources on spirituality and meditation for example. | http://www.greenfaith.org | GreenFaith101 South Third Avenue, #12Highland Park, NJ 08904732-565-7740  phone732-565-7790  faxinfo@greenfaith.org | yes |
| Charter for Compassion | It was inspired by the Charter for Compassion, created by Karen Armstrong and the Council of Conscience in 2009, and inherits a confluence of contributions made by TED.com, the Compassionate Action Network, the Fetzer Institute, and many others. Charter for Compassion provides an umbrella for people to engage in collaborative partnerships worldwide. Our mission is to bring to life the principles articulated in the Charter for Compassion through concrete, practical action in a myriad of sectors.“Aware that our world is deeply troubled and polarized the Charter for Compassion is committed to making the world a better place. We work to establish and sustain cultures of compassion locally and globally through diverse sectors—arts, business, education, the environment, healthcare, interfaith communities, peace, restorative justice, science and research, social justice, social services, science and research and women and girls. We supply resources, information and communication platforms to help create and support compassionate communities, institutions, and networks of all types that are dedicated to becoming compassionate presences in the world.” | https://charterforcompassion.org | Charter for CompassionPO Box 10787Bainbridge Island, WA 98110, USAhttps://charterforcompassion.org/about1/contact-us | yes |
| Dharma Drum Mountain Buddisht Association | Dharma Drum Mountain Buddhist Association (DDMBA), founded in 1994, is a US based organization which aims to contribute to the well-being of humanity and the planet through its focus areas; youth leadership, interfaith dialogue, peace building, protecting the natural environment and disaster relief. | http://ddmba.org | Dharma Drum Mountain Buddhist Association301 East 57th Street, 4th FloorNew York, NY 10022, USAinfo (at) ddmba.org | yes |
| Quaker Earthcare Witness | Quaker Earthcare Witness is a network of Friends (Quakers) in North America and other like-minded people who are taking spirit-led action to address the ecological and social crises of the world from a spiritual perspective, emphasizing Quaker process and testimonies. | https://www.quakerearthcare.org | https://www.quakerearthcare.org/contact | yes |
| Buddhist peace fellowship | The mission of the Buddhist Peace Fellowship (BPF), founded in 1978, is to serve as a catalyst for socially engaged Buddhism. Their purpose is to help beings liberate themselves from the suffering that manifests in individuals, relationships, institutions, and social systems. BPF’s programs, publications, and practice groups link Buddhist teachings of wisdom and compassion with progressive social change. | http://www.buddhistpeacefellowship.org/ | http://www.buddhistpeacefellowship.org/about-bpf/contact/ | no |
| The network of spiritual progressives | “Integrating Spirituality and Activism to Build a World of Love & Justice“We seek a world in which all of life is shaped by peace, justice, environmental stewardship, love, care for one another, care for the earth, generosity, compassion, respect for diversity and differences, and celebration of the miraculous universe in which we live. To successfully create a paradigm shift so that our society functions based on the above values, we need to build a popular movement of individuals and organizations that work together to advance this worldview and who are committed to their own spiritual and psychological growth and to the spiritual, political, economic and psychological transformation of our society and the world.”Amongst other they have a ”spiritual activist training” – online  | https://spiritualprogressives.org | 2342 Shattuck Avenue, Suite 1200Berkeley, CA 94704510-644-1200info@spiritualprogressives.or | yes |
| Transformations forum | The Forum was initiated with leadership from the global science community represented by [Future Earth](http://futureearth.org/) and the International [Transformations Conference](http://transformations2017.org/) Series, a pre-eminent biennial meeting space. Forum stakeholders include those working for transformation through science, government, business, civil society, funders, and practiceThe Forum’s mission is to collaboratively bring together transformational knowledge and create coherence, in ways that enhance capacity and generate action necessary to realize the successful implementation of [Agenda 2030](https://sustainabledevelopment.un.org/post2015/transformingourworld) and flourishing futures for all. | https://www.transformationsforum.net | info@transformationsforum.net | yes |
| [Contemplative Pedagogies Network Australia](http://contemplativepedagogies.com/)  | The Contemplative Pedagogies Network Australia brings together a diverse group of practitioners, from the higher education and community sector, who are interested in exploring the affordances of a range of contemplative practices in education programs. | http://contemplativepedagogies.com/about/ |  |  |
| Education and Spirituality Network | A directory and newsletter exploring the role of religious diversity and spirituality in education. | http://interspirit.net/eastnet/eastnet.cfm |  |  |
| Mindfulness in Education network | Manages an active Yahoo Group/mailing list with news, announcements and events for educators who want to bring a contemplative awareness to their work. | http://mindfuled.org | http://www.mindfuled.org/contact/ | no |
| [Association for Mindfulness in Education (AME)](http://www.mindfuleducation.org/) | A collaborative association of organizations and individuals working together to provide support for mindfulness training as a component of K-12 education. The Association for Mindfulness in Education offers a directory of schools and programs as [an interactive map](http://www.mindfuleducation.org/mindful-education-map/). | http://www.mindfuleducation.org/ | http://www.mindfuleducation.org/contact/ | no |
| Mindfulness and contemplative education | The purpose of this site is to provide an international hub for scholars, researchers, teachers and students who are working in the rapidly growing field of contemplative education. Its purpose is to facilitate contact, information sharing, collaboration on projects, mentoring students and a range of other activities. | http://www.contemplativeeducation.ca/ | Please send all inquiries to: mindful@yorku.ca  | no |

**See also table included under Section 2 and 3.**

# PRACTICE & INFORM | Centres, organisations and projects (societal/collective impact focus)

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| --- | --- | --- | --- | --- |
| **Name** | **Description and/or goals** | **Website** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility** (yes/no) |
| Self leaders | An an organization run by values, with the “radical vision that everyone is a leader creating the world we want to live in. Through increased awareness about what is important both for oneself and in the surrounding context, the ability to create and shape what you want to see increases. We truly believe that this creates a more conscious, sustainable and prosperous world.” | <https://selfleaders.com/contact-us/> | Gamla Brogatan 17111 20 StockholmSwedenMail & Phoneinfo@selfleaders.com+46–8–559 233 40 | yes |
| World Values Initiative | WVI offers students free continuous coaching in value-based leadership, where participants are given a space on campus to take a helicopter-perspective on what’s truly important in their life.  | [https://worldvaluesinitiative.com](https://worldvaluesinitiative.com/) |  | no |
| The Proteus initiative | The Proteus Initiative works holistically, following an organic approach first developed by JW von Goethe. More depends on the way we think, on the way we see, and on our ability to open our own selves, than we may imagine. Our own stories are entwined in every movement of shift or reversal that is manifested in the world. We bring this understanding and method to the sphere of social and environmental change, activism and stewardship. Our work is an attempt to realise the consequences of true participation, of socio-ecological complexity, and of an emerging consciousness that holds freedom and responsibility as a generative polarity in the quest for wholeness.  | <http://www.proteusinitiative.org/> | <http://www.proteusinitiative.org/contact-us> | yes |
| Oasis Institute  | This institute is part of the Center for Mindfulness in Medicine, Health Care and Society at University of Massachusetts Medical School The Center for mindfulness combines research and education on mindfulness. They offer training on topics including mindfulness-based stress reduction and mindfulness-based cognitive therapy.  | <https://umassmed.edu/cfm/research/> https://umassmed.edu/cfm/training/ | Specifically for mindfulness-based stress reduction:Phone: 508-856-2656Email: srp@umassmed.eduGeneral inquiries: Email: mindfulness@umassmed.edu  | no |
| The Bhumi project | Bhumi Project, an initiative aimed at educating, inspiring, informing, and connecting Hindus interested in service to Mother Earth. They have for example a project on compassionate living: “Hindu culture encourages us to think before we act, and remain thoughtful of the impact we have on our world and others. Our actions have consequences and we all want these consequences to make a positive contribution to the world in which we live.” | http://www.bhumiproject.org/ | E: info@bhumiproject.orgT: +44 (0)1865 304 300Our postal address is:The Bhumi ProjectOxford Centre for Hindu StudiesOxfordOX1 3AEEnglandU.K. | yes |
| Omställning Hällungebygden | Local establishment of Omställning situated in Svenshögen. Thus part of the Swedish Transition Network.  | http://www.hallungebygden.se/ | Contact person 1: Peter Norrthon - permaculturist, one of the initiators to the transition work in SvenshögenEmail:peter@norrthon.comPhone: +46 73 042 96 97Contact person 2: Åke Wikström - former professor at Chalmers, started Hällungen Kursgård, now running Solgläntan where he is growing and selling lokal food. He is deeply involved in the transition work in the village; Email: jawikstrom@yahoo.se Phone: +46 70 600 50 68Contact person 3: Eva Sanner - autor, psychosynthesis therapist, deeply invloved in Omställning Hällungebygden.Email: eva.sanner@gmail.com  Phone: +46 70 939 70 63(Information from Rebekka Olivegren). | yes  |
| Natural Dharma Fellowship  | An organization of Buddhist practitioners dedicated to the joy of awakening. Their practices emphasize the innate wisdom of one’s inherent being, as taught and transmitted in the Tibetan traditions of Mahamudra and Dzogchen. “We are a vessel to support local practice groups, intensive retreats and the training of students and teachers.” | http://www.naturaldharma.org | If you have questions about Natural Dharma Fellowship please contact Terri: info@naturaldharma.orgIf you have questions about our retreat center, Wonderwell Mountain Refuge, Elizabeth Monson, Associate Spiritual Director, Managing Teacher: elizabeth@naturaldharma.org | yes |
| Centre for Mindful Life Enhancement  | The Centre that applies “mindfulness based life enhancement” (MBLE) has three primary objectives:1. To provide courses in Mindfulness Based Life Enhancement [currently run as both eight week and six week programmes – the content is the same in both]
2. To explore the role of mindfulness in organisational settings

To explore the relationship between mindfulness and ageing  | <http://mindfulenhance.org/about/>  | Email: info@mindfulenhance.org | no |
| Gaia | A small organisation with over 30 years experience accompanying partners, communities and movements in Africa, South America, Asia and Europe. “Together we work to revive bio-cultural diversity, to regenerate healthy ecosystems and to strengthen community self-governance for climate change resilience. With a base in north London, we work all over the world and apply a holistic approach to addressing the root causes of our converging crises, triggered by the industrial growth society.” Touching on spiritual ecology, indigenous wisdom and Earth-centred perspectives | https://www.gaiafoundation.org/ | The Gaia Foundation6 Heathgate PlaceLondonNW3 2NUTel: (+44) 207 428 0055Email: info@gaianet.org | yes |
| Garrison Institute  | The Garrison institute is a non-sectarian, non-profit organisation that offers retreats and workshops in a contemplative environment. They bring together contemplative teachers, students, and innovators in science, art technology, social justice and environmental advocacy. With their participants they explore how to connect ‘inner work’ with ‘outer work’.  | <https://www.garrisoninstitute.org/blog/our-commitment-to-sustainability/>  | Phone: 845 424 4800 Mail: info@garrisoninstitute.orgOne of the institute’s signature programmes is one on “Climate, Mind and Behavior” (see “Related courses and workshops” section)  | yes |
| One Earth Sangha | One Earth Sangha is a volunteer-run organisation that aims to bring Buddhist wisdom and practices to collective engagement on ecological crises. Practices of mindfulness, compassion and wise response are combined with ecological activism to create more mindful action. | https://oneearthsangha.org/ | They have a newsletter one can subscribe to: https://oneearthsangha.org/join/Director is Kristin Barker (personal email not provided)Contact email: connect@1earthsangha.org | yes |
| Earth Holder Sangha | The Earth Holder Sangha is an affinity group within the Plum Village International Community of Engaged Buddhists, founded by Zen Master Thich Nhat Hanh in 2015. The Earth Holder Sangha applies mindfulness and the guidance of the Five and Fourteen Mindfulness Trainings to help people and communities care for the earth and all beings, preserve our planet by ending contributions to global climate change and environmental destruction, promote sustainability, and address societal impacts locally, nationally, and internationally. | http://www.earthholder.org/ | They have a quarterly newsletter that one can subscribe to.Founder is Thich Nhat HanhContact email is: earthholders@bluecliffmonastery.org | yes |
| Mindfulness Project | Mindfulness Project is a German non-profit organisation aiming to provide more holistic approaches to living and a new model for society. The organisation uses a combination of proven scientific methods for personal development and sustainable healthy living, such as yoga, meditation, health awareness, nutritional guidance, psychology and non-violent communication. They intend to create a collaborative system to improve an internal and external standard of living. Using ancient philosophies in conjunction with modern scientific developments in the fields of integrated agriculture, green building, alternative energy and recycling, the Mindfulness Project is a revolutionary system that aims to improve the possibilities of sustainable living. | http://www.mindfulness-project.org/ | They run occasional events and courses, as well as the possibility to volunteer for them.Founded by Christian and Anja Carow.Ajahn Dr. Somchai is the head of the project (in Thailand).Mail: info@mindfulness-project.org | yes  |
| Wonderwell Mountain refuge | A Buddhist meditation retreat center dedicated to the cultivation of mindfulness, wisdom, and compassion for a better world, Wonderwell Mountain Refuge has provided a sanctuary for the transmission and preservation of authentic and ancient lineage teachings, as well as for the rediscovery of these teachings as profoundly relevant to contemporary life.  | http://www.wonderwellrefuge.org | Main Phone Line: (603) 763-0204General Inquiries: info@wonderwellrefuge.orgRetreat Information: retreats@wonderwellrefuge.org | yes |
| EcoChurch /Shrinking the Footprint  | A partnership between EcoChurch Southwest (part of Church of England) and Shrinking the Footprint aims to bring together the efforts of both to respond to globally recognised ecological concerns. They do so by providing online resources to churches and church members who seek to address environmental issues.  | https://ecochurchsouthwest.org.uk/ | Information provided by Kate Rigby  | yes  |
| Season of Creationtide  | This strongly ecospiritual ecumenical phenomenon marks a shift in the Christian understanding of our relationship to creation under God. The Creationtide celebration occurs every year from Sepbember 1st to October 4th . In this celebration it is now highlighted that it is important that Christians rediscover older traditions of a godly relationship of humanity to the wider created order to take more responsibility for and care of the environment.  | https://www.churchofengland.org/media-centre/news/2016/08/church-of-england-commends-creationtide-resources.aspx | Information provided by Kate Rigby  | yes  |
| Psychology for a safe climate  | This local not-for-profit organisation in Melbourne aims to address the lack of individual and community engagement with climate change. Through workshops, presentations, and publications they contribute by: Increasing understanding of the psychology behind the challenges and difficulties of engagement with climate change; fostering psychological support and self care; and helping improve communication on climate change. | <https://www.psychologyforasafeclimate.org/about-us>  | Niina Kautto referred to this organisationBronwyn Gresham (previsouly Wachope) is part of this organisation. She is also working on her business Compassionate Nature to offer evidence based psychological support in the environment and climate change community. Email: brozhope@gmail.com  | yes  |
| Lion’s Roar: Buddhist wisdom for our time  | The Lion’s Roar Foundation is a mission-driven, reader-supported publisher of Buddhist teachings, news, and perspectives. They are committed to ensuring that the understanding and practice of Buddhism flourishes in the contemporary world. | General information: <https://www.lionsroar.com/about-us/> In relation to climate change specifically: <https://www.lionsroar.com/5-practices-to-help-you-skillfully-contemplate-climate-change/>  | Email: info@lionsroar.com Phone: 902.422.8404 | no |
| Mind and Environment Project  | This 'mind-and-environment' project is organized by scientific staff and former graduate school members of the University of Freiburg in Germany at a voluntary basis, inviting doctoral students and any other interested people from science and practice to exchange and reflect upon the link between mind and environmental sustainability.  | <https://www.mind-and-environment.org/> | The project is supported by the Graduate School '[Environment Society and Global Change](https://www.gs.esgc.uni-freiburg.de/)' of the University of Freiburg.Email: info@mind-and-environment.orgPhone: +49 709 203 3672 | yes  |
| The Climate Reality Project Australia  | The Climate Reality Project Australia (formerly The Climate Project), the Australian branch of Al Gore’s climate change leadership program, is a non-profit organisation founded in November 2006. Their mission is to educate the public about the harmful effects of climate change and to work toward solutions at a grassroots level worldwide. A part of their organisation focusses on health and wellbeing and promotes various ways to deal emotionally with such a complex and weighty matter like climate change.  | http://www.climatereality.org.au/health-and-wellbeing.html | Email: linh.do@unimelb.edu.au | yes  |
| Go & Change (Entwicklungsgemeinschaft für Lebensqualität)  | Go & Change is a non-profit NGO that aims to change individuals’ or groups’ established patterns, structures and limiting beliefs to enhance quality of life and create a new norm in which support and compassion are key. They do so by combining workshops with community commitment that takes the form of work weeks and process weekends that people can partake in in exchange for a fee.  | <http://goandchange.de/ueber-uns/><http://goandchange.de/angebote/prozesswochenende/>  | Mail: kontakt@goandchange.de | no  |
| Mindfulness for the people  | Mindfulness for the People LLC is a Black-owned social change agency dedicated to bridging racial justice and collective wellbeing through techniques of mindfulness, compassion, and self-compassion. They bring compassionate mind-body wisdom to the field of racial justice on university campuses and among social good organizations. Their culturally responsive and oppression sensitive mindfulness trainings, keynotes, and consultations engage [Racial Battle Fatigue](https://attheu.utah.edu/facultystaff/microaggression-and-racial-battle-fatigue/) among People of Color and [White Fragility](https://goodmenproject.com/featured-content/white-fragility-why-its-so-hard-to-talk-to-white-people-about-racism-twlm/) among White people.  | <http://mindfulnessforthepeople.org/> | Mail: info@mindfulnessforthepeople.org | no  |
| Mindfulness in Schools Project (MiSP) | In 2009 Mindfulness in Schools Project (MiSP) was established as a not-for-profit company by Richard Burnett and Chris Cullen, both school teachers and mindfulness practitioners, in the belief that the young people in their classrooms could benefit from learning mindfulness skills. There were no curricula teaching mindfulness skills available in the UK at that time so MiSP created **.b** (pronounced ‘dot-b’, which stands for stop and be) for 11-18 year olds.  MiSP later worked with Sarah Silverton and Pen Y Bryn School’s Tabitha Sawyer and created **Paws b** for 7-11 year olds. MiSP’s most recent course is **.b Foundations** which was written for teachers and school staff. The aim of MiSP is to improve the resilience and wellbeing of all young people to enhance their school career and to support them throughout life. MiSP remains the leading provider of mindfulness programs for young people in the UK. | https://mindfulnessinschools.org/ | Mail: enquiries@mindfulnessinschools.org | no |
| Center for Contemplative Mind in Society (CMind) | The Center for Contemplative Mind in Society (CMind) transforms higher education by supporting and encouraging the use of contemplative practices and perspectives to create active learning and research environments that look deeply into experience and meaning for all in service of a more just, compassionate, reflective, and sustainable society.The ACMHE (Association for Contemplative Mind in Higher Education) is an initiative of the CMind. | <http://www.contemplativemind.org/> | They have a newsletter one can subscribe to: http://www.themindfulnessinitiative.org.uk/contact-usEmail: info@contemplativemind.orgPhone: (413) 582-0071  | yes |
| The Mindfulness Initiative | A policy institute that grew out of a programme of mindfulness teaching in the UK Parliament. It works with parliamentarians, media and policy makers to develop recommendations on the role of mindfulness in public life. Associated professional networks includes the mindfulness and social change network (see under networks). | http://www.themindfulnessinitiative.org.uk/ | Director is Jamie Bristow, jamie@mindfulnessinitiative.org.uk, was Business Development Director at the digital mind-health platform, Headspace (see under 8) | no |
| Ekskäret Foundation  | The aim of this foundation is to facilitate the co-creation of a more conscious society, by providing arenas for inquisitive exploratory meetings. They want to strengthen the individual's ability to develop a greater sense of empathy, complexity awareness and co-creation, ie basic abilities of consciousness development. Many relevant projects, including 29k (see below) | http://ekskaret.se/english/ | Email: sara@ekskaret.sePhone: +46 (0) 70 847 48 44Tomas Björkman | yes  |
| 29k | The name is 29k, so 29.000, because that’s the average amount of days that one lives. Their goals it to help people find meaning for these days. They are a team of philanthropists, social innovators, researchers and lateral thinkers that have a non-profit tech start up on a mission to make transformational growth available to everyone. Based on the idea that one can change the world if one looks differently at the word, they have created a tool to support people to design their lives based on personal values and are creating a video series with insights about why life is meaningful. They also form a community that offers support to the individual.  | http://29k.org/ | Phone: 5590957949 Stockholm, Sweden.  | no  |
| Ritambhara | Ritambhara is a retreat/yoga center that offers an exploration of our being within the world we inhabit, moving from an external sense of perception to an embodied, inner presence.The activities of Ritambhara include active co-learning through Inner Work, communing with Nature, exploring theatre, music, and art, the practice of various aspects of the Ashtanga Yoga, and exploratory dialogues on the different facets of the Indian tradition. | https://ritambhara.org.in | ashram@ritambhara.org.in or call us on +91 94440 07954 | yes |
| Auroville  | An intentional community established on the principles of yoga, community and interbeing. Auroville just turned 50 years old and has almost 3000 international inhabitants and the town is set up to be an experiment in the development of human consciousness and unity. | https://www.auroville.org/ | https://www.auroville.org/contact | yes |
| Pachamama Alliance | Pachamama Alliance is a global community that offers people the chance to learn, connect, engage, travel and cherish life for the purpose of creating a sustainable future that works for all. ”With roots deep in the Amazon rainforest, our programs integrate indigenous wisdom with modern knowledge to support personal, and collective, transformation that is the catalyst to bringing forth an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet.”They have an online learning class called “Awakening the dreamer” <https://www.pachamama.org/engage/awakening-the-dreamer> | https://www.pachamama.org | https://www.pachamama.org/about/contact | yes |
| Damanhur | Damanhur is a Federation of spiritual communities, with its own Constitution, culture, art, music, currency, schools and uses of science and technology. Its citizens are open to sharing their knowledge and research with other groups and cultures of the world, with anyone who is interested in exploring these themes. Damanhur holds events at numerous centers, organizations and points of outreach in many cities [around the world](http://www.damanhur.org/en/share-experiences/damanhur-in-the-world), and also hosts thousands of visitors each year who participate in tours, seminars, retreats and courses through [Damanhur University](https://welcome.damanhur.org/0/en/come-visit/). 2005, Damanhur received recognition from the [United Nation's Global Forum on Human Settlements](http://www.gfhsforum.org/) as a [model for a sustainable society](http://www.damanhur.org/en/live-community/united-nations-award). The award was no accident. It was the result of Damanhur's deep respect for the environment as a conscious, sensitive entity and our citizens' commitment to co-existing with the plant and animal worlds (as well as intelligences that inhabit this universe) in a reverent and nurturing way. One expression of this philosophy is [Music of the Plants](http://www.damanhur.org/en/research-and-experimentation/the-plant-world#music-of-the-plants), in which communication with the plant world inspires concerts where the musicians are trees, and plants play music alongside human musicians | http://www.damanhur.org | For general inquiries, information or questions, [click here](http://www.damanhur.org/en/contact#contactform) or +39 0124 512236.MailWrite to us:DamanhurVia Pramarzo, 310080 - Baldissero Canavese (TO)Italia | yes |
| Esalen Institute | Esalen is a pioneer on the leading edge of consciousness, where spiritual possibility, intellectual rigor, somatic practice, and sustainable living converge toward an integrated realization of the human potential.It is a retreat center and they also have a theory and research center | https://www.esalen.org | Call 831-667-3000 or email us at info@esalen.org.  Due to the high volume of inquiries we receive, please allow up to 72 hours for a reply. | yes |
| Search Inside Yourself  | Search Inside Yourself was born at Google from one engineer’s dream to change the world.Interest outside Google was so great that the Search Inside Yourself Leadership Institute (SIYLI) was established in 2012 as an independent nonprofit organization. Since then, Search Inside Yourself has become a globally recognized program and SIYLI continues to work with Google, as well as other corporate, nonprofit and government organizations around the world.They offer a range of programs, including:[SIY for individuals](https://siyli.org/programs/search-inside-yourself)[SIY for organizations](https://siyli.org/programs/bring-siy-to-your-organization)[SIY Certified Teacher Training](https://siyli.org/programs/teacher-training) | https://siyli.org | https://siyli.org/contact-us | no |
| Insight meditation community of Washington | The Insight Meditation Community of Washington (IMCW) is a spiritual community that teaches and practices Insight (Vipassana) meditation in the Washington, DC metro area.  | <https://imcw.org/> | Phone: 202.986.2922Email: meditate@imcw.orgAnne Adams Green, Administrative DirectorNeile Whitney, Website, Publications, Volunteer DevelopmentGlen Harrison, Coordinator: Wednesday night class, Spiritual Friends/KMJanet Merrick, Coordinator, Audio & Video | They have a program on spiritual activism which includes environmentalism |
| Strozzi institute – embodied leadership | ”Our vision is a life-affirming future for all. Our commitment is to leave the world better than we found it. We support transformative leaders and organizations that can meet the challenges of our time – delivering sustainability, interconnectedness, and social equity.Their mission is to produce leaders and organizations that embody pragmatic wisdom, skillful action, and grounded compassion; who can use conflict as a generative force.” | https://strozziinstitute.com | <https://strozziinstitute.com/contact-us/> | yes |
| Center for action contemplation |  The Center for Action and Contemplation seeks to empower individuals to live out their sacred soul tasks in service to the world through contemplative programs and resources:[CONSPIRE Events](https://cac.org/events/): A seven-year series of conferences held in New Mexico and webcast worldwide.[Online Education](https://cac.org/online-ed/): Self-paced, online courses, including audio, video, and discussion.[Living School](https://cac.org/living-school/): Two-year program (launched in 2013), combining onsite and online learning.[Webcasts:](https://cac.org/events/webcasts/) Live teachings from core faculty and guests streamed online, around the world.[CAC Bookstore:](https://store.cac.org/) A comprehensive selection of faculty books and recordings.[Richard Rohr’s Daily Meditations](https://cac.org/sign-up/): Free daily or weekly email reflections by Fr. Richard. | https://cac.org | Customer Service:505-247-1636support@cac.org | no |
| Core Light | An international non-profit organization dedicated to the awakening of the global heart. “We do this in a variety of ways, which include fostering outer peace in the world through developing personal inner peace. We offer teachings that help people move beyond fear, negativity and egoic limitations and awaken them into their highest potential. We also offer courses and opportunities for selfless/humanitarian service as well as meditation tours to different parts of the world.” | http://www.corelight.org | 223 N. Guadalupe Street, #275Santa Fe, New Mexico 87501 USAPhone: (505) 424-8844Fax: (505) 424-8848General Information:info@corelight.org | Section on sacred activism |
| The Center for Spirituality and Sustainability | The Center for Spirituality and Sustainability is an independent, not-for-profit organization located in a geodesic dome designed by Buckminster Fuller on land leased from Southern Illinois University Edwardsville (SIUE). Since 1971 the Center has served the University and area communities as a place for multifaith and interfaith activity.  A variety of educational, cultural and social events are held throughout the year inside this landmark structure.The Center for Spirituality & Sustainability's mission is to promote humanity's sacred connection to the Earth and each other. | https://www.siue.edu/religion/ | SIUE Campus Box 1059 • Edwardsville, IL 62026phone: (618) 650 - 3246  • email: fullerdome@hotmail.com | yes |
| Multi-faith sustainable living initiative | Urgent, ambitious action is needed on a global scale to align lifestyles with a well below 2˚C future. The Multi-Faith Sustainable Living Initiative is a vital new movement that promotes and normalises truly sustainable ways of living among faith communities.The initiative aims to support faith communities to act as role models to inspire lasting behaviour change, particularly in societies where per capita consumption emissions are high. GreenFaith will achieve this goal by working with a diverse group of high-level faith leaders to identify and foster respected, sustainable cultural norms. The leaders will make public commitments to take action related to sustainable living, particularly in the areas of food, mobility and energy use. | http://krfnd.org/?portfolio=multi-faith-sustainable-living-initiative |  | yes |
| [The Center for Mindful Eating](https://www.thecenterformindfuleating.org/About-TCME) | The Center for Mindful Eating (TCME) is a member-supported, nonprofit international organization. Our mission is to help people achieve a balanced, respectful, healthy and joyful relationship with food and eating.TCME’s provides resources for educating professionals, institutions, and individuals in the principles and practices of mindful eating. | https://www.thecenterformindfuleating.org/ | The Center for Mindful EatingP.O. Box 4286Portsmouth, NH 03802info@tcme.org | no |
| [Inward Bound Mindfulness Education](http://ibme.info/) | A non-profit organization dedicated to improving the lives of teens, parents, and professionals. | https://ibme.info/ |  | no |

**See also table under Section 3.**

# PRACTICE, TEACH & INFORM | Practice, instruction, teaching and facilitation (individual focus)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Description and/or goals** | **Website** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility** (yes/no) |
| The Kindness Institute  | Through private coaching and group programmes, the Kindness Institute incorporates mindfulness, wellness yoga and the work of Byron Katie to cultivate less distracted, more productive minds. Specifically, they aim to address anxiety, fear and stress. They are a social enterprise that is registered as a charity. | http://thekindnessinstitute.com/ | Email: thekindnessinstitute@gmail.comPhone: 021 248 3365 | no |
| MindUp | The Goldie Hawn Foundation is a not-for-profit organization created in response to the global epidemic of childhood aggression, anxiety, depression and suicide. Based firmly in neuroscience, MindUP gives children the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with resilience.MindUP’s signature program is an acclaimed classroom-based curriculum, spanning ages 3 to 14. | https://mindup.org | Email: HELLO@MINDUP.ORGPhone: (888) 391-1312The Hawn Foundation Global Headquarters220 26th St suite 203Santa Monica ca 90402(213) 419-4940 | no |
| Mindfulness in schools project | A national, not-for-profit charity for young people and schools, Mindfulness in Schools Project (MiSP) was established in 2009 to bring the benefits of secular mindfulness to the classroom.“Now the leading provider of school-based mindfulness, we deliver well-researched, in-depth curricula and materials for schools and train teachers to deliver them. [Our courses](https://mindfulnessinschools.org/train/) are written by teachers, for teachers and succeed consistently with all types of pupils, according to both the [research evidence and overwhelmingly positive feedback](https://mindfulnessinschools.org/the-evidence-base/).” | https://mindfulnessinschools.org | To contact us, please use the form below or email us at: enquiries@mindfulnessinschools.org |  |
| Values based education | A national, not-for-profit charity for young people and schools, Mindfulness in Schools Project (MiSP) was established in 2009 to bring the benefits of secular mindfulness to the classroom. | https://www.valuesbasededucation.com/ | Chalk Pit Nursery,Chalk Pit Lane,Burnham BucksSL1 8WDUnited KingdomTelephone: +44 1628 660665Email: info@valuesbasededucation.com | Men-tioned in descript-tion in database |
| Mindfulnesscenter  | The Mindfulnesscenter is Sweden’s leading mindfulness educator. They offer instructor education in Stockholm, Gothenburg, Malmö, Umeå and Luleå. They have educated more than 1900 instructors, with Dr. Ola Schenström as main responsible educator.  | https://www.mindfulnesscenter.se/instruktoersutbildningar/ |  | no |
| LevNU | LevNU is driven by Katarina Lundblad. This company offers courses about mindfulness and self-compassion, and trips and retreats.  | <http://levnu.net/levnu-mindfulness-katarina-lundblad-2/> | Mail: info@lefnu.netPhone: 070 2012310 | no  |
| Calm Clarity  | The Calm Clarity Program is a mindful leadership training that enables you to be your best self and perform at your peak. Calm Clarity integrates science and mindfulness to show you how to optimize your brain so you can be your best self in any situation. The training helps you increase leadership stamina, be more effective in your interactions, and boost your well-being so you don’t burn out. The programme is inspired by the founders’ own experience with poverty and prejudice as a Vietnamese refugee in Philadelphia.  | <https://calmclarity.org/about/social-enterprise-model/>  | They have a newsletter: <https://calmclarity.org/resources/newsletters/> Mail: info@calmclarity.org  | no  |
| Mindfulness-based cognitive therapy (MBCT) programmes | In MBCT programmes, participants meet together as a class (with a mindfulness teacher) two hours a week for eight weeks, plus one all day session between weeks 5 and 7.  The main ‘work’ is done at home between classes. |  | E.g., <http://oxfordmindfulness.org/about-us/about/get-in-contact/> Mark Williams, author of the website, will not engage in personal correspondence, and instead refers to contact the Oxford Mindfulness Centre: Phone: +44 (0) 1865 613157Other contact via online form  | no  |
| The Independent Minfdfulness Teaching Guild (IMTG).  | An affiliation of like-minded mindfulness teachers and teachers of mindfulness-based approaches (MBAs). The Guild uphold standards and criteria that are now becoming associated with the consolidated form of secular mindfulness. They organise mindfulness-in-nature retreats.  | Information about the retreats: <http://camretreat.co.uk/> <http://www.martinwilks.com/residential-retreats-mindfulness-in-nature/>  |  | no  |
| Zen peacemakers international | Zens mission is to support, inspire, train and mobilize a world-wide movement of members and affiliates conducting humanitarian, peace-building, social and civic action based on the Zen Peacemakers’ Three Tenets: Not Knowing, Bearing Witness and Taking Action. | <https://zenpeacemakers.org/> | <https://zenpeacemakers.org/contact/> | yes |
| Pioneers of change | (website only in German) | https://pioneersofchange.org/ |  |  |
| International youth initiative program | The International Youth Initiative Program, YIP, is a societal entrepreneurship training, offering a holistic educational program that promotes an expanded global and personal awareness. YIP aims to strengthen young people’s capacity to take initiative in the face of current global challenges. Up to 40 participants, between 18 and 28 years old, from all over the world, live, learn, create and organize together for 10 months. With its format YIP provides a platform for young people to develop their fullest potential, expand their understanding and find their authentic task in society and the world. | http://yip.se/about/ | Phone: (+46) (0)8 5517 0087E-mail: info@yip.seWeb site: [www.yip.se](http://www.yip.se/) | Yes (mentions spiritual ecology) |
| Mindful Schools | Mindful Schools transforms school communities from the inside out.In 2007, a small, passionate team assembled their collective experience in education, social justice, and mindfulness and founded Mindful Schools on the belief that mindfulness provides young people with a compass to navigate their lives. The program began in a classroom at Emerson Elementary School in Oakland, CA. | https://www.mindfulschools.org | 2010-2018 Mindful Schools | 1260 45th Street, Suite B | Emeryville, CA 94608 | support@mindfulschools.org | p:(510) 858-5350 | f: (510) 858-0856 | no |
| The Mindfulness MeditationTeacher Certification Program | A Two-Year Training Program for Teaching Awareness and Compassion-Based Practices | https://www.soundstrue.com/store/mindfulness-teacher-certification?hatid=102c664b8e1dc3fc9b7219c4f0a49f&partner=1207 |  | Yes (mentions engaged spirituality) |
| A school called HOME | HOME is a school where they study the mess the world is in, not as a set of discrete problems to be solved, but as a tangled and humbling predicament. “We follow the roots of this predicament deep into history, uncovering the buried assumptions which have shaped our ways of seeing and being in the world, catching sight of the possibilities those assumptions hid from view. We learn from artists, philosophers, community builders, improvisors, historians and poets. Looking for a term to bridge these worlds, we call ourselves a school for culturemakers. We cultivate the art of invitation, hospitality and friendship, finding here the seeds of other ways of being human together.” | https://aschoolcalledhome.org |  | yes |
| M2 foundation | The intention of the nonprofit M2 Foundation is to support sustainable communities by teaching the art of mindful living. “We are a growing, evolving organization dedicated to the radical responsibility of mindful awareness. “ | http://m2foundation.org | By email:urbanmonk.marc@gmail.comMailing address:M2 FoundationPO Box 4972St. Paul Minnesota 55101 | yes |
| Off the mat in to the world | “We are a collective, building a movement of fully embodied activists. Grounded in practice, guided by vision, we are changing the world.  At its root, the word yoga means union — of mind, body, and spirit. We utilize the tools of yoga, meditation, and self-inquiry to create conscious, sustainable change on a grassroots and global level — through leadership trainings, online courses, service and action projects, and much more. This practice helps us cultivate self-awareness and also learn to move through discomfort and pain. In the face of violence and injustice, it sustains us in our efforts for personal, cultural, and global transformation.” | http://www.offthematintotheworld.org/ | About online courses & in-person trainings: training@offthematintotheworld.orgAbout media, collaboration or event inquiries: info@offthematintotheworld.org | no |
| Yoga Changemakers | Website not updated as per 1/10/2018 | http://yogachangemakers.com/ |  | no |
| Ulex project | How can we draw on the power of the heart, the fire of the imagination, and the dynamism of the body to empower social change through our creativity?This course is aimed at anyone interested in learning, sharing and exploring creative, collaborative and participatory tools for social justice. | http://ulexproject.org/courses\_events/creative-tools-for-social-change-2/ |  | no |

**See also tables under Sections 1,2 & 6, Contemplative degrees, for more in-depth education.**

# RESEARCH | Research centres and institutes

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Description and/or goals** | **Website** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility** (yes/no) |
| Centre for Mindfulness in Medicine, Health Care, and Society | Mindfulness-based research and programs at the University of Massachusetts Medical School. Founded by Jon Kabat-Zinn. Heavy focus on the medical implications of mindfulness. | http://www.umassmed.edu/cfm/ | Core research institution that is exploring and publishing the medical benefits of mindfulness practices. | no |
| The Presencing institute | The Presencing Institute was founded in 2006 by MIT Sloan School of Management Senior Lecturer Otto Scharmer and colleagues in order to create an action research platform at the intersection of science, consciousness, and profound social and organizational change. Over the past two decades, we have developed [Theory U](https://www.presencing.org/#/aboutus/theory-u) as a change framework, led cross-sector leadership, change and innovation initiatives worldwide, and created an innovation platform called [u.lab](https://www.presencing.org/#/programs/course/landing-page/ulab_1x/at_a_glance). | [https://www.presencing.org](https://www.presencing.org/) |  | yes (in related material) |
| Sigtuna foundation | The Sigtuna Foundation operates as a center for education and research. Their main focus areas are: The multicultural and multi-religious society, Media faith and society, Sustainability and humanism and Dialogue, culture, science and faith.They also have a conference center, hotel, culture center, library and press archive and a retreat center, where they aim to create a place for reflection and dialogue with an openness to spiritual values and dimensions. They offer weekends with meditation in silence at our retreat center all year round | httpF://sigtunastiftelsen.se | Alf Linderman, [alf.linderman@sigtunastiftelsen.se](http://sigtunastiftelsen.se/forskning-utveckling/alf.linderman%40sigtunastiftelsen.se%20) | yes |
| Center for healthy minds | “Faced with mental and physical health challenges at a global scale, we conduct rigorous scientific research to bring new insights and tools aimed at improving the well-being of people of all backgrounds and ages.”They do research on the topic of mindfulness, meditation and compassion. | https://centerhealthyminds.org | Center for Healthy Minds—University of Wisconsin–Madison625 W. Washington Ave.https://centerhealthyminds.org/connect/general-inquiries | no |
| Centre for Compassion and Altruism Research and Education (CCARE) | CCARE investigates methods for cultivating compassion and promoting altruism within individuals and society through rigorous research, scientific collaborations, and academic conferences. In addition, CCARE provides a compassion cultivation program and teacher training as well as educational public events and programs. | <http://ccare.stanford.edu/>CCCARE also has a newsleter “CCARE NEWS”  | They have a newsletter one can subscribe to.James R. Doty, MD is the director and founder of CCARE.Email: ccareinformation@gmail.com | no |
| Oxford Mindfulness Centre (OMC) | The Oxford Mindfulness Centre (OMC), within the Department of Psychiatry, University of Oxford, has been at the forefront of mindfulness research and training since 2008. Their aim is to reduce suffering, promote resilience, and realise human potential across the lifespan. The work of the OMC is providing ground-breaking clinical and neuroscience research on mindfulness, building up an extensive, peer-reviewed body of knowledge and developing and teaching new approaches to mindfulness intervention. | http://oxfordmindfulness.org/ | They have a newsletter one can subscribe to.Phone: +44 (0) 1865 613157Other contact via online form <http://oxfordmindfulness.org/about-us/about/get-in-contact/>  | no |
| Centre for Compassion Studies  | The University of Arizona’s Center for Compassion Studies was established to encourage investigation of the impact of compassion and contemplative practices on individual, group and environmental well-being, as well as to promote the availability of education and training in the cultivation of compassion. The guiding vision is to ”help build a world in which compassion guides human behaviour at all levels, from the individual to the environmental” | https://compassioncenter.arizona.edu/news/climate-and-environment-whats-compassion-got-do-it | The link to mindfulness appears stronger than that to sustainability, but environmental dimensions are mentioned.  | yes |
| The Dalai Lama Center for Ethics and Transformative Values at MIT  | This centre is dedicated to inquiry, dialogue, and education on the ethical and humane dimensions of life. As a collaborative and nonpartisan think tank, The Center focuses on the development of interdisciplinary research and programs in varied fields of knowledge, from science and technology to education and international relations. The programmes emphasize responsibility and examine meaningfulness and moral purpose between individuals, organizations, and societies. | General information about The Center: <http://thecenter.mit.edu/home/mission/> Information about the programmes: <http://thecenter.mit.edu/home/programs/>  | Email: info@thecenter.mit.edu Phone: +1617 324 6030 | no |
| Centre for Mindfulness in Medicine, Health Care, and Society | Mindfulness-based research and programs at the University of Massachusetts Medical School. Founded by Jon Kabat-Zinn. Heavy focus on the medical implications of mindfulness. | http://www.umassmed.edu/cfm/ | Core research institution that is exploring and publishing the medical benefits of mindfulness practices. | no |
| Center for Healthy Minds (University of Wisconsin-Madison).  | Faced with mental and physical health challenges at a global scale, they conduct rigorous scientific research to bring new insights and tools aimed at improving the well-being of people of all backgrounds and ages. Their research, rooted in neuroscience, comes down to one basic question: *What constitutes a healthy mind?* To begin to answer this, they have investigated the science of emotions, contemplative practices and qualities of mind they suspect affect well-being, including attention, resilience, equanimity, savoring positive emotions, kindness, compassion, gratitude and empathy.Listen to a podcast on the topic here with Chad McGeehee from the center: <https://www.stitcher.com/podcast/woub-public-media-2/the-kindness-podcast/e/54069562?autoplay=true&utm_source=Center+for+Healthy+Minds&utm_campaign=f4da3d1357-EMAIL_CAMPAIGN_2017_12_29&utm_medium=email&utm_term=0_cce2315563-f4da3d1357-9558847> | <https://centerhealthyminds.org/about/overview>  | They also have a newsletter. Contact via online form: <https://centerhealthyminds.org/connect/general-inquiries> The founder and director is Richard J. Davidson (See “individuals and pioneers” section)  | no  |
| Mindfulness and Compassion Center for Research and Education (MCC) | This center in Sweden is a new research and knowledge center for Scania’s primary care, that analyses the effects of mindfulness and compassion on the psychological, physical and social health. Among other things, the relation between mindfulness and the brain’s neuroplasticity will be analysed. In the lab even the molecular mechanisms behind the effect of mindfulness and compassion will be analysed.  | <https://www.skane.se/organisation-politik/forskning/radgivning-och-stod-for-forskare-och-naringsliv/centrum-for-primarvardsforskning/forsknings--och-kunskapsplattform-om-mindfulness/> |  | no  |
| Institute for Integral Studies (IFIS) | IFIS is a non-profit organisation that is involved in research and development projects, academic events and high-level publications. They are committed to develop and share knowledge of an integral quality with the purpose to contribute to the common good and sustainable development. Specifically, they aim to contribute to existing interdisciplinary fields, but also fields that are neglected or dismissed by academic research. They also organise Colloquium Sessions to offer a forum to exchange experiences around innovative approaches to social challenges and thereby strengthen the dialogue between IFIS’ members.  | <http://www.integral-studies.org/en/home><http://www.ifis-freiburg.de/node/50> | Suggested by Anaim Gräff . IFIS has a newsletter that is linked to in the ”News” column at the bottom right of this page: <http://www.integral-studies.org/about>  | no  |
| Kalapa Leadership Academy | They combine expertise in mindfulness with the fields of leadership development, management and neuroscience. They currently have three research projects, one of which is labelled as *Mindfulness and Sustainability*, in which they want to examine how mindfulness can support the development and implementation of sustainability objectives. The research project was scheduled to start in the fall of 2015. | http://www.kalapaacademy.com/research/ | Focus on bringing mindfulness into the workplace to promote socially responsible behaviour and decision-making. | no  |
| Center for Social Sustainability (CSS) at Karolinska Institutet in Stockholm  | Walter Osika works at this institute and they are currently planning a study on sustainable community building, where they look at stress & mental health in relation to levels and patterns of IT/smartphone use. They are also interested in measuring pro-social behavior in relation to patterns of IT/smartphone use. | https://ki.se/forskning/centrum-for-social-hallbarhet-css |  | yes  |
| Mind & Life Institute | This institute emerged from a meeting of Tenzin Gyatso (the 14th Dalai Lama, Adam Eagle and Francisco Varela. They were convinced that contemplative practices and introspective methods can be used as instruments of investigation. They bring together scientists and contemplatives for dialogues, but also fund individual research and organise the International Symposium for Contemplative Studies.  | https://www.mindandlife.org/mission/ | Phone: (434) 338-7380 | no  |
| National Center for Complementary and Integrative Health (NCCIH) | The National Center for Complementary and Integrative Health (NCCIH) is the Federal Government’s lead agency for scientific research on the diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine. NCCIH was formerly known as the National Center for Complementary and Alternative Medicine. They also provide grants and funding.  | https://nccih.nih.gov/about | Phone: 1-888-644-6226Other contact via online form https://nccih.nih.gov/tools/emailnccih | no  |
| Center for Mindfulness in Medicine, Health Care and Society at University of Massachusetts Medical School  | The Center for mindfulness combines research and education on mindfulness. Topics include mindfulness-based stress reduction, mindfulness-based cognitive therapy and others.  | <https://umassmed.edu/cfm/research/>  | Specifically for mindfulness-based stress reduction:Phone: 508-856-2656Email: srp@umassmed.eduGeneral inquiries: Email: mindfulness@umassmed.edu  | no  |
| UMindfulness  | The University of Miami’s Mindfulness Research and Practice Initiative (UMindfulness)is an inter-disciplinary collaboration across the University of Miami that brings together brain research and mindfulness/contemplative practice training. The research projects involve training military cohorts, University students, and medical, legal, and other professional groups to determine the basic brain mechanisms underlying contemplative practice.  UMindfulness also offers lecture series and workshops for students, staff, faculty and alumni of the University of Miami along with the broader South Florida Community to learn about and engage in mindfulness training. | <http://mindfulness.miami.edu/umindfulness/about-umindfulness/>  | The founders are Amishi Jha and Scott Rogers. Phone: 305-284-5527Email: mindfulness@law.miami.edu  | no  |
| The Saron Lab  | At Clifford Saron’s lab research is focussed on the training of attention and emotion regulation through contemplative practice. For example, the effects of intensive meditation training are analysed qualitatively, through self-report, behavioural, electrophysiological and biochemical measures. The main project related to mindfulness is called “The Shamatha Project” (more info see research project section)  | <http://saronlab.ucdavis.edu/>The Shamatha Project: <http://saronlab.ucdavis.edu/shamatha-project.html>  | Contact details Clifford SaronPhone: 415-307-9757Email: cdsaron@ucdavis.edu  | no  |
| The Mindfulness Awareness Research Center (MARC) at UCLA  | The Mindful Awareness Research Center (MARC) is a partner of the Norman Cousins Center for Psychoneuroimmunology within the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA. MARC was created to bring to a renowned mental health research institution the ancient art of mindful awareness in a scientifically supported and rigorous form. They offer workshops, publish research and offers mindfulness education programmes and classes.  | http://marc.ucla.edu/about-marc | Phone: (310) 206-7503Email: marcinfo@ucla.edu | no  |
| Perspectiva  | Perspectiva is a research platform that seeks to build the intellectual foundations for a more conscious society – a diverse and plural society awake to itself, united by an awareness of ecological constraints, systemic influences and the development of human empathy and consciousness throughout the lifespan. The goal is to slowly but steadfastly transform academic, public, policy and practitioner perceptions of the validity and coherence of examining real world problems with a deeper appreciation of the influence of our inner worlds.  | General information: <https://www.systems-souls-society.com/>Online posts: <https://www.systems-souls-society.com/posts>  | Contact people: Dr. Jonathan RowsonCo-founder and director Email: reachrowson@gmail.com Tomas BjörkmanCo-founder Email via website: <http://www.tomas-bjorkman.com/#9> General website: <http://www.tomas-bjorkman.com/>  | yes |
| SNC (Spirituality, Nature, Culture) LAB. | The Spirituality, Nature and Culture Laboratory (SNC-LAB) is a not-for-profit research network based at Queen’s University dedicated to fostering research into holistic solutions to 21st century challenges. They are committed to an interdisciplinary approach that recognizes the interdependence of human aspirations, beliefs and belongings, the networks of culture and technology that shape human society, and the planetary systems that support human wellbeing. Going beyond the key dichotomies of modernity (nature/culture, matter/spirit, West/East) they aim to identify, cultivate and research new paradigms of knowledge and value, new approaches to wellbeing, and new pedagogical strategies for future flourishing. To do so they offer an [innovative pedagogical structure](http://www.snclab.ca/pedagogy/) and an interdisciplinary [research framework](http://www.snclab.ca/research/) so that all [our members](http://www.snclab.ca/people/) can strengthen their research and leadership skills. | The platform and details about their pedagogical structure and research framework: <http://www.snclab.ca/> | <http://www.snclab.ca/contact/> | yes  |
| Naropa University | Located in Boulder, Colorado, Naropa University is a private, nonprofit, liberal arts university offering undergraduate and graduate degree programs in the arts, education, environmental studies, peace studies, psychology and religious studies. Buddhist-inspired and nonsectarian, Naropa University is rooted in contemplative education, a teaching and learning approach that integrates Eastern wisdom studies and the arts with traditional Western scholarship. Naropa was the birthplace of the modern mindfulness movement. | [https://www.naropa.edu](https://www.naropa.edu/) | To make general admissions inquiries or request information, please email admissions@naropa.edu.To set up a campus visit, RSVP for an admissions event, or set up an information session with an admissions counselor, please email admissionsevents@naropa.edu. | yes |
| Contemplative Science Center – University of Virginia | The Contemplative Science Center's mission is to explore contemplative practices, values, ideas, and institutions historically and in contemporary times to better understand their diverse impacts, underlying mechanisms, and dynamic processes through analytical research and scholarship, as well as to help develop new applications and learning programs for their integration into varied sectors of our society | https://www.uvacontemplation.org | Phone  +1 434.982.6057Email  csc@virginia.edu | no |
| CEMUS (The centre for Environment and development studies) | A student-initiated, transdisciplinary centre at Uppsala University and Swedish University of Agricultural Sciences, with the explicit ambition to contribute to a more just and sustainable world. Student-faculty collaboration weaves as a golden thread through the history and organization of all activities at the centre.Since its inception in the early 1990’s, the centre has initiated and expanded the space for transdisciplinary student-led higher education as well as research and collaboration that transcends traditional academic disciplines and boundaries between academia and society at large. | http://www.web.cemus.se | Isak StoddardDeputy DirectorProject Coordinator in Climate Change LeadershipEducational Coordinator018-471 27 08isak.stoddard@cemus.uu.se (The one in charge for their Climate existence conference)  | yes |
| Institute for sacred activism | Sacred Activism is a transforming force of compassion-in-action that is born of a fusion of deep spiritual knowledge, courage, love, and passion, with wise radical action in the world. The large-scale practice of Sacred Activism can become an essential force for preserving and healing the planet and its inhabitants. The Institute for Sacred ActivismTM SM (ISATM SM) is an international organization focused on inviting concerned people to take up the challenge of our contemporary crises in order to become inspired, effective, and practical agents of institutional and systemic change, in order to create peace and sustainability. | https://andrewharvey.net/sacred-activism/ | Institute For Sacred ActivismPO Box 1100Melbourne, Arkansas 72556info@andrewharvey.net | yes |
| Ethics, spirituality and sustainability | Research center at Jindahl Global Business School. The main objective of this Center is to do research in the area of ethics, intelligent spirituality and sustainability.Sustainable Development requires conservation and preservation of natural resources and of the environment, and for that a sustainable mindset is required. When inner fulfilment and restfulness is achieved through techniques of meditation, mindfulness, heartfullness etc. – then that mind also cares for sustainability and the bigger picture. | http://www.jgbs.edu.in/ethics-spirituality-and-sustainability | [TAPAN K. PANDA](http://www.jgbs.edu.in/users/tapan-k-panda)Professor and Deantkpanda@jgu.edu.in | yes |
| Nan Tien Buddhist Temple | Launched in 2011, within the grounds of the Nan Tien Buddhist Temple, in Wollongong, New South Wales, Nan Tien Institute (NTI) is a private, not for profit, higher education provider offering studies in the areas of arts, health, mindfulness and wellbeing. | https://www.nantien.edu.au | Nan Tien Institute - Wollongong Campus231 Nolan Street, UnanderraNSW 2526, Australia | Some courses are explicitly about sustainability |
| Center for spirituality and healingUniversity of Minnesota | The university of Minnesota's Earl E. Bakken Center for Spirituality & Healing enriches health and wellbeing by providing exemplary interprofessional education, conducting rigorous research, delivering innovative engagement programs, and advancing innovative models of care. It is our vision to advance the health and wellbeing of individuals, organizations, and communities through integrative health and healing. | https://www.csh.umn.edu/education/whole-systems-healing/sustainability | MMC 505420 Delaware Street S.E.Minneapolis, MN 55455Office location: Mayo C592612-624-9459Fax: 612-626-5280csh@umn.edu | yes |
| The Contemplative Academy | The Contemplative Academy is committed to supporting the development of contemplative studies to help ameliorate the lack of meaning and ethical focus, chronic stress and anxiety, time poverty, and fragmented attention that many students and teachers suffer.  To do this it provides research, training and support to institutions and individuals in contemplative education and studies.   | https://www.thecontemplativeacademy.com/about.html |

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| POST | ​Dr Patricia MorganPO Box 6398 UNSWSydney, NSW 1466 |
| EMAIL  | patricia@thecontemplativeacademy.com |

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| MOBILE | +61448801929 |

 | no |
| Brown University Contemplative Studies Initiative & Concentration | A group of Brown faculty with diverse academic specializations who are united around a common interest in the study of contemplative states of mind, including the underlying philosophy, psychology, and phenomenology of human contemplative experience. | https://www.brown.edu/academics/contemplative-studies/ | Contemplative Studies InitiativeBrown UniversityBox 192759 George StreetProvidence, RI 02912Phone 401-863-1798Contemplative\_Studies@brown.edu | no |
| [Emory Collaborative for Contemplative Studies](http://www.emory.edu/ECCS/)And the Center for contemplative science | An interdisciplinary group of faculty, postdocs and students at Emory University who share and investigate the application of contemplative practices in our modern society. The Center for Contemplative Science and Compassion-Based Ethics supports a research-based approach to educating both heart and mind. With programs grounded in a theoretical framework for the cultivation of competencies that lead to the prosocial behaviors and outcomes that support flourishing and well-being for individuals and societies, the center also actively works to demonstrate the efficacy of these programs through innovative research.  | http://compassion.emory.edu/ | Associate Director for Operations and Communications Carol E. Beck,  carol.beck@emory.edu  | no |
| [Mindful Awareness Research Center at UCLA](http://marc.ucla.edu/) | MARC was created to bring to a renowned mental health research institution the ancient art of mindful awareness in a scientifically supported and rigorous form. | https://www.uclahealth.org/marc | Email: marcinfo@ucla.eduMailing Address:Mindful Awareness Research Center (MARC)UCLA Semel Institute for Neuroscience and Human Behavior740 Westwood Plaza, Rm. 17- 468Los Angeles, CA 90095 | no |
| [The Center for Compassion and Altruism Research and Education at Stanford University](http://ccare.stanford.edu/) | Creating a community of scholars and researchers from various disciplines, including neuroscientists, psychologists, educators and philosophical and contemplative thinkers around the study of compassion. Offers a teacher certification program. | http://ccare.stanford.edu/ | http://ccare.stanford.edu/contact/ | no |
| [UCSD Center for Mindfulness](https://ucsdcfm.wordpress.com/) | The UCSD Center for Mindfulness is a multi-faceted program of clinical care, professional training, education, research and outreach. | https://ucsdcfm.wordpress.com/ |  | no |
| [Functional Neuroimaging Laboratory (FNL): Cognitive, Affective, and Contemplative Neuroscience Research](http://contemplativeneurosciences.com/) | This research is intended to clarify adaptive mind-brain-body interactions and their therapeutic relevance in psychiatric disorders. | http://davidvago.bwh.harvard.edu/ |  | no |
| [The Center for Investigating Healthy Minds](https://centerhealthyminds.org/about/overview) | Housed at the University of Wisconsin-Madison’s Waisman Laboratory for Brain Imaging and Behavior, CIHM studies how contemplative practices might play a useful role in changing the mind in a positive manner. | https://centerhealthyminds.org/about/overview | https://centerhealthyminds.org/connect/general-inquiries | no |

**See also under 2 & 3.**

# RESEARCH | Research projects and initiatives

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Description and/or goals** | **Website** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility**(yes/no) |
| The Contemplative Sustainable Futures Program | Humanity is facing increasingly complex environmental and sustainability challenges. Current coordination mechanisms, problem-solving strategies, and modes of scientific inquiry, teaching and learning appear insufficient to address these challenges. As a result, individual inner dimensions and transformation (embodied in notions such as consciousness and compassion) are emerging as a potential new area of exploration. The Contemplative Sustainable Futures Program was set up to explore this new area and create space and opportunities for learning, networking and knowledge development on these issues. The Contemplative Sustainable Futures Program consists of three building blocks, including [research](https://christinewamsler.wixsite.com/sustainable-futures/research-1?fbclid=IwAR3awGDgyAN9SsHvw-0xp5k3Y4I-SSUy_aZDZwQCdWkSAboe4g_l_CfE0tk), [education](https://christinewamsler.wixsite.com/sustainable-futures/education?fbclid=IwAR3awGDgyAN9SsHvw-0xp5k3Y4I-SSUy_aZDZwQCdWkSAboe4g_l_CfE0tk) and [networking](https://christinewamsler.wixsite.com/sustainable-futures/network?fbclid=IwAR3awGDgyAN9SsHvw-0xp5k3Y4I-SSUy_aZDZwQCdWkSAboe4g_l_CfE0tk). | <https://christinewamsler.wixsite.com/sustainable-futures>andhttps://www.lucsus.lu.se/research/urban-governance/contemplative-sustainable-futures | Related to this database.Contact: Christine Wamsler, christine.wamsler@lucsus.lu.se | yes |
| Adaptation CONNECTS  | Adaptation: Combining Old and New kNowledge to Enable Conscious Transformation to Sustainability. The objective of AdaptationCONNECTS is to develop new understandings of whether and how different types of transformations can contribute to successful adaptation to climate change. The research will focus on four characteristics of adaptation that are likely to contribute to transformative change: collaboration, flexibility, creativity, and empowerment. | http://www.sv.uio.no/iss/english/research/projects/adaptation/ | The AdaptationCONNECTS research group includes meditation teachers and they often discuss the role of meditation and mindfulness in relation to the “adaptive challenge” of climate change. They are using an integral approach to studying successful adaptation to climate change, which they hypothesize will only happen through transformations (both interior and exterior), and they have been exploring the implications of quantum social theory for transformations. Information retrieved from Karen O’Brien, who is also contactperson. karen.obrien@sosgeo.uio.no | yes |
| AMA project at IASS, Potsdam, Germany | The project seeks to gain understanding, both scientifically and practically, about the potentials of inner transformations to contribute to sustainability. | <https://www.academia.edu/33873889/A_Mindset_for_the_Anthropocene_AMA>UPDATE 13 Nov<https://www.youtube.com/watch?time_continue=1&v=VXEMmuEmjH8>\_ | Thomas Bruhn, project manager. thomas.bruhn@iass-potsdam.deZack Walsh: zachary.walsh@cst.edu | yes |
| BiNKA project | The BiNKA project focuses on education for sustainable consumption through mindfulness training. Mindfulness training has so far successfully been used to reduce chronic stress levels, to promote individual well-being and to increase the ability to concentrate. The Bridge to Education for Sustainable Consumption (BNK) is being debated in the BiNKA project by addressing a problem that BNK has always faced: the discrepancy between ecological awareness and actual conduct. BNK aims to empower people to sustainable consumption and is therefore seen as a relevant lever for implementing sustainable development. BiNKA is carried out by the Technical University of Berlin in association with the Leuphana University of Lüneburg, the MBSR Institute Freiburg and the Berlin Center for Mindfulness and Health. | http://achtsamkeit-und-konsum.de/(English description available on the Leuphana website: http://www.leuphana.de/en/institutes/infu/sustainability-communication-sustainable-consumption-suco2/research-of-suco2/binka.html) | Technical University of Berlin contact: Prof. Dr. Ulf Schraderschrader@tu-berlin.deLeuphana University Lüneburg contact: Dr. Daniel Fischerdaniel.fischer@leuphana.de | yes |
| Transformation to Sustainability call by the Belmont Forum  | Involved in outlining the proposal for this call have been main applicant Kate Rigby, co-applicants (TN UK Claire Milne, IFIS, TN Germany Anaim, LUCSUS and TN Sweden), internetional investigator Prof. Chella Rajan and international partners Lalit Bhati and Dr. Rakesh Kapoor.  | Information from email communication about T2S proposal  | Other participants and others as CC in email communication that are not detailed in section 4 are: Ellie Nixon, James Jeffers and Samantha Walton.  | yes |
| Therapeutic Neuroscience Lab at the University of Massachusetts Medical School  | The Therapeutic Neuroscience Lab builds on the foundational work of the Center for Mindfulness by bringing a new team of scientists to tackle the neurobiological underpinnings of how mindfulness affects the mind and related behaviors.Using scientific tools including fMRI, EEG, and mobile device enabled experience sampling, their research is focused on developing and improving evidence-based mindfulness treatments grounded in biological mechanisms and optimized for personalized benefit. | https://umassmed.edu/cfm/research/ | Contact details of the Center for MindfulnessPhone: 508-856-2656Email: mindfulness@umassmed.edu  | no |
| ReSource Project [Das ReSource Projekt] at the Max Planck Institute for Human Cognitive and Brain Sciences.  | The ReSource Project consists of three consecutive modules: Presence, Perspective, and Affect. The Presence Module trains mindful attention to internal mental and physical processes. The Perspective module focuses on socio-cognitive abilities, such as insight into the nature of the mind and self, and also the ability to assume the perspective of others. The Affect module focuses on constructive ways of dealing with difficult emotions, and works to cultivate prosocial motivations and positive emotions such as compassion. The project is used as a base for scientific publications.  | <https://www.resource-project.org/en/about-the-project/> For publications see: <https://www.resource-project.org/en/publications/>  | Tania Singer is a key driver of this project. For inquiry about scientific information contact Matthias Bolz:  bolz@cbs.mpg.de  | no |
| The Shamatha Project  | This research project at the Saron Lab (Center for Mind and Brain, University of California) investigates the psychological and physiological processes underlying such benefits. In a randomized, controlled study, they studied how intensive meditation training affects how people think and feel. They employed cognitive and perceptual tasks, emotional provocation, questionnaires, and physiological and biochemical monitoring to assess people’s skills and behavior before, during, and after long-term, intensive meditative practice. | <http://saronlab.ucdavis.edu/shamatha-project.html> | Contact details Clifford SaronPhone: 415-307-9757Email: cdsaron@ucdavis.edu | no  |
| Changing behaviours – an ESRC project | The primary aim of this project is to consider the ways in which the emerging insights of behavioural science (in particular behavioural psychology, behavioural economics, microeconomics, cognitive design, and neuroscience) are shaping  the design of public policy. This project has been designed to provide the first large-scale, international comparative study of behaviour changing initiatives. In addition to studying the application of behaviour changing policies in different countries throughout the world, we are also exploring the use of alternative, and perhaps, more neurologically empowering approaches to behaviour change (including mindfulness, connected conversations, and critical behavioural literacy). This project ran until February 2015. | https://changingbehaviours.blog/about/ |  | yes (mentions enviromental behaviour) |
| Living the ChangeMindfully and fully owning our response to climate change | The core of this campaign is an invitation to, in the context of supportive community, wait no longer for regulation and instead face the difficulty of our unsustainable personal and household carbon emissions. Grounded in our deepest values, we can fully own our personal response to climate change and join others in the healing of the web of life. | Run by One Earth Sangha |  | yes |
| "Spirituality in Higher Education: Students’ Search for Meaning and Purpose"  | A seven-year study examining the role that college plays in facilitating the development of students' spiritual qualities. | https://www.spirituality.ucla.edu/ |  | no |
| [The Contemplative Science Lab/MARGAM](https://margamnyc.wordpress.com/) | Research in the Contemplative Science Lab under Zoran Josipovic, Ph.D. aims to explore the neural correlates of contemplative practice through a multifaceted approach that looks at the ways meditation and contemplative practice can re-organize the cognition | https://margamnyc.wordpress.com/ |  | no |
| [The Jha Lab at the University of Miami](http://www.amishi.com/lab/) | Using behavioral methods, event-related potentials, and functional MRI to investigate attention and working memory under the direction of Amishi Jha, Ph.D. | http://www.amishi.com/lab/ |  | no |
| [The Lazar Lab at Massachusetts General Hospital](http://nmr.mgh.harvard.edu/~lazar/) | Studying neurological, cognitive and emotional changes associated with the practice of meditation and yoga under the direction of Sara Lazar, Ph.D. | https://scholar.harvard.edu/sara\_lazar |  | no |
| [The Shamatha Project at UC Davis](http://mindbrain.ucdavis.edu/research/research-projects-folder/shamatha-project) | Under the direction of principle investigator Dr. Clifford Saron and Buddhist scholar Alan Wallace, the Shamatha Project is exploring how three months of intensive training in the practice of meditation affects cognition, behavior, and physiology. | https://mindbrain.ucdavis.edu/research/research-projects-folder/shamatha-project |  | no |
| [Mind Body Awareness Project](http://www.mbaproject.org/index.php?c=About) | A non-profit organization with a unique mental training program consisting of mindfulness meditation and emotional intelligence exercises designed to strengthen youth’s minds, relieve their toxic stress, and build their ability to make better decisions. | http://www.mbaproject.org/index.php?c=About |  | no |
| Sensing the Change | ‘Sensing the Change’ is an invitation to discover how connecting the world of activism and the world of somatic/body-based exploration,  can enrich each other, in these times of increasing urgency to address the global issues that threaten the sustainability of life on earth. | http://sensingthechange.com/ |  | yes |
| Mindfulness and performance | The Mindfulness and Performance Project is dedicated to exploring the interconnections between mindfulness and performance practices. Based at the Centre for Psychophysical Performance Research at the University of Huddersfield, the project aims to map the emerging terrain that exists at the intersection of these domains, and to connect and support academics and practitioners working in this field.  | http://www.mindfulnessandperformance.co.uk/ |  | no |

# EDUCATE AND SHARE | Programmes, webinars, educative events and degrees

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| --- | --- | --- | --- | --- |
| **Name** | **Description and/or goals** | **Website** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility** (yes/no) |
| Sustainability and Inner Transformation Course | Master’s level course. The purpose of the [course](https://www.lumes.lu.se/about/programme-outline/3rd-semester/sustainability-and-inner-transformation) is to critically assess the potential role of inner dimensions and transformation for sustainability. It allows students to i) develop a critical understanding of the potential interlinkages between inner transformation and sustainability; ii) assess inner transformation theories and practices in relation to specific sustainability fields (e.g. climate mitigation, sustainable consumption); and iii) engage and critically reflect on the nature of inner transformation and its salience in sustainability science and education. | <https://christinewamsler.wixsite.com/sustainable-futures/education>https://www.lumes.lu.se/about/programme-outline/3rd-semester/sustainability-and-inner-transformation | Related to the Contemplative Sustainable Futures Program | yes |
| Mindfulness and education | Compilation of relevant material | www.oxfordbibliographies.com/view/document/obo-9780199828340/obo-9780199828340-0236.xmlDOI: 10.1093/obo/9780199828340-0236 | By Katherine Weare et al. | no |
| Contemplative Studies Course, San Diego University | Contemplative Studies is an emerging interdisciplinary field dedicated to research and education on contemplative practice and contemplative experience, including the possible relevance and application to a wide variety of undertakings. | http://www.sandiego.edu/cas/contemplative-studies/ | This course is still being developed at the University of San Diego, but their website serves as an online resource for the emerging field of contemplative studies. It is their hope that it will eventually become associated with an interdisciplinary academic program or concentrations and perhaps with an educational and research centre, drawing faculty and courses from a variety of specializations.Their website has a list of other related programs in the United States, which I can also add to this database if you think they’re relevant to the Contemplative Sustainable Futures network. Be aware that I have not found any explicit links to sustainability. | no |
| Heartfulness: Mindfulness, Compassion, and Responsibility course | A Stanford course where students practice mindfulness as a way of enhancing well-being, interacting compassionately with others, and engaging in socially responsible actions as global citizens. Contemplation is integrated with social justice through embodied practice, experiential learning, and creative expression. Class activities and assignments include journaling, mindfulness practices, and expressive arts. We build a sense of community through appreciative intelligence, connected knowing, deep listening and storytelling. | <https://exploreintrosems.stanford.edu/sophomore/heartfulness-mindfulness-compassion-and-responsibility> | Instructors: [Murphy-Shigematsu, S. (PI)](https://explorecourses.stanford.edu/instructor/smshige) (see individuals) | no |
| Mindful Climate Action (MCA) program, including education | An interdisciplinary team of researchers at the University of Wisconsin have designed the Mindful Climate Action (MCA) program, aimed at improving health and happiness while reducing carbon footprints. The program combines mindfulness mediation with education on climate change, carbon footprint and energy use. | http://www.fammed.wisc.edu/mca/ | Contact persons are Bruce Barrett, MD, PhD (bruce.barrett@fammed.wisc.edu) and **Mary Checovich** (mary.checovich@fammed.wisc.edu)For the published article see “key resources” section  | yes |
| U.Lab: Leading from the emerging future  | This course at Massachusetts Institute of Technology is an introduction to “leading profound social, environmental and personal transformation”. It deals with questions related to how “we are to cultivate curiosity, compassion and courage in the face of prejudice, anger and fear” using a method of awareness based on systems change called **Theory U**. Capacities such as deep listening, dialogue and precise observation are used.  | https://www.edx.org/course/u-lab-leading-emerging-future-mitx-15-671-1x-0 | The website lists the instructors, among which are Otto Scharmer (his book “Theory U” in section 7), Adam Ykelson, Julie Arts and Arawana Hayashi. (Referred to by Anna Lundbergh from Teal-for-Teal)  | yes |
| 1YT (One Year in Transition) | 1YT is a course in which it is investigated how the ability to handle change and crisis can be strengthened on a personal, collective and ecological level. Different tools for meeting and conversation are used. The course invites to explore the intention, the longing and the underlying driving force of what one does, focussing on how the inner and outer are intertwined. Methodologies are inspired by, among others,“Internal Conversation” among which “**Theory U**”.  | <http://www.oneyearintransition.org/course/> <http://eskilstunafolkhogskola.nu/distanskurser-helgkurser/ett-ar-i-omstallning/> <https://www.presencing.com/theoryu><http://www.artofhosting.org/>  <https://transitionnetwork.org/do-transition/training/trainings/one-year-transition/>  [http://omställning.net/kurser/1yt/kurstillfallen-ett-ar-i-omstallning-1yt-3-18-19/](http://xn--omstllning-t5a.net/kurser/1yt/kurstillfallen-ett-ar-i-omstallning-1yt-3-18-19/) | This is part of a network of alternative educations such as the Danish Caos project ([www.kaospilot.dk](http://www.kaospilot.dk) and YIP in Järna <http://yip.se/> and Schumacher College <https://www.schumachercollege.org.uk/> and Naropa U <https://www.naropa.edu/>) that integrate inner and outer dimensions as well as the **Theory U** concept (<https://www.presencing.com/theoryu>) (Information from Peter Hagerrot)  | no  |
| Towards a Contemplative Commons workshop | This workshop seeks to convene scholars and stakeholders who have an interest or expertise in developing ethical and contemplative approaches to post-capitalism and commoning. The workshop takes place on August 14th and 15th, 2017. The workshop is a response to the current gap in work that approaches ethical and contemplative dimensions of transformations in the context of the political economy.  | http://www.iass-potsdam.de/de/content/workshop-towards-contemplative-commons | Information from Zach Walsh (See secion 4).  | yes  |
| Exploring the role of ‘inner change’ in sustainability transition | This session at “IST 2017: Taking the lead in real world transitions” between 18-21 June, 2017, in Gothenburg, Sweden. Aiming for a connection between theoretical advancements and practice applications, a dialogue session is organised. Social innovation initiatives consciously invite, facilitate and create ‘inner transformation’ by providingcollective space including certain methods which can host emergence, openness and appreciation. In the dialogue session they want to have a closer look on these experiences and practices trying tointerpret it in connection with the previously heard concepts. | <http://ist2017.org/>  | Experts who will be there are Anaim Gräff, Iris Kunze, Stella Veciana, Oliver Parodi, Niko Schäpke and Christoph Wouiwode. Information provided by Iris Kunze.  | yes  |
| Symposium: “Sustainability and Humanities: linking social values, theology and spirituality towards sustainability” | A symposium on the 8th of November, 2017, organised by the Inter-University Sustainable Development Research Programme, the World Sustainable Development Research and Training Centre and Canterbury Christ Church University. The Symposium will provide a forum for the humanities to share ongoing practices as part of the overall debate on sustainable development in both teaching and research programmes. The aim is to foster the exchange of information and to discuss methodological approaches and projects to better understand the contribution the humanities can have to the debate on sustainable developement. They will publish a peer-reviewed book for which papers can be submitted.  | <https://www.haw-hamburg.de/fileadmin/user_upload/FakLS/07Forschung/FTZ-ALS/Veranstaltungen/Symposium.SDintheHumanities.November2017.pdf><https://www.haw-hamburg.de/en/ftz-nk/events/canterbury.html>  | Information provided by Christoph  | yes  |
| Schumacher College. Three horizons: A pathways practice for sustainability and transformative innovation | In this course with Bill Sharpe and Daniel Wahl, participants will learn to use the Three Horizons tool for transformative innovation. In short, this is to describe three patterns of activity and how their interactions play out over time. The developments are described in an initial first horizon, followed by a second horizon of transition, and a third of new patterns. The result is a map of transformative potential and a cultivation of one’s future consciousness.  | https://www.schumachercollege.org.uk/courses/short-courses/three-horizons | Course dates: Monday, 20 November, 2017 to Friday, 24 November, 2017Course teachers: Bill Sharpe and Daniel Christian Wahl Contact Annie Adams (Marketing and Communications Coordinator):  annie.adams@schumachercollege.org.uk  | yes |
| Online module in eco-psychotherapy: Syntesising ecology and psychotherapy in practice and theory  | CONFER provides this online module that brings together the practices of ecology and psychotherapy to illustrate how engagement with nature, which includes ourselves, is a powerful transformative tool, both in itself and - potentially - when integrated into any therapeutic approach. This module rests on the principle that by seeing ourselves as part of the biosphere, rather than above or beyond it, we can begin to return to a relationship with the natural conditions that once provided us with the core of our psychological, spiritual and cultural sustenance.  | <http://www.confer.uk.com/module-ecopsychotherapy.html>  |  | yes |
| Garrison Institute Symposium on Climate, Mind and Behavior (CMB).  | This symposium integrates emerging research findings about what drives human behaviour into new thinking on climate solutions. CMB convenes leading thinkers and practitioners in the fields of climate change and environmental advocacy, neuro-, behavioral and evolutionary economics, psychology, policy-making, social networking, investing and social media, working together on ways to shift behavior on a large enough scale to realise substantial emissions reductions.  | General information: <https://www.garrisoninstitute.org/signature-programs/climate-mind-and-behavior/climate-mind-and-behavior-symposium-2013/> Videos collected by the Garrison Institute since 2003 to share the lessons learned from their retreats, workshops and symposia: <https://www.garrisoninstitute.org/insights-tools/videos/> | Phone: 845 424 4800 Mail: info@garrisoninstitute.org | yes |
| MA in Reflective Social Practice at the Proteus School of Reflective Social Practice  | This programme offers the possibility to understand and work with more attuned, open and organic approaches to social understanding and practice. To work in ways that are respectful of the complexity and true nature of the challenges we face in the social field. We offer a programme that seeks to work with an enlarged picture of the human being (and the world we inhabit).Offered by The Proteus ‘School of Reflective Social Practice’ Accredited by the Alanus University | <http://www.proteusinitiative.org/current-and-coming-programmes-workshops-and-courses><http://www.proteusinitiative.org/images/FINAL_16_-_19_ma_brochure.pdf>  | Ainsley Taylor: people@proteusinitiative.orgJane Tyler: jane.tyler@crossfieldsinstitute.com  | yes |
| A contribution from the “Subjective experience in the new economy working group” at New Economy Network Australia (NENA) conference. | Patricia Morgan is part of the “Subjective experience in the new economy working group” that is interested in the relevance, for the New Economy, of the ways our ‘inner’ or subjective life grounds and directs our ‘outer’ or objective action and experience.  | [https://neweconomy.org.au/about/working-groups/subj-experience/](https://www.loomio.org/ahoy/messages/aK79LBGhLnHAQQGVmCaXI7GWRNWFAqLb/click?signature=6c9c8a8a0981cde7e58c7705b68712fc1c705511&url=https%3A%2F%2Fneweconomy.org.au%2Fabout%2Fworking-groups%2Fsubj-experience%2F%3Futm_campaign%3Duser_mentioned%26utm_medium%3Demail%26utm_source%3Dthread_mailer) | Email Patricia Morgan: p.morgan@unsw.edu.au | yes |
| Scientists for Peace: Planetary consciousness and ethics  | An international conference, the Community of Living Ethics [Comunità di Etica Vivente] in Italy. Questions include “What is the role of science in the development of social welfare and peace?” and the starting point is that the current global situation necessitates a new ethical paradigm in science that involves all aspects of life (including consciousness). The goal is to share visions and work at a mutual declaration of “Scientists for Peace” to be sent to UNESCO and to be disseminated in social media.Date: 19-21 October, 2018  | Link to conference: <https://www.comunitadieticavivente.org/index.php/scientists-for-peace/> | Email: science4peace@comunitadieticavivente.org  | yes |
| Climate existence conference | A yearly conference with the aim to question our lifestyles, worldviews and relationships with the more-than-human world in our response to climate change in order to find the “cracks” in the system and explore new trajectories forward. “With your help, and together with artists, scholars and actors from a variety of fields, we hope to inspire a transdisciplinary and reflective conversation that challenges how we talk, think and act as human beings in an era of climate change and ecological unravelling.”Hosted annually, 2018 was the fourth year, which focused on interface between the worlds of academia, art and politics. Hosted 2018 in Sweden.  | http://www.climateexistence.se | Malin Östman at malin.ostman@cemus.uu.se or Isak Stoddard at isak.stoddard@cemus.uu.se | yes |
| Mindfulness & Resilience to Stress at Work | This course offers research-based strategies for building resilience to stress and fortifying our well-being in the face of challenges. It explains the biological and psychological impact of stress, helps you distinguish between harmful and helpful forms of stress at work, and provides strategies for handling stress in healthy and productive ways.The course zeroes in on the practice of mindfulness, the moment-by-moment awareness of our thoughts, feelings, and sensations that comes without judging those thoughts and feelings as good or bad.Facilitated by Greater good science | https://ggsc.berkeley.edu/what\_we\_do/event/mindfulness\_resilience\_to\_stress\_at\_work |  | no |
| A Buddhist Approach to Development - GDS 3113A course offered by the contemplative science center at University of Virginia  | “In this course we will investigate the Buddhist view of development practices in developed and developing countries, with a focus on modernization and the market economy.” | https://www.uvacontemplation.org/content/spring-2018-buddhist-approach-development-gds-3113 |  | yes |
| EDX-course U-LabLeading change in times of disruption | In this 90-minute introductory course discover how awareness based systems change and a method of learning from the emerging future allow individuals, organizations, and communities to turn ideas into real world change.By completing this business and management course, you will learn the basics of Theory U, an approach to leading profound change that has been developed by action researchers at MIT, and practiced by leaders around the world, for over 20 years.You will also join a global community of awareness based change makers that collaborate in manifold change processes across cultures. | https://www.edx.org/course/ulab-leading-change-in-times-of-disruption |  | no |
| C Change | cCHANGE collaborates with government, research, education, corporate, and civil society organisations.“cCHANGE offers knowledge, services and powerful experiential tools to help people understand the potential for transformation as a deliberate response to complex challenges. Our goal is to empower individuals and groups with the knowledge, skills and tools to generate ethical and sustainable transformations. ” | https://cchange.no/ | Generalteam@cchange.noLinda Sygna, CEOlinda.sygna@cchange.no+47 909 35 111Karen O’Brien, Chief Research Officerkaren.obrien@cchange.noAddress:SoCentral, Øvre Slottsgate 3 AS0154 Oslo, Norway | yes |
| Foresta Academy | Foresta Academy is an interdisciplinary collective that designs [learning experiences](http://www.laforesta.co/academy) contributing to more sustainability on personal and collective levels. Foresta’s workshops and courses are dedicated to the search of [new forms of how we live, work and learn](http://www.laforesta.co/being-transformation) in more sustainable, honest and creative ways and are based on the principles of transdisciplinary engagement, collaboration, life poetry and embodied attention. They offer events and courses | http://www.laforesta.co/ | http://www.laforesta.co/contact/ | yes |
| AR+ Action Research | The AR+ virtual community is supported by Action Research for Sustainable Enterprise in Collaborative Communities, a registered not for profit 501.3.c. Our ambition is to Integrate science and experiential knowing in support of a better world. We support interdisciplinary dialogue and connectivity among practicing action researchers worldwide.They do meetings called “gatherings”, which is a community organizing space, designed by and for those committed to action oriented transformations research. Our gathering convenes a new global community to enable creative interaction around the question of how to do science/learning with stakeholders. The Gathering convenes scholars and practitioners.3 goals of meetings:- doing with with stakeholders- Emphasizing inner and outer work- Being categorically committed to science for change(Last meeting March 2019) | https://actionresearchplus.com/about/ |  | yes |
| Findhorn- Climate Change and Consciousness 2019 Livestreaming | A conference live-streamed more or less continuously from 09:00 – 22:00 BST daily over the week of the event (April 20 – 26, 2019). | https://www.findhorn.org/findhorn-live/climate-change-consciousness-live-2019/#clip=7k0t8hr0vz40 |  | yes |
| [Inner Strength Foundation](http://www.innerstrengthfoundation.net/) | The Inner Strength Foundation runs 12-week programs for high school students that teaches mindfulness tools along with the fundamentals of adolescent neuroscience and a deep time perspective on cultural development. | https://www.innerstrengthfoundation.net/ |  | no |
| Sustainability and Inner Transformation – Lund University | The overall aim of the course is to critically assess the potential role of inner transformation for sustainability, and how this is reflected in sustainability science. This also involves a critical reflection about inner transformation as a social phenomenon. Inner transformation through expanded consciousness is an inherent capacity of the human organism that is rooted in the fundamental activities of consciousness | <https://www.lumes.lu.se/about/programme-outline/3rd-semester/sustainability-and-inner-transformation> | Professorchristine.wamsler@lucsus.lu.se | yes |
| Naropa University | BA in Contemplative psychologyThis Bachelor's of Arts major has three unique components which will build your confidence and prepare you for future career success:Sharpening intellectDeepening intuitionNourishing compassion | https://www.naropa.edu/academics/bachelors/contemplative-psychology/about/index.php |  | no |
| University of Michigan | Bachelor of Fine Arts in Jazz & Contemplative StudiesDesigned for students who want to combine a solid grounding in jazz and improvised music with courses involving meditative practices and other areas related to creative development. Applicants should have an extensive background on an instrument and demonstrated improvisational skills. | https://smtd.umich.edu/programs-degrees/degree-programs/undergraduate/jazz-contemporary-improvisation/bachelor-of-fine-arts-in-jazz-contemplative-studies/ |  | no |
| Brown University | Concentration in Contemplative StudiesThe concentration in Contemplative Studies investigates the underlying philosophical, psychological, and scientific bases of human contemplative experience | https://www.brown.edu/academics/contemplative-studies/concentrating-contemplative-studies/formal-concentration |  | no |
| Lesley University | Master of arts/mindfulness  You’ll study the Buddhist roots of contemplative practice, mindful communication, and leadership. And you'll immerse yourself in burgeoning research that shows the impact of mindfulness on stress reduction, as well as studies that link meditation practice to enhanced brain function, emotional regulation, and our innate capacity for compassion.Also offers a [15-credit Graduate Certificate in Mindfulness Studies](https://lesley.edu/node/721). | https://lesley.edu/academics/graduate/mindfulness-studies-masters |  | no |
| Antioch University | Mindfulness for EducatorsWhile you study you’ll find guidance to deepen your own mindfulness practice, develop an understanding of the history of mindfulness-based educational approaches and develop your own applications | https://www.antioch.edu/new-england/degrees-programs/education/experienced-educators-med/mindfulness-for-educators-graduate-med/ |  | no |
| Simon Fraser University | The Master of Education (MEd) in Contemplative Inquiry and Approaches in Education is designed to fill the growing hunger for contemplative perspectives and practices in our educational institutions, communities and world at large | http://www.sfu.ca/education/gs/degreediploma/masters/ci-cie2017/ |  | no |
| CSUSB | MA in Education; Holistic and Integrative Education (formerly MA in Interdisciplinary Studies; Integrative Studies Option in Education) and Certificate in Holistic and Integrative Education | https://coe.csusb.edu/holistic-integrative-education-program |  | no |
| RICE | Contemplative Studies inquires into texts, art, ritual, philosophy, embodied practices, or myth with an interest in how these reveal, conceal, reflect, guide or otherwise engage the reader’s contemplative potential.  | https://reli.rice.edu/graduate/areas-concentration/contemplative-studies |  | no |
| University of Mary Washington | The Contemplative Studies minor is broadly interdisciplinary, incorporating the humanities, arts, and sciences to explore the theory, practice, history, and scientific study of  diverse contemplative traditions. In addition to the critical and intellectual study of these topics, students train in the daily application of secular contemplative techniques. Self-reflection on personal experience is a key component, and both creative expression and individual research are encouraged and supported. | https://publications.umw.edu/undergraduatecatalog/courses-of-study/minors/contemplative-studies-minor/ |  | no |
| Harvard | The Helen Langer Center: <http://www.ellenlanger.com/research/>Mindfulness at the Harvard Center for Wellness: <http://www.cw.uhs.harvard.edu/mindfulness/index.html>Mindful Leadership, Bill George, Harvard Business School: <http://www.billgeorge.org/page/mindful-leadership-compassion-contemplation-and-meditation-develop-effective-leaders> |  |  | no |
| New York universityGlobal Spiritual life - MindfulNYU | Global Spiritual Life at NYU is an open, authentic, and vibrant community at the forefront of international conversations on religion and spirituality. “Our mission is to offer environments and tools for transformative multifaith and spiritual encounters at NYU and beyond.”One of its “sections” is called MindfulNYU is the award-winning meditation, mindfulness, and contemplative life initiative that promotes wisdom, compassion, and well-being on campus — and beyond. In addition to curating resources that are available online, MindfulNYU hosts daily yoga classes, group meditation, large scale events and mindfulness workshops for students, faculty and staff. A commitment to offering inclusive, transformative experiences based in love, community and healing is at the foundation of our mission. | https://www.nyu.edu/students/communities-and-groups/student-diversity/spiritual-life/mindfulness.html |  | no |
| Existing compilation of resources, workshops and conferences in the area of contemplative education, studies and science | By Contemplative Academy | https://www.thecontemplativeacademy.com/contact--links.html | Patricia Morgan patricia@thecontemplativeacademy.com |  |

# RESOURCES | Articles, books, recordings, videos, webinars and other publications

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| --- | --- | --- | --- | --- |
| **Title/ author** | **Description and/or goals** | **Link** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility** (yes/no) |
| [Contemplative](https://contemplativemind.wordpress.com/) mind in life | A space for news dedicated to contemplative research in the cognitive neurosciences, clinical sciences, developmental, social and health psychology, and education. | https://contemplativemind.wordpress.com/ | Contains a lot of information. Contact: vago.dave@gmail.com if you have news that is relevant to the study of mind in life or contemplative sciences. | no |
| “This is Water” / David Foster Wallace | Commencement speech to Kenyon College class of 2005 by David Foster Wallace. A moving speech that indirectly addresses the concept of mindfulness. | https://www.youtube.com/watch?v=8CrOL-ydFMI | "It is about the real value of a real education, which has almost nothing to do with knowledge, and everything to do with simple awareness; awareness of what is so real and essential, so hidden in plain sight all around us, all the time, that we have to keep reminding ourselves over and over: This is water.""It is about the real value of a real education, which has almost nothing to do with knowledge, and everything to do with simple awareness; awareness of what is so real and essential, so hidden in plain sight all around us, all the time, that we have to keep reminding ourselves over and over: This is water.""It is about the real value of a real education, which has almost nothing to do with knowledge, and everything to do with simple awareness; awareness of what is so real and essential, so hidden in plain sight all around us, all the time, which we have to keep reminding ourselves over and over: This is water.” | no |
| Webinar reflections / Rachel Lilley | In this webinar Rachel Lilley  shared some reflections on a recent event on mindfulness she attended in the UK Parliament; highlighted the many meanings and approaches of 'mindfulness for social change'; and shared her work adapting courses towards a more social/environmental aim and particularly her recent work with senior civil servants with the Welsh government. | Webinar: <https://soundcloud.com/luke-wreford/rachel-lilley-webinar-audio/s-hm1fU>  |  | yes |
| Rhonda Magee’s talk at UK Mindfulness APPG (All-Party Parliamentary Groups) event  | Professor Rhonda V. Magee talks about minimising social-identity-based bias at the APPG Mindfulness event in the UK.  | The talk: <https://soundcloud.com/user-492944888/uk-mindfulness-appg-event-on-minimising-social-identity-based-bias-with-prof-rhonda-magee>  | Rhonda Magee’s talk at UK Mindfulness APPG (All-Party Parliamentary Groups) event  | Professor Rhonda V. Magee talks about minimising social-identity-based bias at the APPG Mindfulness event in the UK.  |
| Future Earth webinar: Shifting paradigms: The potential for Quantum Social Change  | This webinar was the ninth one of a series organised by the Transformations Knowledge-Action Network. In this webinar that took place on 02/10/2017, Karen O’Brien, Aleander Wendt, Ann El Khoury and others discussed the following questions: 1. What role do paradigms play in limiting or accelerating rapid social change?

How can alternative paradigms influence research and practice?  | Future Earth general information: <http://network.futureearth.org/home>Recording of the webinar: <http://futureearth.org/transformations-webinar-series>   | Future Earth is a major international research platform that aims to support sustainability transformations.Information from Sanna Stålhammar  | yes |
| The Happy Planet Index / Nic Marks | A TED talk on the Happy Planet Index. Towards the end of the talk, Nic Marks highlights "five ways to wellbeing" that don't cost the Earth. The third point is "Take notice"..."How aware are you of things going on around the world? The seasons changing. The people around you. Do you notice what's bubbling up for you and trying to emerge? Based on a lot of evidence from Mindfulness Cognitive Behavioural Therapy, [this is] very strong for our wellbeing." | https://www.youtube.com/watch?v=M1o3FS0awtk |  | no |
| The power of awareness | Three video seminars where you learn: How to develop “Lovingkindness” and to see the inner beauty of those around youExpanding your “Circle of Affection”—don’t forget to include yourself!How to strengthen self–compassion and overcome self–judgment and an unconscious trance of unworthiness and negative self–talkOvercoming negative self–talk and other limiting beliefsCultivating vulnerability and tenderness toward yourself and othersHow to honor suffering in your own life with awareness and compassion | https://www.soundstrue.com/store/power-of-awareness/free-video-series/?hatid=102d4935692e76c10d5bab33aca3b8&partner=1446 |  | no |
| Sustainability and inner transformations- literature  | From the Sustainability and Inner Transformation course at LUCSUS, Lund UniversityMore references to be found at <https://www.lumes.lu.se/about/programme-outline/3rd-semester/sustainability-and-inner-transformation> | <http://kursplaner.lu.se/pdf/litteratur/en/18272> |  | yes |
| The Heart of Sustainability (2015) / Andrés Edwards | Amidst the doom and gloom that dominates the headlines, a different kind of story about an alternative future is unfolding. The players are activists, visionaries and cultural innovators, the backdrop is the tipping point of our global and environmental challenges, and the narrative is the molding of a new paradigm to shape our collective future. The Heart of Sustainability delves into the human dimension of this burgeoning international movement to build a better world. This landmark work illustrates the integration of the four E’s: ecology, economy, equity, and education — the bedrock of the current sustainability framework — with the four C’s: conscious, creative, compassionate and connected. | https://www.newsociety.com/Books/H/The-Heart-of-Sustainability |  | yes |
| Mindfully Green (2008) / Stephanie Kaza | With all the attention on living sustainably, the one thing missing from the conversation is how to find a personal connection with green living that will sustain us on our green path. While practical approaches to an eco-responsible lifestyle offer important first steps, it is critical that we ground these actions in broader understanding so that we can effect real change in the world. | http://www.shambhala.com/mindfully-green.html |  | yes |
| Contemplative Approaches to Sustainability in Higher Education (2017) | How do we foster in college students the cognitive complexity, ethical development, and personal resolve that are required for living in this "sustainability century"? Tackling these complex and highly interdependent problems requires nuanced interdisciplinary understandings, collective endeavors, systemic solutions, and profound cultural shifts. Contributors in this book present both a rationale as well as a theoretical framework for incorporating reflective and contemplative pedagogies to help students pause, deepen their awareness, think more carefully, and work with complexity in sustainability-focused courses. Also offering a variety of relevant, timely resources for faculty to use in their classrooms, Contemplative Approaches to Sustainability in Higher Education serves as a key asset to the efforts of educators to enhance students’ capacities for long-term engagement and resilience in a future where sustainability is vital. | https://www.routledge.com/Contemplative-Approaches-to-Sustainability-in-Higher-Education-Theory/Eaton-Hughes-MacGregor/p/book/9781138190184 | Relevance to sustainability teaching. | yes |
| Integral life | Integral Life is a member-driven digital media community that supports the growth, education and application of Integral Philosophy and integrative metatheory to complex issues in the 21st century. Integral Life offers perspectives, practices, analysis and community to help people grow into the full capacities of integral consciousness in order to thrive in a rapidly-evolving world. | https://integrallife.com/ |  | no |
| Mindfulness and sustainability: correlation or causation? | This article reviews twelve current empiric papers (2005–2013) on five different potential pathways in which mindfulness is thought to unfold its effects on sustainable behaviors. | https://www.sciencedirect.com/science/article/pii/S2352250X18301556?dgcid=author |  | yes |
| The World We Have (2004) / Thich Nhat Hanh | A Buddhist approach to peace and ecology. In this provocative book, noted Buddhist teacher Thich Nhat Hanh offers a dramatic vision of the future of a planet overheated by rapidly disappearing fossil fuels, degraded by massive overconsumption, and besieged by unsupportable population growth. Hanh finds answers to these critical problems in the Buddhist teaching of the impermanence of all things. He demonstrates how this teaching can offer inner peace and help us use our collective wisdom and technology to restore the Earth's balance. | http://www.parallax.org/product/the-world-we-have-a-buddhist-approach-to-peace-and-ecology/ | Book. Relevance to sustainability practice. | yes |
| Ecophychology (1995) / Theodore Roszak, Mary E. Gomes, Allen D. Kanner | This pathfinding collection has become a seminal text for the burgeoning ecopsychology movement, which has brought key new insights to environmentalism and revolutionized modern psychology. Its writers show how the health of the planet is inextricably linked to the psychological health of humanity, individually and collectively. | http://www.counterpointpress.com/dd-product/ecopsychology/ | Book | yes |
| Into The Magic Shop (2015) / James R. Doty | Part memoir, part science, part inspiration, and part practical instruction, Into the Magic Shop shows us how we can fundamentally change our lives by first changing our brains and our hearts. | http://intothemagicshop.com/exercises |  | yes |
| The Political Economy of Attention, Mindfulness and Consumerism. Reclaiming the Mindful Commons (2017)Peter Doran | Addresses how the processes by which capitalist investments seeks to re-engineer and privatize nature, government and social life is also aimed at human consciousness itself. As our minds are colonized by markets, the hidden political and economic struggle of this time is focused on shaping our inner lives. This book addresses the pathway of mindfulness and a growing interest in ‘care of the self’.  | https://mindfulcommons.org/ |  | yes  |
| Spirituality and sustainability (2016) / Dhiman, S. & Marques, J. (Eds.)/ | This book aims to examine sustainability and spirituality philosophically with ethics as the balancing force. The goal is to reveal the important intersection between sustainability and spirituality by using spirituality as the invisible guiding hand in the quest for sustainability. The editors and contributors examine old social and economics dilemmas from a new perspective in order to provide alternative approaches to economic and social development.  | http://www.springer.com/us/book/9783319342337 | Book | yes  |
| TheoryU: Leading from the future as it emerges (2016) / Otto Scharmer / | What we pay attention to, and how we pay attention - both individually and collectively - is key to what we create. What often prevents us from "attending" is what Scharmer calls our "blind spot," the inner place from which each of us operates. Learning to become aware of our blind spot is critical to bringing forth the profound systemic changes so needed in business and society today. First introduced in Presence, the "U" methodology of leading profound change is expanded and deepened in Theory U. By moving through the "U" process we learn to connect to our essential Self in the realm of presencing - a term coined by Scharmer that combines the present with sensing. Here we are able to see our own blind spot and pay attention in a way that allows us to experience the opening of our minds, our hearts, and our wills.  | <http://www.theoryu.nl/> <https://www.presencing.com/theoryu>  | Theory U is referred to more often in relation to mindfulness (search “TheoryU” or “Theory U” in this database). It is used in the 1YT course. Peter Hagerrot also referred to Theory U (link 2).  | no |
| Radical Transformational Leadership: Strategic Action for Change Agents / Monica Sharma /  | Monica Sharma describes how we can source our inner capacities and wisdom to manifest change that embodies universal values such as dignity, compassion, fairness, and courage. Drawing on more than twenty years of work for the United Nations and elsewhere, she presents a radical new approach to transformational leadership, one that creates systems of change where everyone can engage—not just analysts and policy-makers.  | https://www.amazon.com/Radical-Transformational-Leadership-Strategic-Action/dp/1583948953 | Book | no |
| Leading from the emerging future: From ego-system to eco-system economies.  | Otto Scharmer and Katrin Kaufer ask, why do we collectively create results nobody wants? Meeting the challenges of this century requires updating our economic logic and operating system from an obsolete “ego-system” focused entirely on the well-being of oneself to an eco-system awareness that emphasizes the well-being of the whole. Filled with real-world examples, this thought-provoking guide presents proven practices for building a new economy that is more resilient, intentional, inclusive, and aware.  | http://www.ottoscharmer.com/publications/books | Book |  |
| Psychology for a Better World: Strategies to inspire sustainability (2011) / Niki Harré | The book is based on the latest research in psychology and is packed with action strategies. It offers new ways to think about how people interact in social settings, why we are tempted to stick with what we know, and how the same characteristics that currently keep us hooked into unsustainable practices can be used to move us forward. | <https://www.psych.auckland.ac.nz/en/about/our-staff/academic-staff/niki-harre/psychologyforabetterworld.html><https://www.amazon.com/Psychology-Better-World-Strategies-Sustainability/dp/0473193043>  | Book | yes |
| The infinite game: How to live well together (2018) / Niki Harré / | The infinite game project is started by Niki Harré and inspired by James Carse’s book ”Finite and Infinate Games”. A key question she asks is ” Imagine if life was a game, an infinite game in which we continually changed the rules to keep our deepest values in play and ensure that everyone could take part. What would that look like? What kind of player would you be?” | <http://www.infinite-game.net/><https://aucklandunitarian.org.nz/the-infinite-game-how-to-live-well-together/> <http://www.infinite-game.net/blog>  | Book | yes |
| Designing for hope: Pathways to regenerative sustainability (2015) / Dominique Hes and Chrisna du Pleissis  | Concepts and practices such as Regenerative Development, Biophilic Design, Biomimicry, Permaculture and Positive Development are explored through interviews and case studies from the built environment to try and answer questions such as: ‘How can projects focus on creating a positive ecological footprint and contribute to community?’; How can we as practitioners restore and enrich the relationships in our projects?; and ‘How does design focus hope and create a positive legacy?’ | <https://www.routledge.com/Designing-for-Hope-Pathways-to-Regenerative-Sustainability/Hes-du-Plessis/p/book/9781138800625>  | Book | yes |
| Mindset: The new psychology of success (2007) / Craol S. Dweck | Ph.D. Carol Dweck shows how success of human endeavor can be greatly influenced by how we think about our talents and abilities. She distinguishes between different kinds of mindsets and expands the mindset concept beyond the individuals to also include cultures of groups and organizations.  | <https://www.amazon.com/Mindset-The-New-Psychology-Success/dp/0345472322><http://www.benefitmindset.com/index.php/about/> | Book. She distinguishes between fixed-, growth- and more recently “benefit”-mindset and relates this to responsible leadership. The latter describes everyday leaders who discover their strengths to make valuable contributions to causes that are greater than the self, leaders who believe in making a meaningful difference | yes |
| WebinarEnacting human revolution: The inner social justice movement. An ACMHE webinar with Dr. Kamilah Majied.  | This webinar with Dr. Majied enables participants to learn practical ways to identify and transform thoughts, feelings, and behaviors that reflect prejudice against ourselves and others. Participants learn activities that enable them to infuse a liberatory consciousness into their contemplative practice. | https://vimeo.com/260283640 |  | no |
| The benefit of mindset: The psychology of contribution and everyday leadership (2017) / Ashley Buchanan and Margaret L. Kern Article published in International Journal of Wellbeing  | This paper explores the significance of mindset in shaping a future of greater possibility. Bringing together two areas of research – a “being well” perspective from positive psychology and a socially and ecologically orientated “doing good” perspective – the Benefit Mindset is presented as a mutually supportive model for promoting wellbeing on both an individual and a collective level. e argue that creating cultures of contribution and everyday leadership could be one of the best points of leverage we have for simultaneously bringing out the best in people, organizations and the planet. | <https://internationaljournalofwellbeing.org/index.php/ijow/article/view/538> | Book. The book builds on Dweck’s Fixed and Growth Mindset theory and the Benefit Mindset concept.  | yes |
| Don’t even think about it: Why our brains are wired to ignore climate change (2015) / George Marshall  | As the title indicates, in this book Marshall argues that to answer questions about why people ignore climate change is a matter of how our brains are wired, our evolutionary origin, cognitive blind spots and perceptions of threats. He argues that once we understand what excites, threatens, and motivates us, we can rethink and reimagine climate change, for it is not an impossible problem. Rather, it is one we can halt if we can make it our common purpose and common ground. | http://www.climateconviction.org/ | Information provided by Niina Kautto  |  |
| List of resources provided by the Mind and Environment Project  | This is a list of 25 resources that relate to the link between mind and environmental sustainability.  | Link to the list: <https://www.mind-and-environment.org/english-home/references/>  |  | yes |
| Tenzin Palmo presentation  | Jetsunma Tenzin Palmo gives a short talk (30 minutes) about the inter-connectedness between our mind and the environment from the Buddhist point of view. | Link to Ernst Ulrich’s introduction to Palmo’s presentation: <https://youtu.be/tu6C_0wBCeg> Tenzin Palmo’s talk: <https://youtu.be/Iu3eYewKr-E>  |  | yes |
| Ernst Ulrich von Weizsäcker presentation  | Ernst Ulrich discuses that it is time for a new “story” of humankind and Mother Earth that goes beyond technological optimism. A story with a moral vantage point from which it is not possible to give selfishness and greed a positive value. He argues that progress and success can just as well flourish in a civilization of solidarity, humility, and respect for the Earth and future generations.  | Link to Ernst Ulrish’s talk: <https://youtu.be/TPw3D5-e7wU>  |  | yes |
| Buddhism and Science: Breaking new ground (2003) / B. Alan Wallace | Buddhism and Science brings together distinguished philosophers, Buddhist scholars, physicists, and cognitive scientists to examine the contrasts and connections between the worlds of Western science and Eastern spirituality. This compilation was inspired by a suggestion made by His Holiness the Dalai Lama, himself one of the contributors, after one of a series of cross-cultural scientific dialogues in Dharamsala, India, sponsored by the Mind and Life Institute.  | <https://www.amazon.com/Buddhism-Science-B-Alan-Wallace/dp/0231123353>  | Book | no |
| The Oxford handbook of compassion science (2017) / Emma M. Seppälä, Emiliana Simon-Tomas, Stephanie L. Brown, Monica C. Worline, C. Daryl Cameron, James R. Doty (Eds.)  | How do we define compassion? Is it an emotional state, a motivation, a dispositional trait, or a cultivated attitude? How does it compare to altruism and empathy? Chapters in this Handbook present critical scientific evidence about compassion in numerous conceptions. All of these approaches to thinking about compassion are valid and contribute importantly to understanding how we respond to others who are suffering.  | https://www.amazon.com/Handbook-Compassion-Science-Library-Psychology/dp/0190464682/ref=as\_li\_ss\_tl?ie=UTF8&qid=1497360133&sr=8-1&keywords=oxford+handbook+of+compassion+science&linkCode=sl1&tag=emmasep-20&linkId=66e466dcdc71e3e97e881cc65deb2ca6 | Book | no |
| Vital Signs: Psychological responses to ecological crisis (2011) / Mary-Jayne Rust & Nick Totton  | Quotes taken from introduction to the book: 'Vital signs' are, of course, the basic physiological measures of functioning which health practitioners use to assess the gravity of a patient s predicament. This anthology focuses not so much on our physical predicament, with so many of the Earth's systems severely stressed and beginning to fail - there are plenty of other places to read about this. Instead we focus on our psychological predicament, as news of the situation slowly penetrates our defences and we struggle as individuals and as a society to find an adequate response… By 'vital signs' we also mean signs that such a response is beginning to take shape: signs of hope, signs of healing.”  | http://ecopsychoanalysis.blogspot.se/2011/12/vital-signs-psychological-responses-to.html | Book | yes |
| Mindful Climate Action: Health and Environmental Co-benefits from Mindfulness-Based behavioural Training (2016)/ Barrett et al. | This article puts forward that behaviors involving transportation, diet, energy use, and purchasing drive greenhouse gas emissions, but are also related to health and well-being, providing opportunity for co-benefits.Thus, adapting mindfulness-based practics to environmental purposes, they designed the Mindful Climate Action (MCA) curriculum. All authors: [Bruce Barrett](http://www.mdpi.com/search?authors=Bruce%20Barrett&orcid=0000-0002-3953-4718), [Maggie Grabow](http://www.mdpi.com/search?authors=Maggie%20Grabow&orcid=0000-0002-8925-9937), [Cathy Middlecamp](http://www.mdpi.com/search?authors=Cathy%20Middlecamp&orcid=), [Margaret Mooney](http://www.mdpi.com/search?authors=Margaret%20Mooney&orcid=), [Mary M. Checovich](http://www.mdpi.com/search?authors=Mary%20M.%20Checovich&orcid=), [Alexander K. Converse](http://www.mdpi.com/search?authors=Alexander%20K.%20Converse&orcid=) , [Bob Gillespie](http://www.mdpi.com/search?authors=Bob%20Gillespie&orcid=), and [Julia Yates](http://www.mdpi.com/search?authors=Julia%20Yates&orcid=)  | http://www.mdpi.com/2071-1050/8/10/1040 |  | yes |
| Developing sustainability, developing the self: An integral approach to international and community development / Gail Hochachka  | This booklet explores former and current approaches to development, integrating previous practices to move into new arenas of action and inquiry. It suggests that development involves personal, collective and systemic transformation, and that to engage eff ectively in this requires a broader and deeper understanding of development — broader in terms of including qualitative and interior needs of humans, and deeper to more adequately understand individual and collective transformation itself. | Available via <http://www.polisproject.org/PDFs/developing_sustain_hochachka.pdf>  | Gail Hochachka is a PhD in Oslo, where Karen O’Brien also works. Gail Hockachka also taught an integral sustainability course in El Salvador (Information from Karen O’Brien)  | yes |
| Development of Social Consciousness (2010) / Schlitz et al.  | This article examines how increasing understanding and explicit awareness of social consciousness can develop through transformations in worldview. They identify five developmental levels of social consciousness: embedded, self-reflexive, engaged, collaborative, and resonant. As a person's worldview transforms, awareness can expand to include each of these levels, leading to enhanced prosocial experiences and behaviours. Increased social consciousness can in turn stimulate further transformations in worldview. They then consider an educational curriculum to facilitate the understanding of worldview and the cultivation of social consciousness as core capacities for twenty-first century students and global citizens.  | https://www.researchgate.net/publication/233666298\_Worldview\_Transformation\_and\_the\_Development\_of\_Social\_Consciousness | Referred to by Karen O’Brien | no |
| Altered Traits: Science reveals how medidation changes your mind, body and body (2017) / Goleman & Davidson  | The authors demonstrate that beyond the pleasant states mental exercises can produce, the real payoffs are the lasting personality traits that can result. They argue that to get the most from mental exercises, one needs a certain set of conditions. They reveal the latest data to point to a new methodology to develop mind-training methods.  | https://www.penguinrandomhouse.com/books/533719/altered-traits-by-daniel-goleman-and-richard-j-davidson/9780399184383/ |  | no |
| Spiritualise: Revitalising spirituality to address 21st century challenges (2014) / Dr. Johnathan Roswon | Whilst spiritual identification is an important part of life for millions of people, it lacks credibility in the public domain. This report examines why we need spirituality to meet the challenges of the 21st century. | Link to the entire work: <https://www.thersa.org/globalassets/pdfs/reports/spiritualise-report.pdf>  | Email: jonathan.rowson@rsa.org.uk Has a few mentions of environmentalism. |  no |
| News post:What’s missing in our (lack of) response to climate change? Brain science. By: Australia21 | News post by Australia21 about how brain science can help to understand our lack of response to climate change.  | Link to news post: http://australia21.org.au/event-archive/climate-change-neuroscience/#.WrIu3ujOXIV |  | yes  |
| Online article: Mindfulness as the contemplative commons. / Dr. Peter Doran  | This article addresses the rise of mindfulness practices and the cultivation of an ethos of mindful attention in the context of the “attention economy” as emerging alternatives to contemporary capitalism and neoliberalism. The author links the current ‘battle/crisis of our attention’ to the emergence of mindfulness as a commons.  | https://www.voluntaryarts.org/mindfulness-and-the-contemplative-commons | This piece is part of a weekly series of articles curated by Voluntary Arts and authored by cultural thinkers and doers. It is a response to the emerging practices of cultural communing.  | no |
| Post on Alternet: How to be Mindful of McMindfulness  | This post by Ronald Purser and David Forbes address how mindfulness can function as “a modern-day opiate for the masses”. The authors argue that “the commodification, branding and instrumentalization of mindfulness—what had been ethically grounded in contemplative Buddhist traditions—is now marketed as a fashionable spiritual technique for private gain”. Moreover, they pose the question if mindfulness is not merely a mechanism to endure the alienating conditions of capitalism without calling for systematic or institutional change.  | https://www.alternet.org/culture/hollow-mindful-overkill-david-gelles |  | no |
| Blogpost on watching contemplative ecocinema as engaged mindfulness practice published on the SNC (Spirituality, Nature, Culture) LAB.  | In his blog post Zack Walsh introduces a group of films that he watches as part of spiritual practice: Ecocinema. He argues that the films develop observational and empathetic qualities and serve as objects of spiritual guidance. Films are often minimalist, involve little dialogue and explicitly examine our relationship to nature.  | The blog post: <http://www.snclab.ca/blog/watching-contemplative-ecocinema-as-engaged-mindfulness-practice/> The platform: <http://www.snclab.ca/> | The blog post is written by Zack Walsh and is published on the website SNC (Spirituality, Nature, Culture) LAB.  | yes |
| Blog post and video “The change has to come from within you: a conversation with Iain McGilchrist  | This post on the Perspectiva blog “Inside Out” addresses the importance of paying attention in a world where attention is a market opportunity in the digital economy and a campaigning opportunity for political interest groups. For example, much of the [mindfulness](https://www.thersa.org/discover/publications-and-articles/rsa-blogs/2014/04/mindfulness-more-than-a-fad-less-than-a-revolution) phenomenon is also about waking up to the value of proactive conscious attentiveness. The point is to respond to the world more deliberately, in a world that is clamouring for your automatic attention to further ends that may not be your own. | <https://www.systems-souls-society.com/posts>  |  | no |
| Blog post “The battle for our attention: The defining problem of our time?” / Dan Nixon  | This post on the Perspectiva blog “Inside Out” addresses the societal battle for our attention (e.g. social media) as a prominent feature of the “attention economy” and a key problem of our time. Here Dan Nixon explores this ‘crisis of attention’ beyond merely looking at mental health angles and includes cultural, political and economic aspects. Reference is made to Matthew Crawford, who coined the term “attentional commons” as a way to express that attention is a public good that is to be cultivated, not a private resource to be plundered.  | <https://www.systems-souls-society.com/posts> (there is no URL to this specific article).  | No  | no |
| Warm glow is associated with low- but not high-cost sustainable behaviour. / Sander van der Linden  | This study hypothesized that people are motivated to contribute to important social causes such as sustainability, because they anticipate a sense of warm glow from acting green. Although results reveal that ‘feelgood’ affect mostly drives low- rather than high-cost behaviour changes, harnessing people’s intrinsic motivation to help the environment may be an underleveraged mechanism for promoting sustainability. | https://www.nature.com/articles/s41893-017-0001-0.pdf |  | yes |
| Beyond storms & droughts: The psychological impacts of licmate change / Clayton, S., Manning, C., & Hodge, C.  | This report chronicles the likely psychological impacts of climate change, from increases in anxiety and depression to changes in self-esteem and aggression levels. It discusses the pathways through which these impacts will arise, why some communities will be hit harder than others, and how psychological impacts interact with physical health. It also includes guidance to help engage the public on climate change through the lens of mental health and well-being, as well as a list of tips for preparing and strengthening communities to withstand these impacts | http://ecoamerica.org/wp-content/uploads/2017/03/ea\_beyond\_storms\_and\_droughts\_psych\_impacts\_of\_climate\_change.pdf |  | yes |
| Ecological integrity discourses: Linking ecology with cultural transformation. / Manuel-Navarrete, D., Kay, J.J. & Dolderman, D. (2004) | A review of the literature on ecological integrity has led us to identify four scientific discourses: (1) Wilderness-Normative, (2) Systemic-Normative, (3) Ecosystemic-Pluralistic, and (4) Transpersonal-Collaborative. The Transpersonal-Collaborative differs from the others in that it embraces the construction of personal and cultural meanings for ecological integrity. It has to do with understanding how our values and worldviews affect our way of interacting with ecosystems and how this interaction, in turn, affects our own personal well being. It requires an ongoing understanding of the interdependence between inner world (e.g. dreams, fantasies, emotional responses) and outer world (e.g. social and biophysical phenomena). | http://apjh.humanecologyreview.org/pastissues/her113/navarretekaydolderman.pdf | Paper from David Manuel-Navarrete | yes |
| Double coupling: modeling subjectivity and asymmetric organization in social-ecological systems. / Manuel-Navarrete, D. (2015) | Although resilience thinking builds on the recognition of organizational asymmetry between living and nonliving systems, it has overlooked the equivalent asymmetry between ecological and socio-cultural subsystems. To couple these two sets of asymmetries, guiding principles are proposed. One of them is “social-ecological asymmetry”, which incorporate reflexivity and subjectivity in social-ecological modelling.  |  | Paper from David Manuel-Navarrete, forwarded by Zachary Walsh | yes |
| The more beautiful world our hearts know is possible / Charles Eisenstein | This inspirational and thought-provoking book serves as an empowering antidote to the cynicism, frustration, paralysis, and overwhelm so many of us are feeling, replacing it with a grounding reminder of what’s true: we are all connected, and our small, personal choices bear unsuspected transformational power. By fully embracing and practicing this principle of interconnectedness—called interbeing—we become more effective agents of change and have a stronger positive influence on the world. |  | Book. | yes |
| Zen and the art of motorcycle maintenance: : An Inquiry into Values / Robert M. Pirsig, | “One of the most important and influential books written in the past half-century, Robert M. Pirsig's Zen and the Art of Motorcycle Maintenance is a powerful, moving, and penetrating examination of how we live . . . and a breathtaking meditation on how to live better. Here is the book that transformed a generation: an unforgettable narration of a summer motorcycle trip across America's Northwest, undertaken by a father and his young son. A story of love and fear -- of growth, discovery, and acceptance -- that becomes a profound personal and philosophical odyssey into life's fundamental questions, this uniquely exhilarating modern classic is both touching and transcendent, resonant with the myriad confusions of existence . . . and the small, essential triumphs that propel us forward.” |  | Book | no |
| Ishmael / Daniel Quinn | Ishmael is a 1992 philosophical novel. It examines the mythical thinking driving modern civilization, and the relationship of this world-view to ethics, sustainability, and global catastrophe. |  | Very quick read and quite revolutionary. | yes |
| Spirituality and nature in the transformation to a more sustainable world: perspectives of South African change agents/ Helen Lockhart |  The central premise of this thesis is that humans are disconnected and alienated from Nature and it proposes that we need to attempt to restore this connection in order to overcome the current socioecological crises which threaten our survival as a species on the planet. In response to the research question as to whether a spiritual relationship with Nature could assist in the transformation to a more sustainable world, this study examines the concepts of Nature and spirituality and the relationship between them and, in particular, explores the spiritual practices and human-Nature connections experienced by six South African change agents | http://scholar.sun.ac.za/handle/10019.1/18075 | Thesis | yes |
| Mindfulness Increases the Belief in Climate Change: The Mediating Role of Connectedness With Nature / Wang, J., Geng, L.P. & Schultz, W. (2017).  | The article explores the impact of mindfulness on belief in climate change and the mediating effect of connectedness with nature in this relationship. The results showed that mindfulness significantly increased belief in climate change, both explicitly and implicitly. The findings also showed that the relationship between mindfulness and climate change beliefs was mediated by an increase in connectedness with nature. These results indicate that mindfulness is an effective way to promote belief in climate change and that connectedness with nature plays an important role in this process. | http://journals.sagepub.com/doi/10.1177/0013916517738036 |  | yes |
| "What Now? Meditation for Your Twenties and Beyond" / Yael Shy | What Now? shares mindfulness practices to help twentysomethings learn to identify and accept their feelings and respond—not react—to painful and powerful stimuli without pushing them away or getting lost in them. This is not about fixing yourself or being “better.” You are already completely whole and completely worthy.Yael Shy offers expert guidance on beginning a meditation practice and explores how to bring that practice to love, social media, justice, and the ups and downs of everyday life. |  | Book | no |
| Keystep media | Media platform that offers content on: [Leadership](https://www.keystepmedia.com/leadership/)[Mindfulness](https://www.keystepmedia.com/mindfulness/)[Emotional Intelligence](https://www.keystepmedia.com/emotional-intelligence/) | https://www.keystepmedia.com/ | News website | no |
| Spiritual Ecology: The Cry of the Earth / Thich Nhat Hanh | Showing the deep connection between our present ecological crisis and our lack of awareness of the sacred nature of creation, this series of essays from spiritual and environmental leaders around the world shows how humanity can transform its relationship with the Earth. Combining the thoughts and beliefs from a diverse range of essayists, this collection highlights the current ecological crisis and articulates a much-needed spiritual response to it. Perspectives from Buddhism, Sufism, Christianity, and Native American beliefs as well as physics, deep psychology, and other environmental disciplines, make this a well-rounded contribution. The complete list of contributors are Oren Lyons, Thomas Berry, Thich Nhat Hanh, Chief Tamale Bwoya, Joanna Macy, Sandra Ingerman, Richard Rohr, Wendell Berry, Mary Evelyn Tucker, Sister Miriam MacGillis, Satish Kumar, Vandana Shiva, Pir Zia Inayat-Kahn, Winona LaDuke, John Stanley, John Newall, Bill Plotkin, Geneen Marie Haugen, Jules Cashford, and Llewellyn Vaughan-Lee. |  | Book | yes |
| Sustainability Leadership Through Vipassana Meditation / John Crowley | A thesis that inquires into the sustainable business movement and the emerging trend of corporate mediation programs  | https://www.scribd.com/document/268380276/Sustainability-Leadership-Through-Vipassana-Meditation | Master thesis | no |
| Daniel Siegle | Aware: The Science and Practice of Presence | “Whether you have no experience with a reflective practice or are an experienced practitioner, Dan will guide us through his groundbreaking and powerful "Wheel of Awareness" meditation practice. Based on the power of the principle "where attention goes, neural firing flows, and neural connection grows," Siegel will reveal how developing this practice can help us focus attention, open awareness, and cultivate kind intention - literally helping us grow a healthier brain and reduce fear, anxiety, and stress in our lives. “ | Book | no |
| Behavioural insights and mindfulness in performance management | This document considers cognitive biases in organisational process design and particularly how they might influence the process of developing and delivering a performance management system. | https://mindsetforchanging.wordpress.com/2017/01/29/97/ | Paper | no |
| Mindset for changing - Developing a critical consciousness to deal with the trickier problems of our time | ”This blog supports my PhD in mindfulness, behaviour change and decision making. Intended as a place to gather and discuss information. Orientated towards an emergent critical consciousness.” | https://mindsetforchanging.wordpress.com/ | Blog | no |
| The dark mountain manifesto | This is where it all began. A self-published pamphlet, born out of two years of conversations, crowdfunded over the internet, launched at a small riverside gathering outside Oxford in summer 2009.Written by Paul Kingsnorth and Dougald Hine, it marked a first attempt to put into words the ideas and feelings which led to Dark Mountain. Think of it as a flag raised so that we can find one another. A point of departure, rather than a party line. An invitation to a larger conversation that continues to take us down unexpected paths. | You can read the full text of the manifesto on the websitehttp://dark-mountain.net/about/manifesto/ | Book (pamphlet) | yes |
| Sustainability and Spirituality / John E Caroll

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 | This groundbreaking book explores the inherent interconnectedness of sustainability and spirituality, acknowledging the dependency of one upon the other. John E. Carroll contends that true ecological sustainability, in contrast to the cosmetic attempts at sustainability we see around us, questions our society's fundamental values and is so countercultural that it is resisted by anyone without a spiritual belief in something deeper than efficiency, technology, or economics. Carroll draws on the work of cultural historian and "geologian" Thomas Berry, whose eco-spiritual thought underlies many of the sustainability efforts of communities described in this book, including particular branches of Catholic religious orders and the loosely organized Sisters of the Earth. The writings of Native Americans on spirituality and ecology are also highlighted. These models for sustainability not only represent the tangible link between ecology and spirituality, but also, more importantly, a vision of what could be. | http://www.sunypress.edu/p-3985-sustainability-and-spirituality.aspx | Book | yes |
| Spirituality and Sustainability / Dhiman, Satinder, Marques, Joan (Eds.) | This book aims to examine sustainability and spirituality philosophically with ethics as the balancing force. The goal is to reveal the important intersection between sustainability and spirituality by using spirituality as the invisible guiding hand in the quest for sustainability. The editors and contributors examine old social and economics dilemmas from a new perspective in order to provide alternative approaches to economic and social development. The enclosed contributions cover a broad range of topics such as sustainable development and human happiness, contemporary spirituality, environmental ethics and responsibility, and corporate social responsibility. In addition, the title features real-world case studies and discussion questions that inspire self-reflection and theoretical and empirical deliberation in academic courses and business seminars.Contemporary approaches to economic and social development have failed to address humankind's abiding need for spiritual growth. For material development to be sustainable, spiritual advancement must be seen as an integral part of the human development algorithm. While the policy makers and governments can play their respective role, each one of us has to consciously adopt spirituality and sustainability as a way of life. This book will rely on the spiritual power of individuals to heal themselves and the environment. | https://www.springer.com/la/book/9783319342337 | Book | yes |
| Personal to Planetary Transformation / [Monica Sharma](https://www.kosmosjournal.org/contributor/monica-sharma/) | “We are living in a time of whole system transition on a personal and planetary scale that affects every aspect of life as we know it.Patterns of possibility are emerging that have never before been available to all the earth’s people and to the whole planet.”-- “Personal to Planetary Transformation is a unique design because it sources all action from the creative and sacred space of wisdom. Itaddresses immediate, systems and root causes of a problem or condition. “ | https://www.kosmosjournal.org/article/personal-to-planetary-transformation/ | Article | yes |
| Sustainability and spirituality: despair as well as optimism / Jo Confino | “It is only by transforming our own personal despair, rather than trying to bypass it, that we can become effective change agents” | https://www.theguardian.com/sustainable-business/blog/sustainability-spirituality-despair-optimism | Article. Mentions the introduction of meditation into the sustainability sphere | yes |
| Building spiritual capabilities to sustain sustainability-based competitive advantages / Jean Garner Stead | There is a rising global concern that centers on creating an ecologically, socially, and economically sustainable world for current and future generations. This rising sustainability consciousness is built on higher-level value systems that support the sacredness of people and nature. These values promote environmental and social responsibility as avenues to fair profits, and they are currently penetrating the global business environment. Because of their coevolutionary relationships with the business environment, business organizations are now faced with the need to craft efficient and effective triple bottom line strategies that allows them to earn profits in sustainable ways. Because sustainability is complex, multifaceted concept with deep spiritual roots, building triple bottom line strategies requires that organizations develop intangible spiritual capabilities (i.e. spiritual intelligence and spiritual capital) that are valuable, rare, holistic, socially complex, and causally ambiguous, making them difficult to imitate. | https://www.tandfonline.com/doi/abs/10.1080/14766086.2013.832359 | Journal article | yes |
| Mindfully Green and Healthy: An Indirect Path from Mindfulness to Ecological Behavior / [Sonja M. Geiger](http://www.frontiersin.org/people/u/476069)1, Siegmar Otto2 and Ulf Schrader3 | This paper examines the nature of the link between mindfulness and ecological behavior. Based on the notion that mindfulness incorporates heightened awareness of bodily sensations, we suggest an indirect path from mindfulness to ecological behavior that is mediated through individual health behavior, such as improved nutrition and increased exercise. This indirect path is corroborated with two online studies (n = 147/n = 239) where mindfulness, personal health behavior and ecological behavior were assessed. We conclude that increased mindful awareness of momentary experience indeed favors more healthy lifestyles, which in turn relate to increased ecological behavior beyond personal health benefits. The findings support an agreeableness of personal and planetary health behavior and open up a path for environmental educational interventions based on mindfulness practices and personal health gains. | https://www.frontiersin.org/articles/10.3389/fpsyg.2017.02306/full | Article | yes |
| Kosmos Journal | Our mission at Kosmos is to inform, inspire and engage individual and collective participation for global transformation in harmony with all Life. We do this by sharing transformational thinking and policy initiatives, aesthetic beauty and collective wisdom, local to global. | https://www.kosmosjournal.org | Journal | yes |
| Huffington postMindful sustainability / Marc Andersson | An excerpt:“In order to meet present day needs and adapt to unavoidable change in sustainable ways, we must see the world and our place in it clearly. Mindfulness is the operating system that supports that view. The point of being mindful is to make more likely our response to change is appropriate, in harmony with the system that supports us. As Wendell Barry says, “We have to listen to what the world wants us to do.” | https://www.huffingtonpost.com/marc-anderson/mindfulness\_b\_4227615.html?guccounter=1 | Article (news) | yes |
| The GuardianEco-spirituality: towards a values-based economic structure / Llewellyn Vaughan-Lee | An excerpt:”If we go to the root of the present ecological crisis we will find a state of disconnection. We appear frighteningly disconnected from real awareness of the effects of our materialistic culture upon the very ecosystem that supports us. The challenge is to develop a value-based economic structure, which is not concerned solely with our material well-being, but embraces the whole human being – body and spirit – as well as the rich biodiversity of the Earth.” | https://www.theguardian.com/sustainable-business/eco-spirituality-values-based-economic-structure | Article (news) | yes |
| Emergence magazine | Emergence Magazine is a quarterly online publication featuring innovative stories that explore the threads connecting ecology, culture, and spirituality. | https://emergencemagazine.org/ | Magazine | yes |
| “Ideas for Sustainability” blog  | A blog by Joern Fischer and his collaborators on sustainability and landscape ecology: engaging your head and your heart. This is a space where they share new ideas and reflect on issues of sustainability and global change.  | Link to blog: <https://ideas4sustainability.wordpress.com/category/leverage-points/> About Joern Fischer: <https://www.leuphana.de/en/university/staff-members/joern-fischer.html>  | To get posts by email, subscribe at the right bottom of the page.  | yes  |
| How Can Psychology Help Mankind to Overcome its Greatest Challenges? / Stefan Brunnhuber | With unprecedented acceleration in the geophysical impact of human activities and the identification of “tipping points” from which our planet will not be able to recover, mankind faces an increasingly imminent existential threat. In this video, STEFAN BRUNNHUBER describes how insights from psychology could help human beings to overcome these challenges. Brunnhuber demonstrates that existing proposed solutions, alternatively centered on demography, technology, governance, and growth, can only be successful if they are supported by a concomitant evolution in mankind’s way of thinking. Brunnhuber shows how fundamental behavioral shifts can be underpinned by institutional support systems to encourage a mindset focused on universal standards and reciprocal tolerance that could enable humanity to draw back from the brink.He also has published a book called “The art of transformation”. | https://lt.org/publication/how-can-psychology-help-mankind-overcome-its-greatest-challenges | Video | yes |
| Linking Inner and Socio-Ecological Transformation / Thomas Bruhn | Seminar, Sustainability and Inner Transformation, Lund University Centre for Sustainability Studies, Lund, Sweden, November 27, 2018 | https://www.youtube.com/watch?v=0JecZWPTQiU | Video presentation | yes |
| [cCHANGE Transformation in a Changing Climate](https://www.youtube.com/channel/UCbYnFMfrvFgZ9CIf8Py3p-Q)Introduction to Transformational Leadership for Sustainability | cCHANGE's Professor Karen O'Brien gives an Introduction to Transformational Leadership for Sustainability and how to shift systems and cultures to create measurable and enduring change | https://www.youtube.com/watch?v=bq18tYgHH6Q&feature=youtu.be | Video lecture | no |
| Mindfulness in Public DiscourseCentre of Buddhist studies, SOAS University of London | This event explores the role of mindfulness in politics and public policy, social values and social vision. Speakers include some of the UK’s leading thinkers and practitioners in this field, with three presentations followed by a panel and open discussion.Mindfulness training has been finding popularity in government and public life, with courses at Westminster and other parliaments around the world, and across public, private and voluntary sectors. Is this just about relieving stress or can mindfulness inform political processes and decision-making? Is mindfulness politically neutral or does it support a particular agenda? Does it promote individualism or help us to link our actions to the 'good of the whole'? Does it help or hinder efforts to bring about a more sustainable and just society? | https://www.soas.ac.uk/buddhiststudies/events/buddhisminsideout/08dec2018-mindfulness-in-public-discourse.html |  | yes |
| Greater Good Berkeley  | research highlights, a list of studies | https://greatergood.berkeley.edu/images/uploads/Mindfulness\_in\_Education\_Research\_Highlights.pdf |  | no |
| The inner work of racial justice / Rhonda V Magee | Book about healing ourselves and transforming our communities through mindfulness |  | Book | no |
| Tree of contemplative practices | Webinar resources | <http://maiaduerr.com/tree-webinar-resources/><https://www.youtube.com/watch?v=t9W7pYOlqps&feature=youtu.be> |  | no |
| Mindfulness and education/ Katherine Weare and Felicia Huppert | This article focuses on the literature on mindfulness and mindfulness meditation with childrenand young people in schools and in higher education, and touches on mindfulness for adulteducators including teachers, and on the overlapping field of contemplative education in highereducation. It is a selective guide to the theoretical, research and practice-based literature in arapidly evolving field and is aimed at those unfamiliar with the territory. | 10.1093/obo/9780199828340-0236 | Katherine Weare, Emeritus Professor of Education, University of Southampton, Honorary Professor ofPsychology, University of Exeter, UK. skw@soton.ac.ukFelicia Huppert, Emeritus Professor of Psychology, and Director of the Well-being Institute University ofCambridge, UK, and Honorary Professor, Institute for Positive Psychology and Education ACU, Sydney,Australia. felicia@huppert.com.au | no |
| [SOAS University of London](https://www.youtube.com/channel/UCwlZZGmE1e_6PI2e-HOPOQw) - Mindful blinkers and biases: how and why we fail to optimise this transformative practice | SOAS | Youtube video. Related to mindfulness in governance, policy and public discourse. "Mindful blinkers and biases: how and why we fail to optimise this transformative practice" was given by Rachel Lilley, Aberystywth University (Presentation with Q&A) as part of the Round Table "Mindfulness in Public Discourse" which was held at the Centre of Buddhist Studies, SOAS University of London on 8 December 2018. Find out more at [http://bit.ly/2T7ynoY](https://www.youtube.com/redirect?q=http%3A%2F%2Fbit.ly%2F2T7ynoY&v=mwMw-xSGAWY&redir_token=Umg6Q0Gteo7AGJk-9OV1oMTcWZd8MTU0ODYxMjA5NUAxNTQ4NTI1Njk1&event=video_description) Many mindfulness advocates believe teaching attention, acceptance and compassion practices will change the world, improve politics, solve climate change and address inequalities and other contemporary challenges. But anyone who works in those areas knows this view is naïve, failing to acknowledge the enormous complexity the issues involve. We need a paradigm shift, to address the biases and blindspots of ourselves as trainers, our participants, and critically of the contexts and research fields we work in. We need to see what we are missing, challenge our ways of working, then we can truly support deep and transformative change at organisational, social, political and global levels | https://www.youtube.com/watch?v=mwMw-xSGAWY |  | yes |
| Neuroliberalism[Mark Whitehead](https://www.amazon.co.uk/s/ref%3Ddp_byline_sr_book_1?ie=UTF8&text=Mark+Whitehead&search-alias=books-uk&field-author=Mark+Whitehead&sort=relevancerank) (Author), [Rhys Jones](https://www.amazon.co.uk/s/ref%3Ddp_byline_sr_book_2?ie=UTF8&text=Rhys+Jones&search-alias=books-uk&field-author=Rhys+Jones&sort=relevancerank) (Contributor), [Rachel Lilley](https://www.amazon.co.uk/s/ref%3Ddp_byline_sr_book_3?ie=UTF8&text=Rachel+Lilley&search-alias=books-uk&field-author=Rachel+Lilley&sort=relevancerank) (Contributor), [Jessica Pykett](https://www.amazon.co.uk/s/ref%3Ddp_byline_sr_book_4?ie=UTF8&text=Jessica+Pykett&search-alias=books-uk&field-author=Jessica+Pykett&sort=relevancerank) (Contributor) | Book. Related to mindfulness in governance, policy and public discourse. Neuroliberalism presents the results of the first critical global study of the impacts of the behavioural sciences on public policy and government actions, including behavioural economics, behavioural psychology and neuroeconomics. Drawing on interviews with leading behaviour change experts, organizations and policy-makers, and discussed in alignment with a series of international case studies, this volume provides a critical analysis of the ethical, economic, political and constitutional implications of behaviourally oriented government. It explores the impacts of the behavioural sciences on everyday life through a series of themes, including: understandings of the human subject; interpretations of freedom; the changing form and function of the state; the changing role of the corporation in society; and the design of everyday environments and technologies. | https://www.amazon.co.uk/Neuroliberalism-Behavioural-Government-Twenty-Century/dp/1138923834 |  | yes |
| [SOAS University of London](https://www.youtube.com/channel/UCwlZZGmE1e_6PI2e-HOPOQw) - If mindfulness is the answer, what is the question? | Youtube video. Related to mindfulness in governance, policy and public discourse. A talk given by Dr Joanna Cook, UCL (Presentation with Q&A) as part of the Round Table "Mindfulness in Public Discourse" which was held at the Centre of Buddhist Studies, SOAS University of London on 8 December 2018 | https://www.youtube.com/watch?v=2s3SP0C0NjQ |  | no |
| The Advocacy of Feelings: Emotions in EU-Based Civil Society Organizations’ Strategies;Rosa Sanchez Salgado | Related to mindfulness in governance, policy and public discourse. European Union (EU)-based Civil Society Organizations (CSOs) are usually pictured as well-established professionalized actors basing their advocacy strategies on the provision of expertise. Does the focus on expertise imply the removal of emotions and feelings from political communication? Following the emotion turn in social movement and collective action studies, this article investigates how and why EU-based CSOs use emotions in their advocacy strategies. The article shows first how CSOs use rhetorical appeals to emotions and rhetorical appeals to reason in their communication. Secondly, the focus is directed to emotion-inspired advocacy strategies, namely blaming and shaming, fear-mongering and boosting. The choice of rhetorical appeals and strategies is mainly explained by three different inter-related factors: the logics of influence, the logics of membership and media logics. Empirical data is drawn from a content analysis of press releases and policy documents of environmental (climate change) and human rights (refugee crisis) CSOs active at the EU level and from semi-structured interviews with key CSO representatives. | https://www.cogitatiopress.com/politicsandgovernance/article/view/1505/1505 |  | no |

# RESOURCES | Contemplative practices, online resources

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| --- | --- | --- | --- | --- |
| **Name** | **Description and/or goals** | **Website/link** | **Contact** | **Explicit link to sustainability**(yes/no) |
| Social mindfulness toolbox | A resource to learn about mindfulness, contemplation and meditation practices | <https://learningcentral.cf.ac.uk/bbcswebdav/institution/Social%20Sciences/elearning/tutorials/social-mindfulness-toolbox/story_html5.html> |  | no |
| BINKA project on mindfulness and sustainable consumption | Guided meditations | [bodyscan  (Links to an external site.)Links to an external site.](http://ifan-berlin.de/download/2949/)(13mins)       [compassion (Links to an external site.)Links to an external site.](http://ifan-berlin.de/download/2961/) (11mins)       [ecological breathing space](https://asu.instructure.com/courses/14752/files/3393834/download?wrap=1)[Play media comment.](https://asu.instructure.com/courses/14752/pages/module-1-reflective-practice?module_item_id=790293)(9mins)       [jeans journey (Links to an external site.)Links to an external site.](http://ifan-berlin.de/download/2958/) (8mins)       [meeting needs (Links to an external site.)Links to an external site.](http://ifan-berlin.de/download/2952/) (9mins)       [self-compassion (Links to an external site.)Links to an external site.](http://ifan-berlin.de/download/2955/) (9mins)       [tangerine exercise (Links to an external site.)Links to an external site.](http://ifan-berlin.de/download/2964/) (10mins) |  | no |
| Headspace | Headspace is a project launched in 2010 with a comprehensive online resource and mobile app service for mindfulness meditation. | https://www.headspace.com/ | Mindfulness mediation tool. | no |
| Smiling Mind | App | https://www.smilingmind.com.au/ |  | no |
| Deep listening (dadirri) | Aboriginal people practice deep listening, an almost spiritual skill, based on respect. Sometimes called ‘dadirri’, deep listening is inner, quiet, still awareness, and waiting. | https://www.creativespirits.info/aboriginalculture/education/deep-listening-dadirri#axzz44mJZlx00 | Human-nature connection. | no |
| Mindfulness Bell | Mindfulness Bell is an online tool, which can be used by computer users that want to remain mindful throughout their time behind the computer.  | http://www.mindfulnessdc.org/bell/ | Mindful awareness tool. | no |
| Mindful Walking | A short video illustrating the benefits of mindful walking. | https://www.youtube.com/watch?v=jIUw4U1xI5A |  | no |
| Lebensplan | LebensPlan claims to offer new ways for more health, happiness and quality of life. They offer advice on, amongst others, the topic of geomancy (the energetic, mental and emotional levels of a place) and Vastu Vidya (by some described as Indian Feng Shui).  | <https://lebensplan.com/geomantie/was-ist-geomantie> <https://lebensplan.com/>  | A contact person provided by Anaim Gräff is Helle Helborg (from Alda) from the Scandinavian geomancy network | No |
| The contemplative academy – collection of contemplative practices | Collection of contemplative practices by Patricia Morgan | https://www.thecontemplativeacademy.com/contact--links.html |  |  |
| Insight meditation Centre | Many online resources/practices | <https://www.insightmeditationcenter.org/books-articles/articles/> |  |  |

# THEORIES |Potential theories and approaches for researching inner transformation

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| --- | --- | --- | --- | --- |
| **Name** | **Description and/or goals** | **Website** | **Comments**(e.g., contact person or contact email & note in case that relevance is mainly related to one aspect, i.e. sustainability science, practice or teaching) | **Explicit link to sustaina-bility** (yes/no) |
| Mindfulness disposition according to Baer | Ruth Baer applies mindfulness practices in forms of psychological treatment (e.g. mindfulness-based cognitive therapy or stress reduction). Besides using it as a treatment, she also researchers how mindfulness is related to other aspects of psychological functioning and what its long-term consequences are.  | About Ruth Baer: <http://www.ruthbaer.com/><https://psychology.as.uky.edu/users/rbaer>Examples of Baer’s work: - The practicing happiness workbook. - Practicing happiness: How mindfulness can free you from psychological traps and help you build the life you want- Various academic work: <http://www.ruthbaer.com/academics/index.html>  | Contact via following link: <http://www.ruthbaer.com/contact/index.php>  | no |
| Social Network Analysis | Social Network Analysis (SNA) is the mapping and measuring of relationships and flows between people, groups, organizations, computers, URLs, and other connected information/knowledge entities. The nodes in the network are the people and groups while the links show relationships or flows between the nodes. SNA provides both a visual and a mathematical analysis of human relationship.  | http://orgnet.com/sna.html |  | no |
| Attachment Analysis  | Psychoanalyst Jon Bowlby attributes mental and behavioural problems to early childhood. Specifically, his theory suggests that children are biologically pre-programmed to form attachments with others, because this will help them to survive. Bowlby believed that attachment behaviors are instinctive and will be activated by any conditions that seem to threaten the achievement of proximity, such as separation, insecurity and fear. Bowlby suggested that a child would initially form only one attachment and that the attachment figure acted as a secure base for exploring the world.  The attachment relationship acts as a prototype for all future social relationships so disrupting it can have severe consequences. | <https://simplypsychology.org/bowlby.html>  |  | no |
| Three Horizons Approach | The Three Horizons framework is a simple, intuitive way to encourage a conversation about the challenges in the present, our aspirations for the future and the kinds of innovation we might need in order to address both at the same time.  The Horizons offer a co-ordinated way of managing innovation, a way of creating transformational change that has a chance of succeeding, a way of dealing with uncertainty and a way of seeing the future in the present. | Resources for the Three Horizons Approach provided by the International Futures Forum: <http://www.iffpraxis.com/three-horizons>Bill Sharpe’s book “Three horizons: The patterning of hope” <http://www.internationalfuturesforum.com/p/three-horizons-the-patterning-of-hope> Theoretical foundation of Three horizons: <http://www.internationalfuturesforum.com/three-horizons>  | Note: There is another approach called “the Three Horizons of Growth” by McKinsey that is not to be confused with this approach.  | no |
| Regenerative Culture Approach | Building on the Three Horizon’s Approach, Daniel Wahl explores how we can see the beginning of a shift from degenerative to regenerative cultures that are adapted to the bio-cultural uniqueness of its respective place. The transformative innovation needed for this requires integrative whole systems thinking. Wahl emphasizes the role that design has to play in transitions, as it is through design that different perspectives are integrated into culturally creative action.  | General information about the Regenerative Culture Approach: <https://medium.com/insurge-intelligence/join-the-re-generation-designing-regenerative-cultures-77f7868c63cd> and <https://medium.com/age-of-awareness/sustainability-is-not-enough-we-need-regenerative-cultures-4abb3c78e68b> Daniel Wahl’s “Designing Regenerative Cultures” <http://www.triarchypress.net/reviews-designing-regenerative-cultures.html>“Creativity and the Generative meaning”: <http://www.academia.edu/5827553/Creativity_and_the_generative_approach_to_culture_and_meaning>  | Daniel Wahl can be contacted via the following link: <http://danielchristianwahl.com/contact-legal-notice/>  | yes |
| Ecopsychoanalysis  | Ecopsychoanalysis is a new interdisciplinary approach to thinking about the relationship between psychoanalysis, ecology, 'the natural' and the problem of climate change. It draws on a range of fields including, psychoanalysis, psychology, ecology, philosophy, science, complexity theory, aesthetics, and the humanities. It attempts to play with what each approach has to offer in the sense of a heterogeneous assemblage of ideas and processes, mirroring the interlocking complexity, chaos and turbulence of nature itself.Ecopsychoanalysis, fully supporting the new [Climate Psychology Alliance](http://www.climatepsychologyalliance.org/), thus constitutes a timely attempt to contribute towards a critical dialogue between psychoanalysis and ecology, and helps us begin to re-imagine therapeutic practice where we can start to create spaces for thought that links to the Earth.  | <http://ecopsychoanalysis.blogspot.se/p/about.html>  | Run by psychoanalyst Joe Dodds  | yes |
| Prosocial approach model | The prosocial approach to organisational consultancy emerges from a collaboration between: The Association of Contextual Behavioural science, ACBS” and “The Evolution Institute” that integrates a mindfulness based approach to values-directed behaviour change with the use of Elinor Ostrom’s design principles for sustainable management of The Commons in an accessible, hands-on, 3-stage model. The goal of this is to help groups learn about the design principles to improve their efficacy in a practical sense.  | <https://evolution-institute.org/projects/prosocial/>  |  | yes |
| Ecolinguistics | Ecolinguistics explores the role of language in the life-sustaining interactions of humans, other species and the physical environment. The first aim is to develop linguistic theories which see humans not only as part of society, but also as part of the larger ecosystems that life depends on. The second aim is to show how linguistics can be used to address key ecological issues, from climate change and biodiversity loss to environmental justice.  | http://ecolinguistics-association.org/ |  | yes |
| Sacred activism | ” Sacred Activism is the fusion of sacred consciousness, passion, generosity and peace with wise radical action. Finding ways to serve humanity and the Earth through Sacred Activism opens the way for birthing the new paradigm of heart-centered consciousness in the world.” – Core Light |  |  | yes |
| Integral Theory by Ken Wilber  | Integral theory is a school of philosophy that seeks to integrate all of human wisdom into a new, emergent worldview that is able to accommodate the gifts of all previous worldviews, including those which have been historically at odds: science and religion, Eastern and Western schools of thought, and pre-modern, modern and post-modern worldviews.  Integral Theory’s pragmatic correlate is a series of social practices called Integral Methodological Pluralism (IMP). The personal application of AQAL is called Integral Life Practice (ILP). “AQAL” (which stands for “all quadrants, all levels, all lines, all states, all types”) is often used interchangeably with Integral Theory, the Integral approach, the Integral map, the Integral model, and the Integral Operating System (IOS). | [https://www.amazon.de/Integral-Vision-Introduction-Revolutionary-Everything/dp/B01K0SUDXK/ref=sr\_1\_68?ie=UTF8&qid=1539764150&sr=8-68&keywords=Ken+Wilber](https://www.amazon.de/Integral-Vision-Introduction-Revolutionary-Everything/dp/B01K0SUDXK/ref%3Dsr_1_68?ie=UTF8&qid=1539764150&sr=8-68&keywords=Ken+Wilber)<https://www.dailyevolver.com/theory/>https://integrallife.com/glossary/integral-theory/ |  | yes |
| Theory U - Otto Scharmer | Theory U is a change management method and the title of a book by [Otto Scharmer](https://en.wikipedia.org/wiki/Otto_Scharmer)The principles of Theory U are suggested to help political leaders, civil servants, and managers break through past unproductive patterns of behavior that prevent them from empathizing with their clients' perspectives and often lock them into ineffective patterns of decision making.What we pay attention to, and how we pay attention - both individually and collectively - is key to what we create. What often prevents us from "attending" is what Scharmer calls our "blind spot," the inner place from which each of us operates. Learning to become aware of our blind spot is critical to bringing forth the profound systemic changes so needed in business and society today. First introduced in Presence, the "U" methodology of leading profound change is expanded and deepened in Theory U. By moving through the "U" process we learn to connect to our essential Self in the realm of presencing - a term coined by Scharmer that combines the present with sensing. Here we are able to see our own blind spot and pay attention in a way that allows us to experience the opening of our minds, our hearts, and our wills.  | <http://www.theoryu.nl/> <https://www.presencing.com/theoryu>  |  | yes |
| Transition Theory/ Iceberg Model | “Everything is connected.”[Sue Knight’s](http://www.sueknight.co.uk/) iceberg principle indicates that the behaviours we get (what people say and do) is determined by what is below the surface (purpose, identity, beliefs, values and capabilities).The iceberg model is a systems thinking tool designed to help an individual or group discover the patterns of behavior, supporting structures, and mental models that underlie a particular event. | <https://thesystemsthinker.com/connecting-systems-thinking-and-action/><http://www.ascd.org/ASCD/pdf/journals/ed_lead/el200910_kohm_iceberg.pdf>http://stepstosustainability.com/?p=1191 |  | no |
| Theories presented in Brunnhuber’s book on The Art of Transformation | Stefan Brunnhuber proposes to complement our monetary system with a parallel currency which is fair for everyone and finances the transformation to a sustainable economic system.Stefan combines his economic research with his expertise in psychology.  | https://tedxdresden.com/en/portfolio/speakers-2017/stefan-brunnhuber-english/ |  | yes |
| Tansformation Theory/ Spheres of transformation, including personal spheres- Karen O´Brien | Transformation has become an important concept in discussions and debates about how to address complex environmental problems such as climate change. The Three Spheres Framework draws attention to the interacting domains where transformations to sustainability can occur. These domains are referred to as the practical, political and personal spheres of transformation. | <https://cchange.no/about/the-three-spheres-of-transformation/><https://www.sciencedirect.com/science/article/pii/S1877343517301768>http://cchange.no/wp-content/uploads/2013/12/1-Responding-to-climate-change-Three-spheres-of-transformation\_OBrien-and-Sygna\_webversion\_FINAL.pdf |  | yes |
| Radical Transformation Theory / From Personal to Planetary TransformationBy Monica Sharma& linked framework on personal, practical and political spheres of transformation by Karen O’Brien etc. | Monica Sharma describes how we can source our inner capacities and wisdom to manifest change that embodies universal values such as dignity, compassion, fairness, and courage. Drawing on more than twenty years of work for the United Nations and elsewhere, she presents a radical new approach to transformational leadership, one that creates systems of change where everyone can engage—not just analysts and policy-makers. Demonstrating that we all can be architects of a new humanity, Monica demystifies policy-making, planning, and implementation so that everyone can play an informed and strategic part in eradicating the world’s most intractable problems. Using real-life examples from around the world, she shows how our innate characteristics of universal compassion, equity impulse, and human capability can create new patterns that effectively address major challenges such as gross inequality, unbridled hate, conflicts based on social identity, and the never-enough mindset of greed. Written in a straightforward, accessible style, *Radical Transformational Leadership* outlines a path-breaking paradigm shift that is already generating equitable and sustainable results across the globe. | <https://www.radicallytransform.org>And articles in Kosmos | See also different publications by Karen O’ Brien | yes |
| Approaches by Barrett Brown | Barrett Brown brings an “unique multi-sectoral and international perspective.”He focuses on complex change issues related to organizational and systems transformation. He consults to organizations to help them advance their sustainability strategy and execution, as well as cultivate the sophisticated leaders they need to manage tomorrow’s complexity and uncertainty. He has co-architected and co-led visioning, strategic alignment, and change processes for mid-market companies in the US and large-scale public-private partnerships in Europe. | <http://nextstepintegral.org/wp-content/uploads/2011/04/Communicating-Sustainability-Barrett-Brown.pdf><http://integralleadershipreview.com/7097-leadership-and-sustainability-with-barrett-c-brown/><https://www.youtube.com/playlist?list=PL9FA69C0030665AF3>Communicating integral sustainability, lecture:https://www.youtube.com/watch?v=Cr8\_8UQQpQE |  | no |
| Kegan's and Lahey´s Immunity to Change | The book: Immunity to Change: How to Overcome It and Unlock the Potential in Yourself and Your Organization Robert Kegan and [Lisa Laskow Lahey](https://hbr.org/search?search_type=search-all&term=Lisa%20Laskow%20Lahey)Desire and motivation aren't enough: even when it's literally a matter of life or death, the ability to change remains maddeningly elusive. Given that the status quo is so potent, how can we change ourselves and our organizations? In "Immunity to Change," authors Robert Kegan and Lisa Lahey show how our individual beliefs--along with the collective mind-sets in our organizations--combine to create a natural but powerful immunity to change. By revealing how this mechanism holds us back, Kegan and Lahey give us the keys to unlock our potential and finally move forward. And by pinpointing and uprooting our own immunities to change, we can bring our organizations forward with us. | <https://hbr.org/product/immunity-to-change-how-to-overcome-it-and-unlock-the-potential-in-yourself-and-your-organization/1736-HBK-ENG>Descriptive article of theory:<https://medium.com/org-hacking/the-real-reason-people-wont-change-kegan-lahey-8e2b8a810afa>Harvard course: <https://www.youtube.com/watch?v=lPiWUjbtQvk>Lahey presentation, “Seeing & Overcoming The Immunity To Change”https://www.youtube.com/watch?v=6reQY1MIBA8 |  | no |