

# Fathom the mind. Heal the world.

Our world is facing numerous serious crises head-on. At the Center for Contemplative Research (CCR), we believe that all these crises are driven by human tendencies that emerge from our minds. If our minds are out of balance, our decisions and actions will lead to disruptive and inharmonious results for ourselves and others. As such, it is crucial for us to work to balance our minds.

The techniques to balance the mind exist in the world's contemplative traditions. Decades in the making, the CCR is now comprised of full-time practitioners and a global team of scientists, scholars, teachers, and volunteers dedicated to putting into action the tools that can balance our era by treating these crises at their root – by fathoming the human mind and sharing the results at scale.



## CCR's Four Pillars

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### Experiential

Highly trained contemplatives engage in full-time retreat practice, training the mind in robust, time-tested methods of internal inquiry to gain insights into the defining characteristics of human flourishing and consciousness itself.

Practitioners emerge to apply these insights practically in the world, applying their own balanced and healthy minds across disciplines and sectors.

### Scientific

Interdisciplinary scientists conduct rigorous, novel research with CCR contemplatives and publish their results. Studies explore what is widely regarded as a mystery—consciousness itself—in order to make discoveries that transform the way we inhabit our world and cultivate our minds toward balance and health.

### Applied

These tools are for everyone. Researchers and subject matter experts across industries develop accessible, widely applicable interventions grounded in contemplative practices and research findings to enable people and organizations to cultivate exceptional mental health, resilience, creativity, and contentment.

### Dialogic

Interdisciplinary common ground is a launchpad for sharing wisdom. Teachers and practitioners alike encourage dialogue across the world's great scientific, religious, and wisdom traditions, nurturing inter-contemplative dialogue and rediscovering the valuable depths of the world's diverse traditions.

# Building Cabins

To scale the effect of the CCR project and to build partnerships with researchers and universities in Asia Pacific, we need funds to build cabins to host the practitioners whose contemplative work is pivotal to the CCR's ambitions to facilitate the healing of minds. [CCR Aotearoa](#) (New Zealand) is working hard to do this. We have acquired and prepared the land, drawn-up a building consent application, and begun consultation with leading architects based in Nelson, New Zealand to plan for a build of 16 retreat cabins and 3 support buildings.

## FUNDING

We have GPS located the [16 build locations](#). Now now need to raise the first round of funds of approximately NZ\$500,000 to build our first two retreat cabins and site-wide supporting infrastructure. We have been pledged US\$100,000 to [dollar match](#) any funds up to that amount and are currently running a fundraising sprint to match that US\$100,000 - and beyond.



## CONTEMPLATIVE SCIENCE

We will have our first professional contemplatives in cabins as soon as funds are raised and the first two cabins are built. These "Olympians of the mind" will be practicing meditation diligently from 10-14 hours a day. They will work closely with their meditation guides and collaborating scientists, guided by a stellar [scientific advisory board](#)—including a Nobel laureate and a Templeton Prize winner.



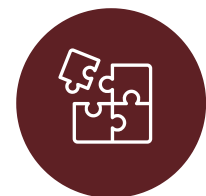
## APPLICATIONS

Progress to date includes the development of the [Sixfold Matrix of Mental Balance](#) to be shared with universities, schools, corporations and wider society. Indeed, all of our publications will be open access to the world – free to read and reuse to more quickly trigger a revolution in the mind sciences.



## COLLABORATION

We will continue promoting our "dialogic" inter-contemplative renaissance by welcoming collaboration with other traditions to rejuvenate contemplative practices, as we know we are not on our own in seeking to fathom the mind to heal the world!



Please enjoy this [inspiring short video](#) of one of our professional contemplatives, Andrea Vazquez, describe in her own words, our vision and mission.

If you feel inspired to donate today,  
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