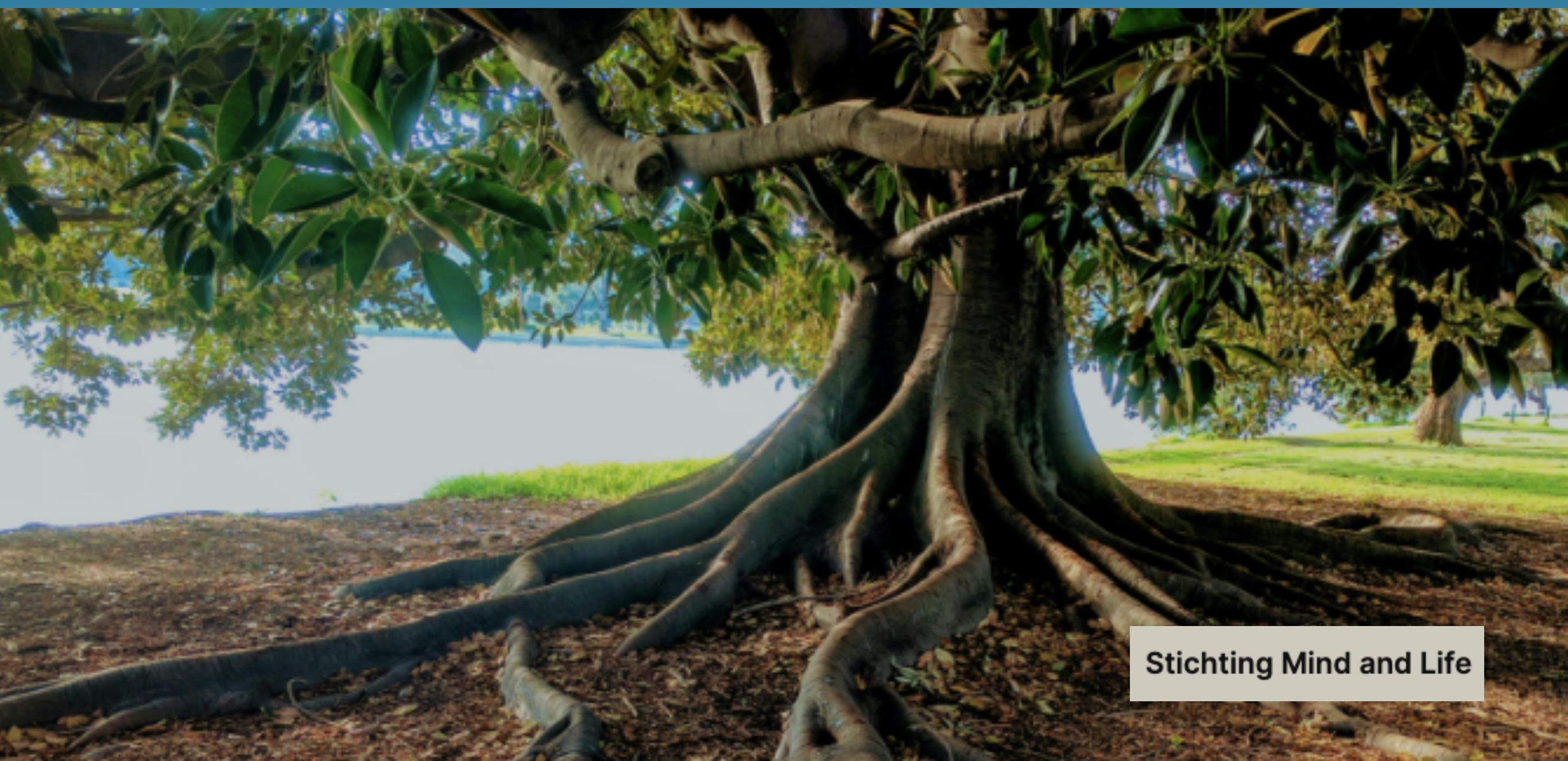


Activity Report 2025



Stichting Mind and Life

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Who Are We?

FACILITATING AND PROMOTING DIALOGUE



Stichting Mind and Life is a foundation governed by the laws of the Netherlands, having its registered seat in the municipality of Amsterdam, the Netherlands, and its office address at Fongersplaats 43, 9725 LC Groningen, the Netherlands. It is registered on the Commercial Register of the Dutch Chamber of Commerce (KvK number: 67382908), and with the Dutch tax authorities (RSIN: 856959947).

The goal of the foundation is to facilitate and promote a dialogue between sciences, humanities, and contemplative traditions, thus furthering the field of contemplative sciences, with the aim of contributing to human flourishing, well-being, and the common good.

Our History

Stichting Mind and Life was founded on the 30th November 2016 in Amsterdam. We have been collaborating with our original founder organisation, Mind & Life Europe (MLE) in Switzerland, to bridge and integrate contemplative wisdom and practices with modern research capabilities and bring a new wave of initiatives into the European science community. After some restructuring between 2021-2023, today we operate as an independent foundation in order to develop collaborations and partnerships with like-minded organisations in the Netherlands and throughout the European Union.

Board Members



AMY COHEN VARELA
Board Chair
France



GÁBOR KARSAI
Hungary

Summary of Partnership Events in 2025

- 1. Caring Minds Initiative workshop (13th - 16th February, Gomde, Austria)**
- 2. 9th Pioneers of Change Online Summit (13th – 25th March)**
- 3. Mind & Life Dialogue on Minds, Artificial Intelligence, and Ethics (14th - 16th October, Dharamsala, India)**

Caring Minds Initiative workshop

13th February - 16th February, Rangjung Yeshe Gomde, Austria

The Caring Minds Initiative workshop was held, in partnership with the Scheuch Family Foundation, at Rangjung Yeshe Gomde, from the 13th February - 16th February. The Caring Minds Initiative aims at addressing the global polycrisis, by fostering sustainable ways of life.

Mission: To guide individuals on transformative journeys to embrace sustainable living.

Vision: To inspire a world where everyone cares for a sustainable future.

The problem: Humanity faces a “global polycrisis” (e.g., climate change, biodiversity loss,

etc) caused partly by cognitive biases that create a sense of separation from nature and other humans.

The solution: By applying insights from science, humanities, and wisdom traditions, the initiative seeks to foster an alternative worldview based on interdependence, emergence, and impermanence.

The initiative is in its development phase, and the purpose of the workshop was to develop the ideas and programs with world-renowned experts in the field.

9th Pioneers of Change Online Summit

13th – 25th March

Stichting Mind and Life was a partner for the **9th Pioneers of Change Online Summit**, which took place from 13th to 25th March, 2025.

At a time when our world is under immense pressure – and many of us feel that same strain – the summit offered a space to reflect on the possibilities that emerge when the old makes way for the new. It invited us to ask: How can we find orientation and direction in turbulent times? How do we access inner regenerative strength amidst challenge? And how might we strengthen and develop regeneration in the world?

With **30 outstanding speakers**, including friends of MLE, **Dr Jack Kornfield**, and **Dr Kristin Neff**, this deeply inspiring event reminded us of our capacity to ‘become the change’.

The summit was held in German, with eight interviews conducted in English.



Mind & Life Dialogue XXXIX

“Minds, Artificial Intelligence, and Ethics”

14th – 16th October 2025, The Dalai Lama Library & Archives, Dharamsala, India

Mind & Life Europe grew out of a **rich legacy of interdisciplinary dialogue**, most notably between our co-founders, the **neurobiologist Francisco J. Varela** and the **14th Dalai Lama**.

In its **39th year**, the Mind & Life Dialogues continued on the **14th to 16th October 2025** in the **Dalai Lama Library and Archives** in Dharamsala, India, with a remarkable three-day event that reflected both critically and capaciously on this **new era of artificial intelligence** (AI). The nature of mind has always been at the centre of our inquiry at MLE, and this event was no less an occasion to probe the ontological, epistemological, and ethical implications of a world in which living minds are increasingly confronted with complex, “life-like” technologies such as AI and LLMs.

Organised in collaboration with the Mind & Life Institute and The Dalai Lama Trust, and generously

supported by the Research Center of the Italian Buddhist Union, this event brought together **20 presenters** representing more than 15 institutions worldwide—including leading scientists, scholars, contemplative practitioners, business leaders, and policymakers. Together, they explored the nature of the human mind as a foundation for considering five interwoven themes: minds, (dis)entanglement and meaningful relationships, collective narratives and possible futures, diversity and ethics, and education.



