



Center for Contemplative Science
and Compassion-Based Ethics

EMORY UNIVERSITY

Advancing a Global Culture of Compassion



The 'why' behind this center

TABLE OF CONTENTS

- 2** Director's Message
- 4** Educating Heart and Mind: A Research-Based Approach
- 5** A Message from the Dalai Lama
- 6** SEE Learning
- 8** Cognitively-Based Compassion Training
- 10** Emory-Tibet Science Initiative
- 12** University Programs
- 14** Vision, Mission, Values
- 15** Patrons
Funding Opportunities

For three decades, I have had the privilege of observing and participating in dialogues that His Holiness the 14th Dalai Lama has had—with educators, medical and mental health professionals, and scientists—exploring how to enrich the quality of life for individuals and society as a whole. Along with a growing body of research in evolutionary biology, neuroscience, education, and the social sciences, these dialogues validate that compassion is not only innately part of us, but it can also be intentionally cultivated and expanded. These explorations have given rise to the emerging field of contemplative science and a major educational movement known as social, emotional, and ethical learning, or what His Holiness the Dalai Lama refers to as secular ethics—the education of heart and mind.

His Holiness makes a strong case for why education cannot neglect the heart and how it can be infused with compassion and ethics. Relying on personal experience, common sense, and scientific evidence, this holistic approach to education focuses on fundamental human values and is not dependent upon the beliefs of any particular value system.

It was this shared vision for education that led to a fruitful relationship between Emory University and the Dalai Lama and to the establishment of the Emory-Tibet Partnership in 1998, which evolved into the Center for Contemplative Science and Compassion-Based Ethics in 2017. An academic center completely devoted to fostering basic human values is incredibly timely. Given the increasing complexity of our human condition, managing our emotions, interacting meaningfully with others, and practicing kindness is more important than ever.

The Center has four major areas of focus. The first area includes work across higher education. This includes the development of undergraduate and cross-disciplinary coursework, the incorporation of secular ethics and contemplative practice into existing graduate and professional programs, and the facilitation of research by both seasoned scholars and new investigators that looks at the efficacy of our programs and the mechanisms underpinning them.

ETSI (The Robert A. Paul Emory-Tibet Science Initiative) is a unique educational endeavor integrating modern science education into the core curriculum of Tibetan monastic institutions. By providing additional tools and novel perspectives for the investigation of our inner and outer worlds, ETSI prepares monastic and traditional scientists to engage with one another, enabling them to examine our human condition through the lens of compassion-based ethics—and to develop new ways to address our most pressing problems.

SEE Learning® (Social, Emotional and Ethical Learning) and CBCT® (Cognitively-Based Compassion Training) are complementary programs supporting the flourishing of individuals of all ages as well as society at large and our planet. Grouped under an emerging initiative of our Center to advance a global culture of compassion known as the Compassion Shift, SEE Learning and CBCT specifically focus on the cultivation of basic human values necessary for the wellbeing of all.

SEE Learning consists of a framework and a series of curricula that support social, emotional, and ethical learning, recognized by one of the pioneers of Social and Emotional Learning, Daniel Goleman, as “SEL 2.0.” By developing and implementing age-appropriate, research-based materials and support mechanisms for educators, students, administrators, and caregivers, the Center can support transformative education.

CBCT offers a comprehensive method for expanding and sustaining a compassionate orientation toward others. Offered to the public and as a clinical and research intervention, it is currently being tailored to create distinctive versions for those working in healthcare, education, business, and mental health. And both programs under the umbrella of the Compassion Shift are engaged in the work of scaling to create a truly global footprint.

The guiding intention of the Center for Contemplative and Compassion-Based Ethics is to create true global citizens able to find peaceful and equitable solutions to our century's most pressing problems—thus creating the conditions that will allow each of us to thrive. As we continue to evolve and grow, we anticipate the expansion and creation of many additional partnerships and invite you to join us in this transformative endeavor.



Lobsang Tenzin Negi, Executive Director



OVERVIEW

Educating Heart and Mind

A RESEARCH-BASED APPROACH

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.

Compassion-based ethics, also known as “secular ethics,” simply means an ethics that explicitly values and promotes an orientation toward kindness and compassion. It is a holistic approach that seeks to cultivate, alongside traditional academic subjects, a benevolent and ethical mindset

grounded in the basic human values that can be discerned from individual experience, common sense, and scientific evidence. Compassion-based ethics is inclusive in its outlook and does not seek to advance any kind of sectarian agenda. Neither does the implementation of compassion-based ethics preclude or supersede the role of family, culture, or faith tradition in helping both children and adults constructively engage the challenges they face in life.

Contemplative science is an emerging, interdisciplinary field of study that brings together the third-person investigative methods of modern science—such as the measurement of changes in body, brain, and behavior—with the first-person investigative methods of contemplative traditions, such as the direct observation of experience, the refinement of attention, and the transformation of mindset and motivation. Its objective is to contribute to individual and collective well-being by providing insights into the nature of the mind as well as by investigating and validating new techniques for cultivating prosocial emotions, attitudes, perspectives, and traits that are supportive of human flourishing.

Contemplative science and compassion-based ethics are complementary in that contemplative science investigates how intentional practices operate on a physiological and cognitive level, and compassion-based ethics involves the application of those understandings on an individual and social level.



THE DALAI LAMA

MESSAGE

One of my main commitments is the promotion of basic human values such as kindness, compassion, forgiveness and generosity. These values are not luxuries; they are absolutely necessary for the flourishing of human society. All spiritual traditions have emphasized and promoted such qualities for many centuries. In recent years, science too has deepened our understanding and appreciation of the value of these ideals to our individual and collective well-being.

Over the past two decades, it has been a delight to collaborate with Emory University on initiatives fostering the convergence of science and spirituality. The Emory-Tibet Science Initiative (ETSI) is one such program. It has successfully implemented comprehensive, modern science education into the core curriculum of Tibetan monastic institutions. We are already seeing results from this endeavour in the number of monastic scholars able to engage in deep dialogue with scientists on topics of mutual interest. Cognitively-Based Compassion Training (CBCT), a compassion meditation program appropriate for both scientific research and for use by individuals of any background or faith tradition, is another such initiative. I have been encouraged by research on CBCT that shows how compassion promotes resilience, social connectivity, and emotional wellbeing.

Most recently, our collaboration has embarked upon the development and implementation of Social, Emotional and Ethical Learning (SEE Learning), or what I have often referred to as ‘secular ethics.’ I share the conviction, held by many, that when educating our children’s brains, we should not neglect to educate their hearts. Nurturing their compassionate nature is crucial and SEE Learning is a timely response to this need.

With assistance from the The Gaden Phodrang Trust of the Dalai Lama, Emory University has established The Center for Contemplative Science and Compassion-Based Ethics to fulfill our shared vision for education of the heart and mind. It is my hope that you will share my enthusiasm for the transformative potential this new center represents and lend it your support.

2 August 2018

A SEE Learning student engaging with His Holiness the Dalai Lama during a conference at the Dalai Lama Library and Archives, Dharamsala, India, December 2022 as Center Executive Director Lobsang Tenzin Negi, Emory University President Gregory Fenves, and Emory University Provost Ravi Bellamkonda look on.





SEE Learning®

AREAS OF FOCUS

Curriculum Development and Adaptation

Educator Preparation and Support

Collaboration with Educational Stakeholders and Organizations

Affiliate Development

METHODS

Research/Assessment

Training and Preparation Platform

Public Scholarship and Outreach

Conferences and Symposia

SEE Learning® (Social, Emotional, and Ethical Learning) is a holistic approach to education for students of all ages that supports well-being by explicitly cultivating compassion and other prosocial behaviors. Increasingly, scientific research demonstrates that human values can be developed as skills; such skills development can result in measurable benefits for both physical and psychological health. When students develop prosocial skills, it leads to ethical action in real-world situations that yield better outcomes for themselves and others. SEE Learning provides educators and students with specific methods, practices, and activities to cultivate basic values important for individual and collective flourishing.

The curriculum was created in consultation with classroom teachers, expert educational consultants,



and scientific researchers. SEE Learning builds on the research-based work of earlier social and emotional learning programs. It is a competency-based program rather than a prescriptive list of values or rules. For example, attention training, emotional literacy, shared common humanity, empathy, critical thinking, and other competencies are learned, practiced, and assessed within SEE Learning. SEE Learning is designed for international implementation and is being adapted to local needs and contexts. SEE Learning is taught as a standalone curriculum, is integrated into existing curricula, and is adapted to specific settings such as museums, juvenile detention centers, and summer and after-school programs. Research on the impact of

SEE Learning indicates that students demonstrate feelings of empathy and the ability to engage in perspective taking.



SEE Learning

Social, Emotional, and Ethical Learning

Strategic Goals

DEVELOP age-appropriate research-based materials and support mechanisms for educators, students, administrators, and caregivers

BUILD collaborative relationships with affiliates, facilitators, and organizations that advance the program

ENGAGE in evaluation and research, facilitating a continuous feedback loop of improvement

FACILITATE dialogue to spark innovation with collaborative education-based stakeholders

Projects and Initiatives

DESIGN age-appropriate and evidence-based curricula for students of all ages to support their social, emotional, and ethical development

SUPPORT sustainable programs around the world that facilitate and implement SEE Learning

CREATE a flexible and effective training program for educators to support the successful delivery of the curriculum



TRAINING FOR ADULTS

CBCT®

CBCT® (Cognitively-Based Compassion Training) offers a comprehensive method for training compassion that draws on the ancient lojong tradition of Indo-Tibetan Buddhism while fully accessible to people of any—or no—faith tradition. The training begins with exercises to improve attentional stability and increase emotional awareness, followed by analytical reflections to foster and sustain a more compassionate relationship with self and others. The learning objectives include: increased insight into how to shift inner reactions and attitudes to enhance psychological resiliency; a more inclusive and accurate understanding of others; and an intensified altruistic motivation.

CBCT’s cognitive approach to compassion training is supported by research in the fields of evolutionary biology, emotion science, psychology, and neuroscience. Since 2004, research on CBCT has demonstrated

its feasibility with a wide range of populations including cancer survivors, children in foster care, medical students, military veterans with PTSD, hospital chaplains, and educators in public schools. Studies suggest that CBCT may improve multiple measures of mental health, including depression, loneliness, hopefulness, and self-compassion while decreasing biomarkers of stress and chronic inflammation.

Building on prior success, CBCT is currently developing sophisticated digital tools to extend compassion training into multiple countries and languages. This scaling effort will bridge the gap between existing programming and global need by making compassion training more available anywhere in the world, certifying thousands of CBCT teachers, offering training to entire systems and organizations, and greatly

expanding the scientific understanding of compassion.



CBCT

Compassion Training

Strategic Goals

ADVANCE a global culture of compassion by scaling CBCT to make it accessible across the globe

EXPAND the community of experts, researchers, teachers, and practitioners who are grounded in CBCT

EXTEND quality teacher training, community outreach, and implementation science to share CBCT with ever-widening circles

Projects and Initiatives

INCREASE capacity of online and in-person CBCT courses

TAILOR materials for influential societal sectors—healthcare, education, business, and social services

SCALE teacher certification exponentially and widely

TRANSLATE all materials into multiple languages

IMPROVE cultural relevance while maintaining fidelity

AREAS OF FOCUS

CBCT® Courses and Workshops

CBCT® Teacher Certification

CBCT® as a Clinical and Research Intervention

Partnership Development

International Dissemination and Scaling

METHODS

E-learning Platform

Tailoring for Societal Sectors

International Outreach and Translation

Quality Assessment and Improvement



ETSI

The Robert A. Paul Emory-Tibet Science Initiative (ETSI) is a landmark undertaking promoting the convergence of science and spirituality. A comprehensive and sustainable educational program specifically designed to teach modern science to Tibetan monastics, ETSI began when His Holiness the XIV Dalai Lama invited Emory University to collaborate with the Library of Tibetan Works and Archives on the development of a curriculum.

The ultimate goal of ETSI is to build a bridge between two complementary systems of knowledge by educating future scientific collaborators who can contribute to new discoveries in the science of mind and body. ETSI is designed to give Tibetan monastics



new tools for understanding the world, while also providing them with fresh perspectives on how to employ and adapt time-tested, Buddhist, contemplative methodologies for the relief of suffering in the contemporary world. Additionally, scientists and science educators are encouraged to learn more about the Buddhist science of mind and what it can contribute to the understanding of human emotions, the nature of consciousness, and integrative approaches to health and well-being.

AREAS OF FOCUS

Supporting Sustainable Science Education in Tibetan Buddhist Monasteries and Nunneries in India

Fostering Dialogue between Scientists and Monastic Scholars

Encouraging Collaborative Investigation and Publication

METHODS

Research

Host Conferences and Workshops

Develop Online Bilingual Resources



ETSI

Science Initiative

Strategic Goals

CULTIVATE well-qualified monastic science scholars

ENCOURAGE collaborative work between scientists and monastics to advance knowledge of the physical and inner worlds

Projects and Initiatives

DEVELOP Science Pedagogy Workshops and Research Methodology Workshops for monastics

ESTABLISH dialogues and conferences between scientists and monastic scholars

CREATE digital resources and e-learning opportunities

PROVIDE translation of science resources into Tibetan

MENTOR monastic scientists through internship and other hands-on research opportunities



University Programs

AREAS OF FOCUS

Coursework and Research in Compassion Science

Supporting Compassion Science and Secular Ethics in Colleges and Universities Worldwide

Graduate Curriculum Extensions

METHODS

Research/Assessment

Host Conferences and Symposia

Contemplative Science Seminar Series

Inspired by the works of His Holiness the XIV Dalai Lama, Nobel Peace Prize laureate and Emory University Presidential Distinguished Professor, our university programs focus on the interdisciplinary investigation and application of compassion. For decades, the Dalai Lama has actively encouraged scientists and contemplative scholars to engage in dialogues and research collaborations, significantly advancing the young field of contemplative science. In addition, he has put forward a vision for a shared ethical framework that goes beyond traditional cultural and religious perspectives—a secular ethics that invites the global

human community to engage each other based on understanding, mutual respect, and compassion.

The Center for Contemplative Science and Compassion-Based Ethics collaborates with a diverse range of scientists, scholars, professionals, and educators to offer multiple programs for the Emory community and beyond as we investigate the science of compassion. We currently offer undergraduate courses, graduate and professional courses, organize and facilitate a contemplative science seminar series, and collaborate in various research programs.



Strategic Goals

ADVANCE contemplative science and compassion-based ethics by promoting their complementary aspects and further integrating their evidence-based approaches to educating the heart and mind

PROVIDE opportunities for hands-on experience in intervention research and program evaluation

EXTEND existing offerings and develop new courses with faculty in college departments and professional schools

Projects and Initiatives

DEVELOP academic minor in Contemplative Science and Secular Ethics at Emory College

ESTABLISH undergraduate internships in the K–12 learning environment

INCORPORATE compassion-based ethics as part of professional school coursework



Vision

A compassionate and ethical world for all.

Mission

Promote human flourishing by developing educational programs, facilitating dialogue, and engaging in research.

Values

Common Humanity

Embrace contemplative traditions and honor basic human values while embodying kindness and compassion.

We appreciate what it means to be human and embrace vulnerability, forgiveness, and gratitude. We approach all endeavors with the one-ness of humanity in mind. Authenticity, trust, humility, and fairness guide our daily interactions.

Collaboration

The convergence of science and spirituality guides our work.

We inspire compassionate engagement. We foster dialogue and exchange while embracing inclusivity, the true manifestation of diversity. We appreciate and expect accountability from ourselves and others.

Growth

Transformation of heart and mind manifests from the power of human potential. People can change.

We facilitate compassion, self-awareness, and resiliency. We aim for compassionate engagement that empowers complete, well-rounded human beings.

Innovation

Critical inquiry challenges us to discover and apply new knowledge.

We actively cultivate learning and adaptation in all areas of human technologies, educational practices, and research. We are dedicated to continuous evaluation and improvement.

Patrons

Gaden Phodrang Foundation of the Dalai Lama

Alessia Bulgari

Rob & Melani Walton Foundation

John Templeton Foundation

Walton Family Foundation

Krueger Foundation

Lexie and Robert Potamkin

Adelphia Foundation

The Dalai Lama Trust

Pierre and Pam Omidyar

Yeshe Khorlo Foundation

Joni Winston Fund

Judith McBean Foundation

Juliet Shield Taylor and the Robins Foundation

Lulu Hamlin

Funding and Sponsorship Opportunities

SEE Learning®

- Curricula development and multiple language translation
- Educator and facilitator training
- Program assessment and research on outcomes
- E-learning platform and digital tools development
- Development of international affiliate organizations

CBCT®

- International, on-site training for educators
- Sponsorships for Compassion Science Scholars
- Translation of e-learning platform and collateral into additional languages
- Provide tailored programming and outreach to communities impacted by discriminatory practices and policy

ETSI

- Translation of scientific resources into Tibetan language
- Science pedagogy and research methodology workshops for monastic scholars
- Support for conferences and dialogues with a focus on the intersection of science and Buddhism
- E-learning platform development

Higher Education

- Support for Contemplative Science Seminar
- Support for contemplative research
- Compassion-based ethics integration into undergraduate courses, graduate and professional schools
- Graduate scholarship endowment
- Support for faculty and postdoctoral positions
- Laboratory endowment

Other Ways to Give

- Endowments for operations and programmatic support



EMORY
UNIVERSITY

CELEBRATING **25** YEARS



Center for
Contemplative Science and
Compassion-Based Ethics

EMORY UNIVERSITY

1599 Clifton Road NE
Mailstop 1599-001-1CB
Atlanta, GA 30322

404.727.9402

CCSCBE@emory.edu

compassion.emory.edu