



THE DALAI LAMA

## MESSAGE

I am happy to learn of the creation of a centre for contemplative and scientific research, which will be named Garden of Samadhi Research Centre (Sanskrit: Samādhī Nandanavana; Tibetan: Tingzin Gatsel Ling).

This important project will be established near Bangalore, India. The centre will integrate contemplative and scientific methods for investigating the nature, origin, and potential of consciousness and its role in the natural world. Its work will be focused on contemplative practices for refining our attention and introspective skills and then using them rigorously to explore the mind from a first-person perspective. This contemplative approach will be integrated with the sophisticated third-person research methods of the modern cognitive sciences, thereby combining the strengths of ancient and modern, eastern and western methods for studying the mind.

I understand that this unique research centre will establish affiliations with institutions of higher education in India, including the Central University of Tibetan Studies at Sarnath, as well as foreign universities and research institutions. The centre will focus primarily on providing support for long-term, professional contemplative training, but will also organize lectures, collaborative research between contemplatives and scientists, as well as hosting short-term meditation retreats.

I believe that the creation of such a centre will be a major step towards understanding the mind and applying the knowledge gained from this research to such fields as education, mental health, and business. Its location near Bangalore, in the heart of India, will enable executives and employees of high-tech companies to attend short-term retreats and use their meditative skills to maintain emotional balance in their day-to-day living. I fully support this important initiative and invite everyone who shares the vision of seeking to understand the mind and its potential from a cross-cultural, interdisciplinary approach to support it too.

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