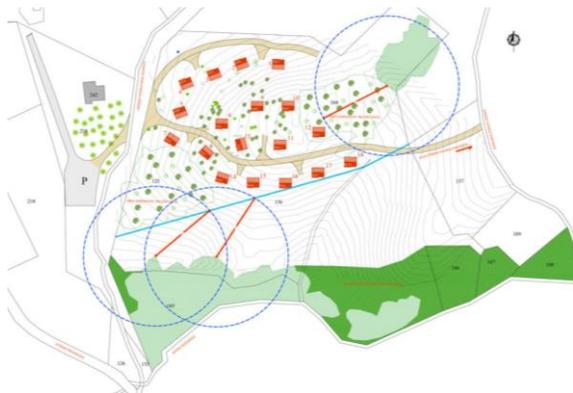


The day science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.

- Nikola Tesla

An optimal environment for contemplative training



The **Center for Contemplative Research (CCR)** is dedicated to **contemplative** and **scientific research** to address two closely-related questions pertaining to **human existence**: (1) **what is the nature of genuine well-being?** and (2) **what is the nature of human consciousness?**

Shamatha, literally meaning “quiescence”, is the specific **meditative discipline** that will be the **primary, initial focus** of such research. For this endeavor, the center will provide an **optimal setting** for **highly qualified individuals** to **devote themselves full-time** to meditative practice under the close direction of **Dr. B. Alan Wallace** and other **qualified instructors**.

The CCR is **committed to training individuals** in the practices of **shamatha** in **collaboration with cognitive scientists**. The impact of such **unprecedented contemplative and scientific collaboration** could trigger a **paradigm-shift in humanity’s understanding** of the **nature of genuine well-being and consciousness** itself.

An ecological village

The **ideal site** for the Center for Contemplative Research was found in the **coastal hills of Tuscany**, between Florence and Pisa. The **5-hectare parcel** is adjacent to the tranquil village of Castellina Marittima.

The entire facility, called **Miyo Samten Ling** (Center of Unwavering Meditation) by **H.H. the Dalai Lama**, will be an **ecological village with organic gardens and orchards**. Crops will be watered from a **water well in the property**, and the cabins will be powered with **solar energy**.

18 cabins, designed specifically to **support meditators in long-term retreat** will be built in the property. They feature **sustainably sourced and energy-efficient wood frame construction** in a compact layout providing comfortable and healthy conditions for **months and years of solitary practice**.



The **main house**, with its **13 rooms**, will serve as an **administrative headquarters**. Scientists will use a **scientific laboratory** to be created in the premises.

This building will also provide **accommodations for staff, visiting scientists and teachers**. A limited number of rooms will also be made available for guests to engage in their own **personal meditation retreats**, for relatively brief periods.

B. Alan Wallace, President of the Santa Barbara Institute and the Center for Contemplative Research



Alan Wallace is a prominent voice in the emerging discussion between contemporary Buddhist thinkers and scientists, who question the materialistic presumptions of their 20th-century paradigms. He left his college studies in 1971 and moved to Dharamsala, India, to study Tibetan Buddhism, medicine and language.

He was ordained by H.H. the Dalai Lama, and over fourteen years as a monk, he studied with and translated for several of the generation's greatest lamas. In 1984 he resumed his Western education at Amherst College, where he studied physics and philosophy of science. He then applied that background to his PhD research at Stanford, on the interface between Buddhism and Western science and philosophy.

Since 1987 he has been a frequent translator and contributor to meetings between the Dalai Lama and prominent scientists and has written and translated more than 40 books. Along with his scholarly work, he is regarded as one of the West's prominent meditation teachers and retreat guides. He is the founder and director of the Santa Barbara Institute for Consciousness Studies, and the motivating force behind the development of the Center for Contemplative Research in Tuscany, Italy.

We're moving fast in the next months

- **APR 24, 2019** Purchase agreement for the property finalized
- **APR 30, 2019** Project's executive plan submitted to Castellina Marittima's council
- **MAY 29, 2019** Acquisition of project's headquarter (Pellati house)
- **JUL 30, 2019** Castellina Marittima's council project adoption
- **FALL 2019** Construction permits issued and beginning of construction works
- **SPRING 2020** Construction of first cabins begins
- **DURING 2021** Inauguration: meditators take their seats



Supporting CCR's present and future activities

➤ Phase One / Completed! We're on Our Way!

Thanks to the generosity of hundreds of large and small donors we've met our **Phase One goal of the \$1,295,952** required to **purchase 5 hectares of land and the adjacent villa** that will house CCR's headquarters. A heart-felt **thank you to all of those who contributed** to our Phase One success!

➤ Phase Two / Help us bring CCR's vision to life by:

- **Making a recurring monthly donation for 12 months** (at www.centerforcontemplativeresearch.org/donation). Regardless of the amount you can share, these donations allow for optimal financial planning and helps us progress towards a stable financial situation. We aim to reach 1.000 monthly donation subscribers, with a fundraising goal of \$ 500,000.
- **Sponsoring the construction of one of the 18 cabins.** The cost of the complete structure, including roof covering, full insulation and floorings, inside doors and windows is **\$ 67,000**. For a turnkey cabin, including also electrical and plumbing systems and appliances, the cost is **\$ 75.000**.
 - You can group your donation with other donors from your country and **CCR will name the cabin with the name of your country, or the name of a single donor.**
 - **Cabin number 12 will be Lama Alan's cabin**, it would be wonderful if it could be sponsored by a group of his students.
- **Offering an art object, an antique piece or jewelry** for an online auction that is being planned to happen early February 2020. You can e-mail the description of your item, including pictures and the approximate commercial value (not less than \$ 2.000) to: projectmanager@centerforcontemplativeresearch.org

For further information, please contact: ccr@sbinstitute.com or your Regional Advocate (*find your region here* www.centerforcontemplativeresearch.org/regional-advocate/)