



IONS INSTITUTE
OF
NOETIC
SCIENCES

PROGRAM PORTFOLIO (2011-2023)

*"No economic, political, or military power
can compare with the power of a change of mind.
By deliberately changing their images of reality,
people are changing the world."*

— WILLIS HARMAN

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Letter from the President

Dear Fellow Explorers,

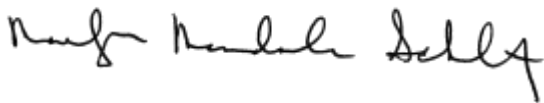
Over the past four decades, the Institute of Noetic Sciences (IONS) has had a catalytic influence on the frontiers of scientific inquiry and the evolution of healthcare. Our investigation into the role of consciousness in healing has significantly contributed to the scientific understanding of how the mind influences health. Our work helped to transform mind-body medicine from a fringe idea into a vital component of virtually all major medical centers in the United States and, increasingly, worldwide. Our original research on the benefits of meditation and compassion sparked the development of new scientific methods and insights into how we can cultivate our highest potentials. Our pioneering scientific work on interconnectedness through time and space has challenged traditional notions of the nature of reality and is now making its way into mainstream physics. Our frontier research into perennial mysteries, including precognition, life after death, prayer and healing, and transformative experiences, continues to broaden the range of acceptable topics for scientific inquiry. In short, IONS continues to expand the boundaries of our understanding of ourselves and of reality.

And yet we still have far to go. Technological advancement without ethical wisdom has brought us to the brink of social, political, economic, and ecological destruction. Religious dogma and ethnic intolerance continue to foment violence, war, and genocide. Mainstream medicine remains largely disease-centered rather than healing-centered. Public education is only beginning to recognize the value of social and emotional learning and educating the whole person.

We believe that the noetic sciences are more vitally needed than ever. As old paradigms of scarcity, fear, and greed eat away at the ideals of civilization, **human survival—let alone flourishing—is calling for a deeper understanding of how to shift our individual and collective consciousness.** To that end, we are continuing to blaze new trails into how consciousness impacts human beings and the physical world and to develop better ways of translating those findings into tools and applications for use in everyday life.

Please join us in this effort. It is time to acknowledge how deeply *consciousness matters* and to blend the wisdom of the heart, the authority of deep knowing, the clarity of scientific understanding, and technological know-how to create a positive future for all beings.

With deep gratitude for your support and collaboration in this vital work,



Marilyn Mandala Schlitz, PhD
President / CEO
Institute of Noetic Sciences

IONS Mission

Broadening our knowledge of the nature and potentials of mind and consciousness and applying that knowledge to enhance human well-being and the quality of life on the planet.

Vision

The Institute of Noetic Sciences serves an emerging movement of globally conscious citizens dedicated to manifesting their highest capacities. We believe that a deeper understanding of human consciousness is essential to facilitating a paradigm shift that will catalyze positive transformations in the world. In this spirit, we are dedicated to helping birth a new worldview that recognizes our basic interconnectedness and interdependence and that promotes the flourishing of life in all its magnificent forms.

Origin

IONS was borne of a vision that literally came from out of this world. In 1971, nations across the globe had galvanized around the exciting frontiers of space exploration. The potential for improving the scientific understanding of our planet and beyond seemed unlimited to a pragmatic, young U.S. Navy captain named Edgar Mitchell; indeed, a mission to the moon on *Apollo 14* was his dream come true. Space exploration symbolized for Mitchell what it did for his nation—a technological triumph of historic proportions, an unprecedented demonstration of scientific achievement, and extraordinary potential for new discoveries.

What Mitchell did not anticipate was a return trip that triggered something even more powerful. As he gazed at Earth floating in the vastness of space and contemplated the history and hopes of humankind on that lonely blue sphere, he was engulfed by a profound sense of universal connectedness.

I realized that the story of ourselves as told by science—our cosmology, our religion—was incomplete and likely flawed. I recognized that the Newtonian idea of separate, independent, discreet things in the universe wasn't a fully accurate description. What was needed was a new story of who we are and what we are capable of *becoming*.

That moment was an epiphany for Mitchell. As an accomplished scientist and engineer, he had grown accustomed to directing his attention to the objective world “out there.” But the experience that came to him while hurtling through space led him to a startling hypothesis: **Perhaps reality is more complex, subtle, and inexorably mysterious than conventional science had led him to believe.** Perhaps a deeper understanding of consciousness could lead to a new and expanded view of reality in which objective and subjective, outer and inner, are understood as complementary aspects of the miracle and mystery of being. That realization sowed the seeds of Mitchell's next mission.

A few years later, in 1973, he founded the Institute of Noetic Sciences.

Accomplishments

Mind-body interactions – IONS was one of the first research organizations to support studies of mind-body interactions and healing. Our work helped found the discipline of psychoneuroimmunology and sparked renewed interest in spontaneous remission, subtle energies, and the nature of the healing response. More recently, with funding from the U.S. National Institutes of Health (NIH), individual donors, and private foundations, we have conducted basic research exploring the role of distant intention on wound healing via psychological and physiological measures.

Studies of consciousness transformation – Over the last decade, we conducted a detailed series of studies on transformations in consciousness. This has yielded peer-reviewed articles, an award-winning book and DVD, *Living Deeply: The Art and Science of Transformation in Everyday Life*, and a model of the transformative process that has been presented in workshops worldwide.

Role of consciousness in the physical world – We have conducted numerous original laboratory experiments exploring nonlocal connections between distant minds, the effects of distant healing intention on the human body and cell cultures, interactions between mind and matter, and extended perceptual phenomena including precognition and remote viewing. This work has generated dozens of peer-reviewed academic journal articles and hundreds of popular press and media appearances.

Global communications – The Institute’s work has been featured on most of the world’s major television and radio networks, in many magazines and newspapers, as well as in feature films and as inspiration for the popular and best-selling novel *The Lost Symbol* by Dan Brown. We have published and supported the production of numerous books, including *Psychic Exploration* by Edgar Mitchell; *Higher Creativity*, *Global Mind Change*, and *Creative Work* by Willis Harman; *Waking Up* and *The End of Materialism* by Charles Tart; *Spontaneous Remission: An Annotated Bibliography* by Brendan O’Regan and Carlyle Hirshberg; and *Entangled Minds* by Dean Radin. *The Noetic Sciences Review* and then *Shift* magazine were the Institute’s flagship publications for twenty-five years. In 2008 we launched Noetic Books, our award-winning book imprint. The Institute has also amassed one of the largest archives in the world of audio/video and print material related to the study and phenomena of consciousness, which is freely accessible via our website.

Transformative education – In the 1990s we produced *The Heart of Healing*, a six-hour, prime-time television documentary and later a ten-part video series and book with Time-Life Publishers. In 2005 we published the book and DVD *Consciousness and Healing: Integral Approaches to Mind-Body Medicine*, which has become part of the standard curriculum in medical, nursing, and health programs throughout the country. This work is also being translated into distance learning programs. Our “transformations of consciousness” research has formed the basis of The Worldview Literacy Project™, a unique curriculum aimed at high school students that includes a training program for trainers and educators.

EarthRise at IONS Retreat Center – Since 2000, the Institute has maintained a beautiful 194-acre campus in Northern California, which has become a popular retreat destination for thousands of conference and workshop attendees each year. In 2008 IONS retired the debt on the land. Today we are working to expand our center to better serve the growing transformation learning community.

Definitions

con•scious•ness: In our work, *personal consciousness* is awareness—how an individual perceives and interprets his or her environment, including beliefs, intentions, attitudes, emotions, and all aspects of his or her subjective experience. *Collective consciousness* is how a group (an institution, a society, a species) perceives and translates the world around them. In its largest sense, consciousness has been referred to as a “milieu of potential,” a shared ground of being from which all experiences and phenomena arise and eventually return.

con•scious•ness trans•for•ma•tion: A fundamental shift in perspective or worldview that results in an expanded understanding of self and the nature of reality. Such transformations can lead one to a greater sense of meaning and purpose and a reorientation of priorities toward the health and wholeness of both self and the larger community.

world•view: The beliefs, attitudes, perceptions, and assumptions through which we filter our understanding of the world and our place in it.

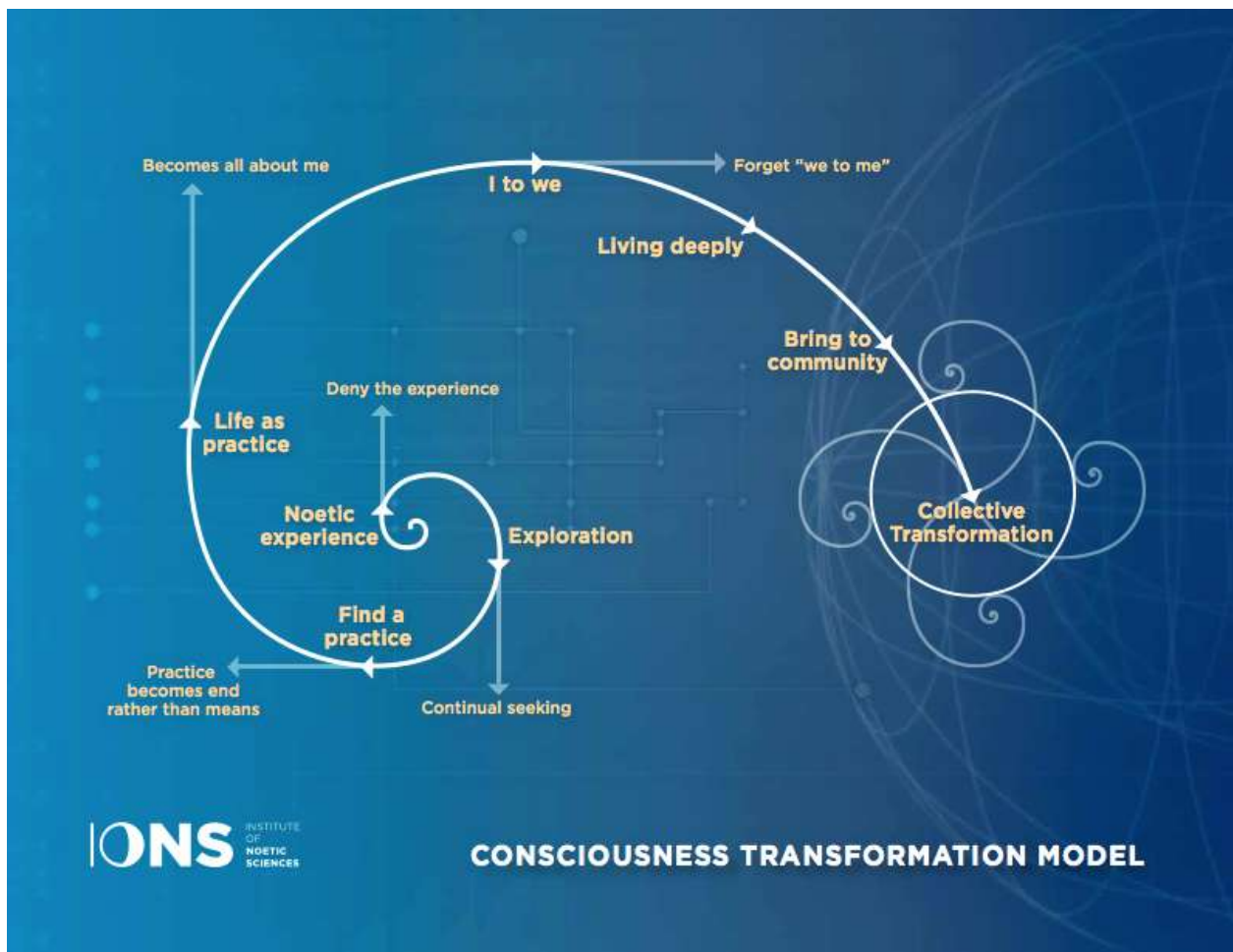
no•et•ic: From the Greek *noēsis/noētikos*, meaning inner wisdom, direct knowing, or subjective understanding. As defined by philosopher William James in 1902, noetic refers to “states of insight into depths of truth unplumbed by the discursive intellect. They are illuminations, revelations, full of significance and importance, all inarticulate though they remain; and as a rule they carry with them a curious sense of authority...”

sci•ence: Systems of acquiring knowledge that use observation, experimentation, and replication to describe and explain natural phenomena.

no•et•ic sci•ences: A multidisciplinary field bringing objective scientific methods together with the deep wisdom of subjective inner knowing to explore the mysteries of consciousness.

Consciousness Transformation Model

Central to the Institute’s research has been investigation into the phenomenon of transformations in consciousness—significant changes in the way that people perceive and shape their reality. Such transformations often lead people to experience more meaning and purpose in their lives, as they become more compassionate and service-oriented agents for positive change in their communities and beyond. How do these transformations happen? What leads to consciousness transformation? What are the barriers to transforming? We believe that the more we learn about this complex and mysterious process, the more successful we’ll be in helping individuals, communities, and institutions to cultivate shifts in worldview that are needed today.



To that end and over a twelve-year period, IONS researchers engaged in a series of studies that included analyses of individual narratives of personal transformations; focus groups with teachers of transformative processes; in-depth interviews with sixty representatives of ancient and modern wisdom traditions; surveys of more than two thousand people who had experienced their own transformations; and longitudinal studies of people engaged in transformative practices. This led us to develop a working model of consciousness transformation that is depicted in the diagram above. It shows that **transformation begins with a subjective experience of inner (noetic) knowing and then follows a continuing process of exploration and practice, leading to the enrichment of both the individual and the collective.**

Implicit in our model of transformation is the belief that bridging individual experience, the wisdom of the world's spiritual traditions, and the rigor and discernment of science leads to new knowledge, understanding, and practical applications of the powers and potentials of human consciousness. This particular intersection of the objective with the subjective is also what we call the "noetic sciences." And just as geographical maps allow in-depth exploration of specific territories, this working model frames the transformative process in a way that guides much of the Institute's work.

Noetic Sciences in the 21st Century: A Roadmap to the Future

Research over the last fifty years by little-known but forward-looking thinkers has shown there is a vast creative potential in the human mind that is as yet almost totally unrecognized by science. This potential has been previously known and described by a few ancient sages and enlightened religious teachers, using veiled prescientific language to express what they discovered through subjective, intuitive, experiential means. We are, in my opinion, on the threshold of rediscovering and redefining those concepts and insights through the objective, rational, experimental efforts of science—if dogmatism and outmoded belief structures do not prevent it. The proper direction of sophisticated instrumentation and laboratory techniques can be the means whereby the physical and metaphysical realms are shown to be different aspects of the same reality.

—Edgar Mitchell, 1973

From its inception, the Institute of Noetic Sciences has blazed new trails in exploring big questions. What are the reaches of human potential? What are the connections between mind and matter? How do the answers to these questions improve the world?

IONS directs its efforts toward understanding how consciousness matters. Our work is based on the premise that a purely materialist perspective on the nature of reality is inadequate to explain the full range of human experience. Understanding the subjective, or noetic, realm of experience—intention, attention, awareness, intuition, contemplative wisdom, inner knowing—is a crucial missing link in the prevailing scientific paradigm. At the same time, a purely subjective or faith-based understanding of reality is equally limited. Using rigorous scientific methods to explore noetic experiences is thus essential. We believe that bringing these two ways of knowing together—objective and subjective, inner and outer, mind and heart—will lead us to creative breakthroughs that will improve the quality of life on our planet.

Limitations in our understanding of consciousness underlie many of the problems we face as a global community. And yet the nature of consciousness, particularly if construed as causal, nonlocal, and arising from more than biological processes, remains a taboo topic for scientific exploration. While the public has always been interested in the noetic, our traditional scientific institutions discourage free exploration of these little-understood realms of human experience. As a result, conventional sources of funding for such research are severely constrained. The time, effort, and resources dedicated to scientific exploration of consciousness are miniscule compared to the funding for pharmaceutical, biomedical, military, and technological solutions to the problems we face as a species. Through the scientific study of noetic experiences, we aim to develop a more comprehensive understanding of who we are and what we are capable of, and in so doing to promote better lives and a healthier world.

Major paradigm shifts in science share two factors. First, there is recognition that anomalies—persistent, repeatable observations that don't fit current theories—are not just mere curiosities but critical challenges to the assumptions underlying our models of reality. Second, anomalies often stimulate theoretical breakthroughs, which lead to novel pragmatic applications. IONS takes consciousness-related anomalies seriously, pushing the paradigmatic envelope beyond the conventional and the mainstream. As a result, our scientific work is considered leading edge—and in some cases seen as fringe.

But forty years ago, our research on how meditation, love, and gratefulness affect health—stimulated by medical case studies of anomalous healings—was also considered fringe. Today the mind-body connection and the role of emotions in health are widely accepted. Yet we know that we have just begun to understand noetic experiences and to harness their potential.

Harnessing our resources, **we focus our programs on both “high-risk, high-payoff” studies that push the envelope as well as “best-bet” studies that investigate the effects and mechanisms of action in consciousness-based practices that rest on well-grounded theories.** We also focus on identifying the social acupuncture points that will move entire fields forward. We bring the right people together to brainstorm new ideas and promote creative breakthroughs. And we develop new technologies and methods designed to accelerate progress and solve rate-limiting (i.e., bottleneck) problems in the field.

Finally, we recognize that current conventional scientific methods may be inadequate to comprehensively study the domain of consciousness. As with recent progress in genetics and neuroscience, the complexity of these topics demands the development of new and better methods to expand the scope of science itself. We aspire to discover not only new techniques and technologies but also new frameworks that rely on conventional scientific methods and integrate multiple ways of knowing. We collaborate with scholars from disciplines as diverse as physics, psychology, philosophy, anthropology, religious studies, and biology, who often do not communicate with one another. We value the contributions of indigenous and spiritual wisdom keepers, who hold indispensable insights into human nature. We also recognize that the consciousness of the researcher is a fundamental component in the scientific process.

Now we are charting our course into the future. In the following pages, we share with you the strategies and topic areas we will focus on in the coming years to strengthen our scientific environment, our scholarly team, and our program of research.

We envision a time when scientific exploration of the inner world is as important as that of the outer world. We anticipate a time when studies of consciousness are no longer a career-risk for young scientists but part of an academic freedom that allows for a thriving field of inquiry into intention, attention, awareness, and the nonlocal, causal, and collective aspects of consciousness. As scientific inquiry is increasingly brought to our inner realms, we imagine greater wisdom will be brought to science, enhancing our methods and technologies and reintroducing the awe and wonder that has accompanied all great discoveries. Finally, we predict routine integration of evidence-based applications of this work in education, healthcare, and business settings, restoring a crucially needed balance between science and wisdom, technology and ethics, mind and heart.

We invite you to join us in exploring our potentials. Your financial support makes this scientific work possible.

NOETIC SCIENCES KEY STRATEGIES



Noetic Sciences Key Strategies

Basic Research

At the core of IONS work is **basic research**. In our Consciousness Research Laboratory, we conduct and support basic science to investigate the fundamental nature of consciousness and how it interacts with the material world. We test hypotheses that challenge prevailing assumptions about what is possible. We conduct social science investigations of transformative experiences and their impact on individual and collective behavior and perception. In clinical studies, we investigate the role of consciousness in health and healing. We publish the results of our work in peer-reviewed academic journals and present our work to colleagues at international scientific meetings.

Transformative Education

IONS has an archive of research findings and recorded interviews and conference proceedings that have been collected for decades. From this archive as well as ongoing programs we assembled a robust educational catalog. These offerings fall into three program areas: the Science of Interconnectedness, Worldview Transformation, and Consciousness and Healing. We conduct our **transformative education** activities on our EarthRise Retreat Center campus, through online programs and teleseminars, in clinical settings, and in our network of community groups. We have tested these programs in specific populations and refined them over time. These programs include:

- The Worldview Literacy Project™ curriculum for high school students on how their worldviews influences beliefs and behaviors;
- continuing education for health and healing professionals;
- consciousness-based training programs for new parents;
- transformative lifelong learning for adults.

Today our goal is to evaluate and prioritize the educational potential of our content and programs, and create a robust business model for taking them to the largest possible audience. In this process we seek to critique our competitive landscape, clarify and differentiate our work from like-minded organizations, build strategic collaborations, and ultimately generate sustainable revenue that supports our mission of advancing consciousness.

Engagement

We **engage** a global learning community to directly experience and benefit from the fruits of our work through 1) our educational programs, 2) our thriving network of members and supporters who interact online, attend our biannual conference and events, and meet in more than 175 community groups worldwide, and 3) EarthRise, our 194-acre retreat center located thirty minutes north of San Francisco.

IONS also **engages** the scientific and scholarly community in field formation work—in other words, activities that shape and strengthen the field of consciousness research and the noetic sciences. We provide a safe place for scientists, scholars, and wisdom keepers to come together to discuss radical and

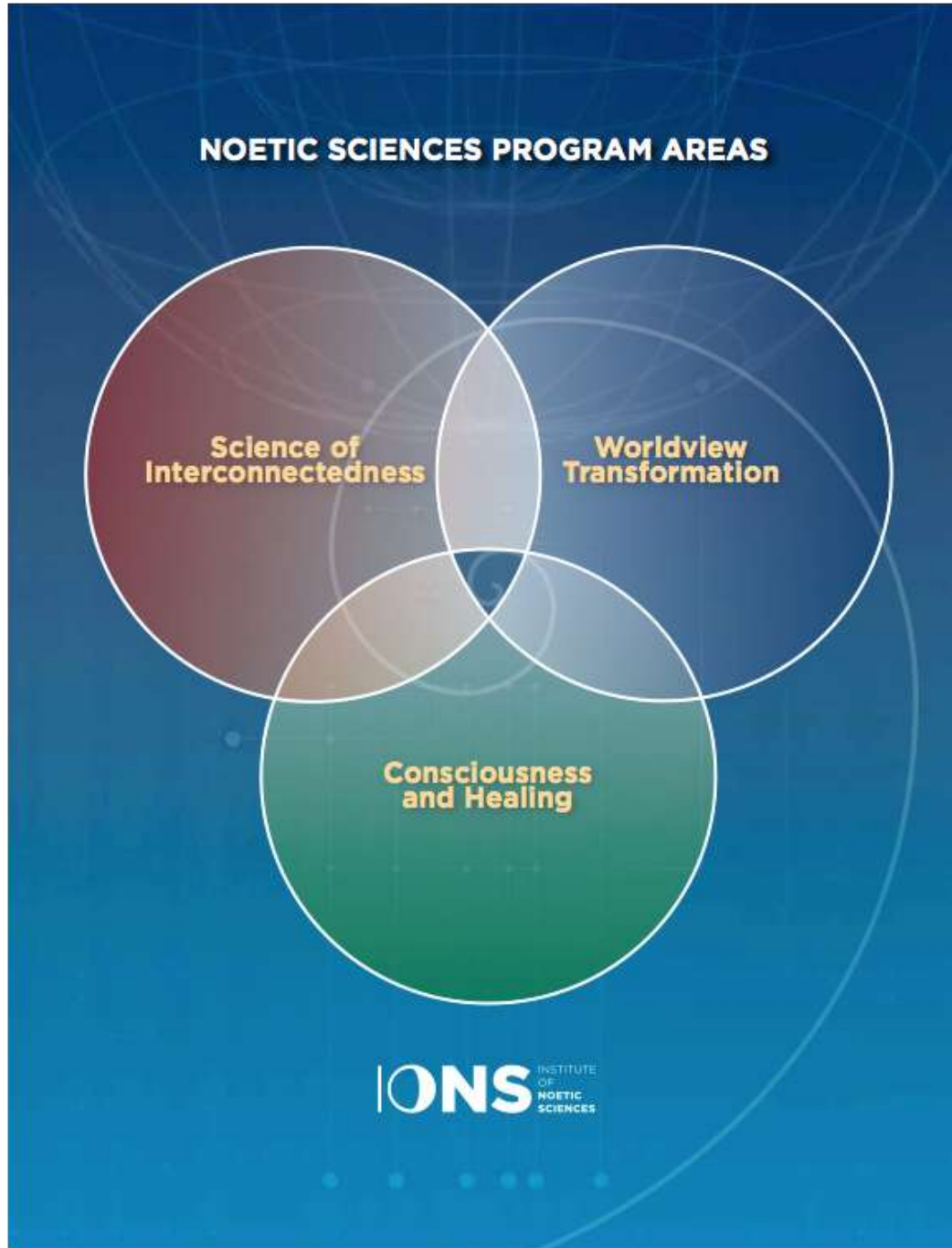
even heretical ideas that may be forbidden in traditional academic, religious, or societal settings. This work rests in the conviction that genuine freedom to explore big questions without judgment is absolutely essential to the formation of creative breakthroughs and the accelerated development of new, cross-disciplinary studies of consciousness and transformation. We provide the equivalent of Rumi’s field: “Out beyond ideas of right and wrong, there is a field. I’ll meet you there.” At invitational gatherings, symposia, and informal collaborative meetings, our colleagues regularly share how these pockets of freedom have a significant and lifelong impact on their work. We also train young scientists interested in noetic topics through our [Internship program](#) and leverage the pioneering work of senior colleagues through our [Extended Faculty](#) program.

Communication

We use a variety of **communication** methods to disseminate what we have learned to a global audience. We publish peer-reviewed articles in professional journals and regularly give presentations at international scientific conferences. We integrate and synthesize large bodies of scientific knowledge, such as the [science of meditation](#) or the [role of compassion in healing](#), then disseminate these summaries online and in print. We maintain a richly informative [website](#) and online journal, [Noetic Now](#); publish a monthly e-newsletter as well as a semiannual print bulletin, *The Noetic Post*; and regularly appear in popular press and mass media outlets worldwide.

Noetic Sciences Program Areas

Building on nearly forty years of bold exploration, the work of IONS in the next decade will focus on expanding our laboratory and scientific team and advancing the three program areas that represent our core expertise and hold the greatest potential for making positive impacts in the world.



The Science of Interconnectedness

To more fully comprehend the nature of the interconnected universe by conducting research on extended human capacities, the nature of causality, the boundaries between mind and matter, and the reach of the mind, and by developing explanatory models consistent with or requiring extensions of known physics.

Worldview Transformation

To gain a more complete understanding of how people transform their worldviews in ways that are beneficial and how individual transformative shifts can foster creative breakthroughs that advance our collective evolution.

Consciousness and Healing

To investigate mechanisms by which consciousness-based interventions influence health and healing and to create tools, curricula, and practical applications based on our research for improving health, healing, and human flourishing.

The Science of Interconnectedness

A human being is a part of a whole, called by us “universe,” a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest...a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

—Einstein

The goal of this program area is to comprehend more fully the nature of the interconnected universe by conducting research on the boundaries between mind and matter, the reach of the mind, and the nature of causality and by developing explanatory models consistent with or requiring extensions of known physics.

The word *universe* comes from the Latin *universum*, literally meaning “to turn into one.” In the process of studying the complexities of the natural world, science has fractured “the one” into numerous disciplines and subdisciplines, creating a picture of the universe as a collection of parts and emphasizing their separation. The Science of Interconnectedness program explores the realities beyond these isolated parts. We study the physical, psychological, and sociological correlates of the boundaries between subjective and objective, mind and matter, and cause and effect. Illusions of separation are most readily revealed by noetic experiences and associated states of awareness, including flashes of intuition, presentiments of the future, the effects of intention on the physical world, and human perceptual capacities that extend beyond the usual boundaries of space and time. Much of this work is conducted in our research laboratory.

Representative Projects

Consciousness and the Double-Slit Optical System. This currently active mind-matter interaction study uses a well-known quantum optics system to provide an extremely sensitive measure of distant intention effects on the behavior of light. This project follows up on an earlier successful experiment using a Michelson interferometer. The key question asked by this project is whether there are aspects of consciousness that *collapse* the quantum wave function, as proposed by some interpretations of quantum theory. Evidence collected so far suggests that it does, which in turn may lead to an improved understanding of the role of consciousness in quantum theory. This research is unique to IONS, and the consequences of successful demonstrations of the role of consciousness in quantum theory would have revolutionary implications.

Electrocortical Correlates of the Experience of Timelessness. This experiment, completed in 2011, investigated whether reports of “timelessness” during deep meditation are ontologically accurate, reflecting the ability of awareness to transcend the usual boundaries of time, or whether such experiences are better understood as subjective hallucinations. A 32-channel EEG was used to test whether electrical activity in the brains of advanced meditators responded *before* randomly selected stimuli that occurred at unpredictable times. The study found that the meditators’ brains *did* respond before the stimuli, whereas nonmeditators’ brains did not. This suggests that some subjective reports of timelessness reflect an aspect of awareness that transcends the everyday notion of a unidirectional flow of time. This study represents

one of the first neuroscience-oriented attempts to study yogic lore and suggests that awareness can extend through time, as described in ancient texts.

Meeting of the Minds. Many academics are interested in “noetic experiences” but are not familiar with research conducted in this domain. To help address this problem, IONS cohosted an invitational conference in 2009 at the University of British Columbia in Vancouver, Canada, to introduce experimental work in the noetic sciences to a group of distinguished thought leaders from the United States, Canada, and Europe—all known for their work in more conventional areas of cognitive and social psychology. The proceedings of this meeting are being edited into a book, and several collaborations were formed that would not otherwise have been possible.

Our results can be explored in our [peer-reviewed publications](#), on our website, and in books including [The Conscious Universe: The Scientific Truth of Psychic Phenomena](#) and [Entangled Minds: Extrasensory Experiences in a Quantum Reality](#).

Over the next twelve years, we will

- **continue to explore the role of consciousness in the physical world in laboratory-based experiments using a wide range of custom-built systems.** This work has the potential to radically advance existing physical theories, which in turn may lead to unexpected revisions in many domains, from cosmology to biology. It may also spark the development of entirely new types of technologies.
- **build a “wet lab” allowing for the collection of biological specimens for gene expression, telomerase, and stress hormone studies.** This work may lead to a new understanding of the mind-body connection, novel methods for slowing and possibly reversing aging, and ways of addressing chronic pain and the consequences of trauma.
- **investigate how states of mind, attentional training, and beliefs enhance mind-matter interaction effects.**
- **develop technologies for studying mind-matter interactions in real-time at far distances, such as over the Internet and via smartphones.**
- **develop theoretical models of observed effects based on existing or advanced physics and psychophysics to help guide future explorations.**

Intended Impact

In twelve years, we will have achieved additional scientific breakthroughs that make substantial contributions to our understanding of consciousness and the nature of reality. Taboos that had constrained serious examination of noetic topics will further dissolve, and evidence and theory will have improved to the point where useful applications of consciousness are actively being developed.

Worldview Transformation

We are always changing, always growing, but sometimes we encounter moments in life that are so potent, so full of potential, that they transform our consciousness, fundamentally shifting our worldview and how we relate to ourselves, others, and the world. We become more open, balanced, and aligned with our true values. Compassion for self and others arises naturally.

In this program area, we conduct multidisciplinary research that focuses on the phenomenon of consciousness transformation: how it occurs, how it can be stimulated, what the barriers are, and how it can be translated into long-term beneficial changes. We examine the impact of moments of awe and epiphany, as well as the mechanisms of transformative practices. Our premise is that learning more about the terrain of consciousness transformation can provide not only a map but also help individuals become the cartographers of their own journeys.

Beyond the individual level, we recognize that many of the problems we face as a species—including war and violent conflict, inadequate distribution of resources, exploitation and abuse, and depletion or destruction of natural resources—boil down to fundamental limitations in consciousness. Understanding how collective consciousness shifts to make such actions possible and envisioning new possibilities are essential to our collective future.

Representative Projects

Our Worldview Transformation program builds on nearly two decades of research. Our team conducted a series of in-depth studies using narrative analyses, focus groups, surveys with more than two thousand people, in-depth interviews with sixty masters of transformative practices, and longitudinal studies. This work has shed light on practices that can catalyze fundamental shifts in worldview that make people happier, healthier, and better contributors to the greater good. This has resulted in a [model of transformative change](#) that guides our continuing work and can be explored in our book and DVD [Living Deeply: The Art and Science of Transformation in Everyday Life](#).

Evaluating Effects of Transformative Practices. This year-long study, completed in 2010, followed 62 adults from seven different Integral Transformative Practice (ITP) groups across the country. The ITP training program was conceived by leading experts on the subject of human potential George Leonard and Michael Murphy, which they describe in their book, *The Life We Are Given*. Participants were asked to complete online questionnaires upon initial enrollment in the study, six-months later, and one year after enrollment. Results indicate that participants' health, quality of life, and psychological and spiritual well-being improved over the course of the year.

The Spiritual Engagement Project. This foundation-funded longitudinal study, completed in 2011, was conducted in collaboration with California Pacific Medical Center Research Institute. It explored the relationship between people's engagement in spiritual practices and communities and their health and well-being, following 170 practitioners over the course of a year to assess types and levels of practices and their effects on physical, emotional, psychological, and spiritual health. Data are being analyzed.

The Worldview Literacy Project™. We are currently developing a curriculum for enhancing worldview awareness in high school students, with applications for people of all ages. Using experiential exercises, tools for self-reflection and dialogue, innovative media, and multiple ways of knowing (music, movement, and meditation) in a spirit of exploration, this curriculum empowers participants to understand the ways in which their worldview informs how they live their lives and how they contribute to our collective well-being.

Over the next twelve years, we will

- **advance the “science of awe.”** This series of studies will investigate the psychological, physiological, and social underpinnings of how profound moments of awe and wonder work in the body and mind to cause shifts in perception and behavior. IONS is one of only a few research groups in the country studying these phenomena.
- **examine how transformative practices such as meditation, contemplative prayer, and mind-body practices stimulate transformation and enhance health and human potential.** Special attention will be paid to “mechanisms of action,” including brain function, gene expression, and other biomarker outcomes. Our unique contribution to this field is that while meditation science is now being explored in depth, outcomes are rarely integrated with the practitioner’s subjective experience. Further, contemplative and mind-body practices other than meditation are rarely examined. We will investigate a wide range of practices and bring a noetic science perspective using consciousness as a key element.
- **study how individuality, will, and choice interact with self-transcendence and a sense of interconnectedness to improve well-being and altruism.** Our previous research indicates that moving beyond a solely individualistic identity appears to be a key factor in increasing personal well-being and developing socially conscious behaviors.
- **examine the effects of the Worldview Literacy program on students’ cognitive processes, empathic behaviors, and academic performance, and expand the program by translating it for adults, adapting it for use in healthcare and business settings while taking it into classrooms worldwide.** Imagine if scientific and experiential explorations of one’s worldview were an integral part of children’s and continuing adult education. The Worldview Literacy Project is making that possibility a reality.

Intended Impact

In twelve years, a robust science of worldview transformation will exist, catalyzed by the efforts of IONS and key collaborators. We will better understand what happens in the minds and bodies of people who are experiencing expansions in consciousness as well as what blocks positive transformations. We will more fully understand the psychological and biological mechanisms by which transformative practices lead to long-term shifts in behavior and ways of being. Rather than a seemingly capricious process that seizes certain individuals under certain circumstances, the key catalysts of positive transformations in consciousness will be better understood, facilitators of transformation will be consciously employed, and applications for enhancing awareness will be widely accessible. Worldview Literacy will be a recognized set of competencies that is seen as necessary and trainable and that will reach thousands in classrooms and adult educational settings.

Consciousness and Healing

The objectives of this program area are to investigate mechanisms by which consciousness-based interventions influence health and healing and to create tools, curricula, and practical applications based on our research for improving health, healing, and human flourishing.

Great strides have been made in the study of complementary and alternative medicine, but our healthcare system continues primarily to focus on disease rather than on whole-person healing. The field of study examining the relationships between consciousness and healing has become robust, yet even the integration of basic mind-body perspectives with demonstrated efficacy are not routinely included in conventional healthcare “best practices”—significant barriers remain. We support the emergence of a new model of healthcare that allows for combining the inner wisdom of patients and healthcare providers with scientific and technological advances. To this end, our program includes original research projects exploring the role of consciousness in healing, invitational meetings bringing together stakeholders and indigenous wisdom keepers, and the development of research-based educational curricula.

Representative Projects

Consciousness and Healing. Over the last decade, IONS has convened a series of invitational think-tank meetings and sponsored a research project to study barriers to the integration of mind-body medicine into healthcare. We explored strategies used by leading professionals who are successfully integrating more consciousness-based approaches into medical education settings. We also published a book and DVD set, *Consciousness and Healing: Integral Approaches to Mind-Body Medicine* (now in its second printing), and have translated our archive into a pilot program for health and healing professionals.

Mindful Motherhood. This project involved development and testing of a mindfulness meditation and yoga training program for pregnant women and new moms. It resulted in a book, *Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child’s First Year*. A manual for health and healing professionals and an online course for pregnant women and new mothers are being developed.

Compassionate Intention, Prayer, and Distant Healing. This program included 1) an NIH-funded randomized controlled trial that tested the effects of compassionate intention on wound healing, 2) a study on how training partners of cancer patients in compassionate intention practice affected physiology and well-being, and 3) the development of a self-paced learning program and web-based resource center on distant healing.

At Home Within. IONS collaborated with the Petaluma, California-based “Committee on the Shelterless” (COTS) to design and pilot-test a transformational practice program for homeless adults. This led to the establishment of a new Center for Mind-Body Wellness at the shelter and a manual for replication in other homeless shelters.

Over the next twelve years, we will

- **continue to study the circumstances under which consciousness-based health interventions—including intention, attention, and energy medicine—lead to measureable changes in quality of life, symptom reduction, and biomarkers of stress and aging.** Many groups are conducting studies on alternative and complementary healing modalities, but IONS’ specific focus is whether consciousness alone can catalyze a healing response.
- **build on our extensive research, unique archive of media assets, and extensive network of colleagues our intention to create a robust catalog of engaging educational programs on consciousness and healing.** Our goals are both to develop this original content and to collaborate with major distribution partners to disseminate these educational programs to the widest possible audience.
- **provide opportunities for discussion, networking, and support at the EarthRise Retreat Center, at our conferences, and in our online community for health and healing practitioners who are integrating consciousness into their work.**

Intended Impact

In twelve years, consciousness will be routinely integrated into health and healing encounters because of enhanced scientific understanding of its impacts. Patients and healing practitioners will be encouraged to employ their intention, beliefs, worldviews, attention, and intuition in their work along with conventional medical methods. They will have easy access to trustworthy, evidence-based information and tools for implementation. We will also better understand the mechanisms by which consciousness directly influences health and well-being, and we will have a clear map of the healing system within us all.

We envision specific outcomes across all three program areas:

- tools and technologies for engaging people in their own science-based inquiry, such as online courses, iPhone apps, and the development of one technology per year
- a comprehensive Worldview Literacy curriculum delivered in at least 100 classrooms per year and a Worldview Literacy train-the-trainers program delivered to at least 100 teachers/facilitators per year
- online educational programs for lifelong learning and professional training in partnership with distribution and marketing channels to allow us the widest outreach possible
- published peer-reviewed scientific papers—two to four per year
- scholarly presentations at international scientific meetings—three to five per year
- invitational field formation meetings—three per year
- informing and engaging the larger population of laypeople through books, chapters, articles, blogs, film, and television and radio interviews

Where We Do Our Work

IONS Campuses and Networks

The Institute of Noetic Sciences carries out its mission from two physical locations and through a network of community groups and research colleagues.

River Campus – Research and Education

In April 2011, IONS' research, education, and membership programs were relocated into a three-story building at the Foundry Wharf office park along the Petaluma River in Petaluma, California—ten minutes from its EarthRise at IONS Retreat Center. Along with a staff of approximately twenty people, the Institute's unique Consciousness Research Laboratory was moved to the new location in a space more appropriate for the mind-matter experiments carried out by staff scientists. Studies in the lab focus on the fundamental nature of consciousness and the relationship between consciousness and the physical world, a core element of research. IONS' administrative offices moved to the new site as well, while maintaining a presence on the mountain campus.

Consciousness Research Lab

IONS Consciousness Research Laboratory is one of a few in the world devoted to studying the fundamental nature of consciousness and the relationship between consciousness and the physical world. Our work has pioneered new methods of research and provided groundbreaking evidence for precognition, extended human capacities, the physical outcomes of intention, and distant mental interactions between living systems. These studies have generated both inspiration and protocols for subsequent studies that are just now making their way into the mainstream.

Our Consciousness Research Laboratory, which broke ground originally in 2001, is located in a 754-square-foot office space at the IONS River Campus. It houses a broad array of instrumentation, including psychophysiological monitors of autonomic and central nervous system activity (e.g., electrocardiogram, heart rate, skin conductance, electrogastrogram, eye-tracking and papillary dilation, respiration, blood flow, 32-channel EEG) and physical detectors of mind-matter interaction (e.g., random event generators, optical interferometers, magnetometers, speed of light measurements). A solid steel, double-walled, 2000-pound electromagnetically shielded room—built to government, military, and national security standards—provides a protected space for studies requiring energetic or sensory isolation. Seven workstations, interview and sample collection space, and a fully networked infrastructure support our scientific team of postdoctoral fellows, research assistants, and interns with expertise in psychophysiology, psychology, mind-body medicine, cognitive science, anthropology, and neuroscience.

In the coming decade, we seek to expand our laboratory and scientific team to increase our expertise and capacities. In collaboration with colleagues in the field of epigenetics, we have broken ground on a small wet lab that allows for collection of biological specimens for gene expression, telomerase, and stress hormone studies; further funding is required to complete the wet lab. We have also expanded our team to include more neuroscience expertise, and further funding is required for new equipment to enhance the

resolution of our brain measures and project capacities. Our social science and applied research continues to expand.

We intend to grow our programs into a \$3M annual budget by 2016 and a \$5–10M annual budget by 2021; we also intend to increase our scientific staff from three principal investigators to five full-time principal investigators/research teams by 2016. This will 1) enhance our productivity and increase our impact, allowing us to conduct larger-scale projects, write more papers, and give more presentations; 2) accelerate our field formation efforts and expand our scientific network; and 3) allow us to study consciousness from a more integral perspective, adding experts in social psychology, epigenetics, and neuroscience. Over the next twelve years, we are committed to solidifying our role as the premier interdisciplinary research center in the world for the noetic sciences, focusing on three program areas: the Science of Interconnectedness, Worldview Transformation, and Consciousness and Healing.

Hilltop Campus – EarthRise at IONS Retreat Center

Nestled among 194 acres of rolling hills and majestic trees, thirty minutes north of the Golden Gate Bridge, IONS' EarthRise at IONS Retreat Center offers a place for transformational workshops, seminars, retreats, and mentor-apprentice programs, devoted to developing a deeper understanding of science, health, spirituality, art, leadership, and personal growth.

The EarthRise at IONS Retreat Center provides a beautiful nurturing space for the transformative consciousness work of our clientele and for IONS' research and education workshops. Here we

- nurture transformative processes that support unfolding consciousness
- deepen engagement with the land
- foster connection, collaboration, and community

Since the year 2000, thousands of mind-body explorers have come to study with internationally acclaimed educators, scientists, philosophers, health practitioners, life and business coaches, artists, and spiritual masters. With a desirable location close to the San Francisco Bay Area, the Center has become one of Northern California's premier retreat sites.

There is abundant archaeological evidence that the powerful Miwok tribe lived for thousands of years on the land that is now home to the Institute of Noetic Sciences. The spiritual energy of their long stewardship can be felt as one gazes out over soaring vistas or while winding along paths through glens and valleys. The special energy of the land is palpable as one pauses to listen to the mating songs of wild turkeys, observes foraging deer, or meditates in one of several fragrant, natural cathedrals canopied by ancient coastal oak, buckeye, and bay trees.

In addition to hosting the transformative work of clients, EarthRise at IONS now sponsors its own Conscious Living Workshops, featuring a broad focus on personal growth and holistic and alternative healing practices for professionals.

Caring for this special property and operating the Center in a way that benefits all, while generating a reasonable profit, is a challenging but worthy task. Our infrastructure and values are solid and strong, and through wisdom, insight, and careful, hard work, we will steward the property and sustain the Center for years to come.

Global Campus – Community Groups and Research Associates

IONS has a network of more than 175 community groups in nearly every state and more than 20 countries that act as local emissaries for the Institute’s work and topics of noetic interest. IONS also has a global network of scientists and researchers who collaborate on a wide range of basic and applied research projects.

Governance

Founder

Edgar Mitchell, ScD, PhD

President and CEO

Marilyn Mandala Schlitz, PhD

EarthRise Retreat Center

Executive Director

Cathy Coleman, PhD

Board of Directors

Bill Sechrest, JD – Chair

Susan Mersereau – Vice Chair

Richard Bishop – Secretary

Lou Leeburg – Treasurer

Bob Blackstone – Community Group Rep*

Harriett Crosby

Betsy Gordon

Jim Jensen

Stacey Lawson

Walter Link

Lee Lipsenthal, MD

Lynn Monte

Lisa Picard

Bruce Roberts

Belvie Rooks

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George Zimmer

Life Directors

Carole Angermeir

Peter Baumann

Sandra Hobson

Martha Lyddon

Tamas Makray

Austin Marx

Zoe Rolfs

Robert Schwartz

Diane Temple

Paul Temple, JD

Lynne Twist

Ian Watson

Victoria Watson

Judith Skutch Whitson

Bill Whitson, PhD

Distinguished Advisors

Hafsat Abiola

A.T. Ariyaratne

Angeles Arrien, PhD

Deepak Chopra, MD

Barbara Dossey, PhD, RN

Larry Dossey, MD

Hans-Peter Duerr, PhD

Walter Freeman, PhD, MD

Amit Goswami, PhD

Stanislav Grof, MD, PhD

Michael J. Harner, PhD

Wayne B. Jonas, MD

Jack Kornfield, PhD

Mary Jo Kreitzer, PhD, RN

Stanley Krippner, PhD

Satish Kumar

Ervin Laszlo, PhD

Robert F. Lehman, JD

Michael Lerner, MD

Ralph Metzner, PhD

Michael Murphy

Rachel Naomi Remen, MD

Peter Russell, DCS, FSP

Monica Sharma, MD

Rupert Sheldrake, PhD

Henry Stapp, PhD

Maurice Strong

Russell Targ, PhD

Charles T. Tart, PhD

Robert Thurman, PhD

Frances Vaughan, PhD

Roger Walsh, MD, PhD

Jean Watson, PhD, RN

Arthur Zajonc, PhD

Senior Research Team

Cassandra Vieten, PhD

Dean Radin, PhD

* Over 175 Community Groups on six continents and 30 states in the United States

How You Can Help

Fulfilling our boldest dreams requires that we raise funds for the Institute’s programs. The same kind of visionary and focused effort that launched *Apollo 14* can now be turned toward solving humanity’s most challenging concerns, and we invite your participation. Every gift of talent, time, and financial treasure is important! With that in mind, here are a few key ways you can help us to realize our noble vision:

- Join the Institute! We offer a monthly giving program for as little as \$10 per month, but any level of contribution is greatly appreciated. For more information, visit www.noetic.org/membership/join.cfm.
- Support a specific project or program area described in this document—more detailed information on specific projects is available upon request.
- Give an unrestricted contribution. This option supports important infrastructure that is vital for responding to our members, friends, and one another.
- Multiply your gift by underwriting a program grant writer.
- Become a member of our Circle Program. Each level of giving in this program is honored in its own special way, ranging from advance communication of recent research progress to invitations to exceptional events and opportunities to travel with the Institute’s leaders on transformative journeys.
- Become a member of one of our ad hoc volunteer teams that focus on specific projects for finite periods of time—these include but are not limited to members and friends outreach, fundraising campaigns, research and education internships, and events.
- Share this portfolio with others you feel might have an interest in helping to support our frontier research.

For more information, contact Cecilia Tonsing at 707-779-8216.

Planned Giving

Another contribution option is to leave a legacy of support by making a planned gift. Planned gifts allow you to combine your charitable giving goals with your estate and financial planning goals. Your gift will ensure that the quality programs the Institute has produced and supported since 1973 continue to enrich the lives of future generations.

We also offer a variety of planned-giving arrangements that can work for donors of all income levels. These options range from a simple will bequest to a living trust, a charitable gift annuity, a retirement plan, life insurance, and real estate—most of which will help you maintain financial independence through favorable income and tax-saving benefits.

For Planned Giving, contact Kathleen Erickson-Freeman at 707-779-8232.

Benefits of Giving

As a supporter of the Institute of Noetic Sciences, you receive both tangible and intangible benefits:

- engage in research and educational programs that explore the integration of science and spirit
- receive information about leading-edge developments in the field of consciousness studies
- support pioneering research into extraordinary human potentials that address fundamental issues, such as our power to heal
- get connected to the Institute’s impressive network of frontier thinkers and scientists
- be listed as a sponsor in the Institute’s publications

Our Commitments to Our Donors

1. We conduct our research as noetic scientists—our research is multidisciplinary and includes subjective and objective perspectives.
2. Each project is mission-relevant, focused on consciousness, and at the cutting edge.
3. We align the project goals with the level of resources, ensuring that resources are available for project completion in a timely manner.
4. We maintain a low overhead-to-direct costs ratio, requesting a nominal 15 percent facilities and administrative costs for all projects (with exceptions subject to review).
5. Whenever possible we conduct studies, projects, and meetings in partnership with other institutions and organizations that provide additional expertise, credibility, and synergy.
6. We identify, track, and report specific objectives and key metrics for evaluation of outcomes.
7. We demonstrate impact, scalability, or both beyond IONS for both niche and mainstream markets and audiences.
8. We restrict all expenditures in alignment with donor intent.

Support Our Scientific Work

All great paradigm shifts have been led by visionaries—people who *knew* that human beings were capable of much more. The Italian Renaissance and Age of Enlightenment, generously funded by the Medici family and others, were periods of explosive creativity that attracted artists, scientists, and philosophers from varied lands and cultures who together did no less than change the world. It is now time for an age of re-enlightenment, expanding again our understanding of who we are and what we are capable of becoming. As IONS Founder Edgar Mitchell has written, “Only when humans see their fundamental unity with the processes of nature and the functioning of the universe—as I so vividly saw it from the *Apollo* spacecraft—will the old ways of thinking and behaving disappear.” In that spirit, please join us in an Apollo program for the 21st century—the scientific exploration of inner space. We can create a new story—in education, business, healthcare, and more—that includes the foundational role consciousness plays and that recognizes our essential interconnectedness.

Join us. Support us. Together we will seed new possibilities.

Your donation will support the following:

- Scientific and administrative staff to conduct cutting-edge consciousness research
- Collaboration with consulting scientists with complementary expertise
- IONS’ Consciousness Research Laboratory, expanding our capacity to conduct frontier neuroscience, epigenetics, and physics experiments, including
 - construction of a wet lab to allow for increased measurement of biological outcomes to better map the mind-body connection
 - an upgrade from our existing 32-channel system to two 128-channel EEG systems to better measure interactions between individuals and improve electrocortical resolution
 - creation of a quantum optics test bench to conduct experiments on entanglement—similar to leading-edge experiments in physics, but including consciousness as a fundamental component
- Training for young scientists participating in our Noetic Science Internship program. This training program not only provides valuable assistance to our scientific and scholarly efforts but also trains new noetic scientists in a field where there are few legitimate training locations—thus ensuring the seeding and thriving of the field
- Invitational meetings that bring scholars, scientists, and wisdom keepers together to advance the development of new methodologies, deal with research challenges, and seek creative breakthroughs in the field
- Worldview Literacy curriculum developers and faculty to train Worldview Literacy facilitators
- Business planning, marketing, packaging, and distribution partnerships that will be necessary to take The Worldview Literacy Project to thousands of classrooms around the world

May the explorations of the noetic sciences foster a new awakening in which our civilization experiences a change of awareness that can help transform human life by expanding what we know about ourselves, our relationships to one another, and how consciousness fits into the evolving cosmos.

—Marilyn Mandala Schlitz