



MIND & LIFE
I N S T I T U T E

MEDIA ADVISORY
October 27, 2005

CONTACT: Rabinowitz/Dorf Communications
(202) 265-3000

DALAI LAMA, TOP SCIENTISTS TO DISCUSS SCIENCE & CLINICAL APPLICATIONS OF MEDITATION AT MIND & LIFE CONFERENCE IN WASHINGTON, DC

*November 8-10 Conference Addresses Western Medicine & Society's Embrace of Meditation
Press Meeting with Dalai Lama, Professors Aviad Haramati and Richard Davidson
Tuesday at 8am*

Dalai Lama Will Also Make Historic Address at Neuroscience Convention November 12

WASHINGTON, DC – With Western medicine's increasing interest in meditation's affect on mental and physical well-being, the Mind & Life Institute, in partnership with the Georgetown University Medical Center, and the Johns Hopkins University School of Medicine will host "**Mind & Life XIII: The Science and Clinical Applications of Meditation,**" **November 8-10, 2005 at DAR Constitution Hall in Washington, DC.** The historic conference on meditation, a convergence of Eastern and Western thinkers, will feature acclaimed speakers from scientific and contemplative communities, among them, His Holiness the Dalai Lama. A pre-event press meeting with the **Dalai Lama, Georgetown University Professor Aviad Haramati, University of Wisconsin Professor Richard Davidson, and Mind and Life's Adam Engle** will be held **8:00 – 9:00 am on Tuesday, November 8** on the "C" Street lobby level of DAR Constitution Hall.

The three-day conference, on the cutting-edge of science and meditation, will be only the second public dialogue on this topic with the Dalai Lama, the internationally recognized Nobel laureate and Tibetan spiritual leader. In 2003, the McGovern Institute for Brain Research at MIT co-sponsored the first public conference on how the mind works, involving Buddhist leaders, including the Dalai Lama, and neuroscientists. That meeting received international media coverage and was included in a cover story on meditation in TIME Magazine.

The Mind & Life conference offers science and medical professionals a rare opportunity to learn about the intersection of meditation and medicine. The conference, which will be held in dialogue format, will feature sessions on meditation-based clinical interventions: science, practice, and implementation, possible biological substrates of meditation, clinical research on meditation and mental Health, and clinical research on meditation and physical health.

Following the conference the Dalai Lama will participate in two other historic events in Washington, DC. First, he will address the annual meeting of the Society for Neuroscience, which expects 30,000 attendees on Saturday, November 12, from 4:15 PM - 5:15 PM in the Washington Convention Center, Hall D. SfN is the world's largest organization of scientists and physicians dedicated to understanding the brain and the nervous system. On Sunday, November 13, the Dalai Lama will also speak at the public Global Peace through Compassion event at 3:00 pm at the

MCI Center. This public event is co-sponsored by the International Campaign for Tibet (ICT) and the Mind and Life Institute.

The first Mind & Life Conference took place in October 1987 in India and was followed by other private meetings in India and the United States that have made enormous contributions to the field of research about affects of meditation on mind and body. Dozens of books have been published as a result of these conferences. The Institute has been a driving force in the new and widespread acceptance of meditation in the West.

Adam Engle, Chairman and co-founder with the Dalai Lama of the Mind & Life Institute, said, “Various applications of meditation have already made their way into the mainstream of medicine and psychiatry in the treatment of stress, pain, and a large range of chronic diseases. The Mind and Life conference is an opportunity to review some of the recent work that has been unfolding in these areas, and to map out the potential for both broadening and deepening these investigations.”

“The meeting will provide an opportunity for scientists whose research is focused on basic mind-brain-body interactions to learn more about meditation and to contribute to an ongoing dialogue about the mechanisms by which meditation may influence physical and mental health,” Engle added.

This event also provides medical professionals the opportunity to earn Continuing Medical Education (CME) credits.

The Dalai Lama, Avid Haramati, Ph.D., professor and Director of Education in the Departments of Physiology & Biophysics and Medicine at Georgetown University’s School of Medicine, Richard J. Davidson, Ph.D., professor and Director of the Laboratory for Affective Neuroscience at the University of Wisconsin at Madison, and Adam Engle, Chairman and co-founder of the Mind & Life Institute, will participate in a **press meeting on Tuesday, November 8 at 8:00 am on the “C” Street lobby level of DAR Constitution Hall.**

Journalists are invited to apply for credentials. Press must register to attend the Mind & Life meeting and the press conference at **<http://www.investigatingthemind.org/press.media.accreditation.html>**

More information on the Mind & Life XIII public meeting is available at **www.mindandlife.org** and **www.investigatingthemind.org**.

For information relating to the Dalai Lama’s public talk at the MCI Center, contact Kate Saunders at (202) 785-1515 or via email, press@savetibet.org.

For information on his speech to the Society for Neuroscience please contact Joe Carey in the media office at (202) 462-6688 or via email, joe@sfn.org.

###