



MONASH
University

MONASH CENTRE FOR CONSCIOUSNESS AND CONTEMPLATIVE STUDIES

INQUIRY. HUMANITY. WISDOM.

2024–2025 Annual Report

ACKNOWLEDGEMENT

The Monash Centre for Consciousness and Contemplative Studies acknowledges the Bunurong and Wurundjeri people of the Kulin Nation, on whose land we work. We pay our respects to their Elders, past and present.

For a centre such as M3CS, focused on contemplative practices, it is particularly appropriate and important to acknowledge, and incorporate into our values and operation, that we operate on the land of the oldest contemplative tradition in the world. We strive to listen to and learn from First Nations about contemplation and connection – connection to ourselves, each other, and country.

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WELCOME



Welcome to the fourth Annual Report for the Monash Centre for Consciousness and Contemplative Studies – M3CS.

After four years of operation, we can begin to discern the main trends in our performance—and it is impressive.

- Taught more than 1,200 students in our 12-week, full-semester units
- More than 10,000 students have engaged in our introductory in-curriculum programs
- We have delivered hundreds of community activities and presented research at hundreds of conferences and seminars
- M3CS are engaging with dozens of industry partners and collaborating organisations
- More than 20,000 followers and subscribers on social media and promotion channels
- A thriving PhD program, with 15 current students, and 7 PhD completions to date
- 130 journal articles and book chapters published in international journals and presses
- Published 6 books and anthologies

We can put these numbers into context in different ways. The first thing to say is that without the generous donation from the Three Springs Foundation to establish M3CS, almost none of this important work would have been done. There would have been no dedicated undergraduate and postgraduate education in contemplative studies, there would be a much smaller range of training offerings for staff and students at Monash, and there would be no program of professional development training offered to workplaces. Without M3CS, hundreds of well-being seminars and activities across workplaces and communities would not have happened, and cutting-edge, influential research on consciousness and contemplative studies would not have been conducted and published.

The second thing to say is that M3CS is highly productive and efficient especially considering the comparatively small number of staff. We have established ourselves strongly across multiple domains within a short span of time.

Third, and very importantly, all this work matters. The students we teach tell us they are greatly helped by their well-being and cultural understanding by our evidence-based, secular, down-to-earth and accessible programs in contemplative studies and mindfulness practice. When we survey students, we can see they take their learning and experience with them into their working life. We continue to grow our community following, demonstrating strong word-of-mouth and we are often sent laudatory testimonials. In research, we publish in many of the best journals in the field, and we ask questions that matter for deepening our understanding of consciousness and our common humanity, which helps to inspire and inform the discipline.

A guiding thought for M3CS's mission is that real change requires that consciousness science and contemplative practice connect to action. Consciousness—our subjective experience of the world, each other and ourselves—does not happen in an unconnected, passive vacuum. Rather, our conscious experience and sense of self impacts on our decisions, planning and how we end up behaving. Contemplative practices in turn are tools for modulating that consciousness, providing new ways of connecting with equanimity to the world, to each other and ourselves. Our work explores these connections, and we aspire to foster capacity for better, more conscious actions. Our work in the last four years has made a significant contribution to this mission.

We believe our work matters more now than ever. Since our inception in 2021, two major challenges have arisen worldwide, which impact every single person on the planet. Artificial Intelligence is rapidly transforming so many aspects of work, education and our family lives. We need to understand how to engage with AI, and to do that we need to ask and try to answer hard questions about what AI is: Conscious? Self-aware? Autonomous? Happening at the same time, our world is marked by concerning and pressing levels of volatility, with accelerating effects of climate change, global conflict, declining mental health particularly in the young, and serious threats to democracy and social cohesion. We need to consider what tools are at our disposal to navigate these troubled times.

These are the challenges M3CS will focus on in our next phase, building on our success so far. We will bring our world leading research on consciousness and contemplation to bear on the question of AI, and we will help provide the tools for coping in this new, volatile world.

Zooming in on the year 2024–2025, it has again been replete with exciting progress on all fronts, which we document in this report. Our student offerings show continued growth and our research is hitting new highs. We have consolidated our community-focused activities with our enterprise activities, in order to efficiently reach and engage our users, causing a rise in our community reach and increase in purchases of our professional development programs.

M3CS is also broadening its partnerships across Monash university, collaborating with the Clinical Psychedelics Lab, and we are now housing the Brave Conversations Lab, an innovator in how to bring difficult topics into the classroom. New partnerships are emerging, such as with the Victorian Law Institute and the Australian Chapter of the Mindfulness in Law organisation. The Wawu First Nations Connection Project is going from strength to strength.

Significantly, planning is underway to embed M3CS's undergraduate and postgraduate teaching in contemplative studies more permanently into the University's offerings. It will be a major accomplishment to have shown how contemplative studies belong in the modern day tertiary curriculum, as a uniquely useful, scholarly and experiential way of connecting well-being with learning.

We now embark on the fifth year of M3CS – continuing with ever-growing excitement a wonderful journey made possible through the vision and generosity of Martin and Loreto Hosking through the Three Springs Foundation. We look forward to the year ahead, and to preparing the ground for the Centre's next phase.

Jakob Hohwy
Centre Director



GRAPHIC EXECUTIVE SUMMARY

EDUCATION	COMMUNITY AND WORKPLACES	RESEARCH
1 RUN OF <i>TRUE HAPPINESS</i> UNDERGRADUATE ELECTIVE	20,000+ ENGAGEMENT ACROSS PLATFORMS	30+ PEER-REVIEWED PUBLICATIONS
1 RUN OF <i>LIVING A MEANINGFUL LIFE</i> UNDERGRADUATE ELECTIVE	2,700 REACHED THROUGH OUR MONTHLY M3CS SEMINAR SERIES	15 CURRENT PHD AND MA STUDENTS
2 RUNS OF MINDFULNESS FOR WORKPLACE WELLBEING & PRODUCTIVITY POSTGRADUATE ELECTIVE	2,000+ REACH FOR MINDFUL MAY AT MONASH PROGRAMS	3 PHD COMPLETIONS
322 ENROLMENTS IN M3CS STAND-ALONE ELECTIVE UNITS	60+ BESPOKE EVENTS FOR WORKPLACES AND THE COMMUNITY,	1 BEST THESIS AWARD
9 MEMBERS IN THE TOTAL EDUCATION TEAM	5000+ ATTENDEES	2 BEST SUPERVISER AWARDS
4,250 STUDENTS RECEIVED IN-CURRICULUM MINDFULNESS-BASED TEACHING	30+ PUBLIC TALKS AND MEDIA ACTIVITIES	5 POSTDOCS WORKING ON M3CS MISSION
6 PROFESSIONAL DEVELOPMENT PROGRAMS	20+ PRESENTATIONS TO MONASH UNIVERSITY DEPARTMENTS AND TEAMS	COLLABORATING WITH PARTNERS FROM AROUND THE WORLD
500+ PARTICIPANTS IN ONLINE, PROFESSIONAL DEVELOPMENT PROGRAMS	4,000+ ATTENDEES ACROSS 24 INDUSTRY AND ACADEMIC CONFERENCES	DATA COLLECTION IN PROGRESS ON MORE THAN 10 PROJECTS

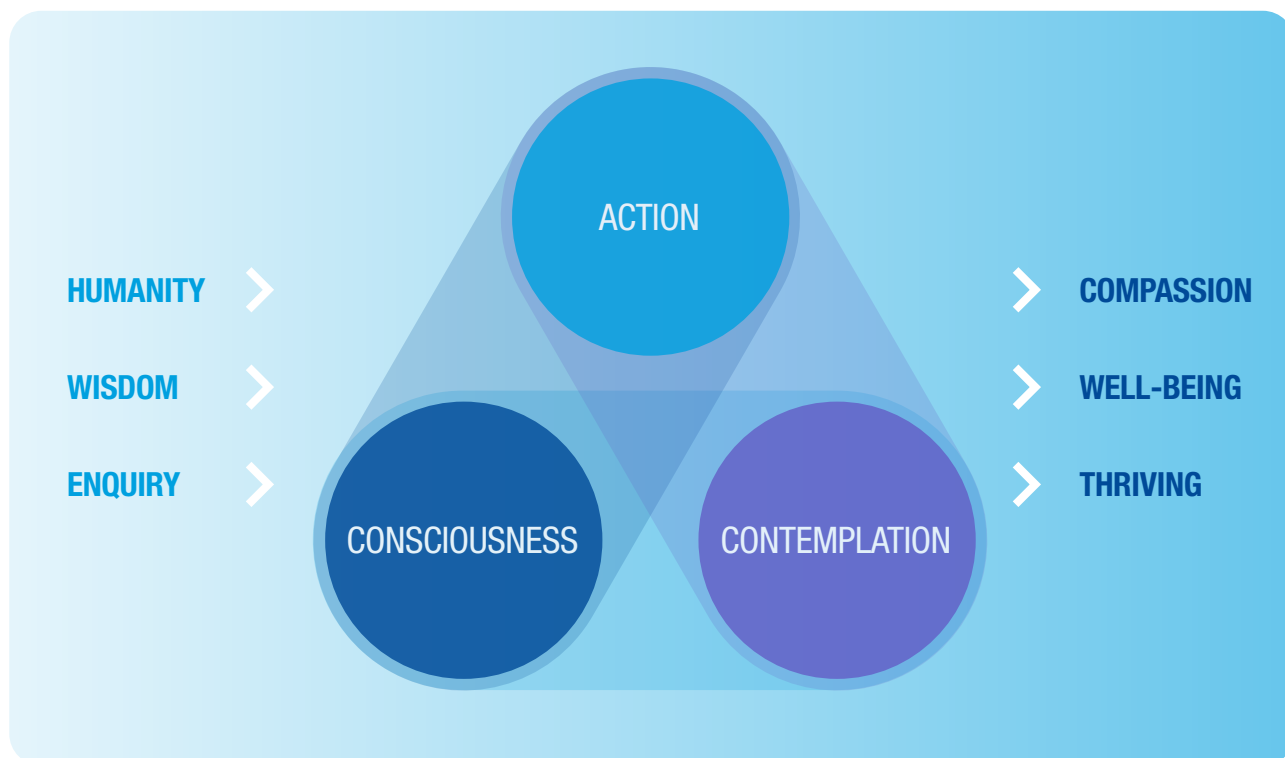
FOUNDATIONS

MISSION

The Centre's mission is to make contemplative practices central to our evolving understanding of consciousness, and to human existence and flourishing. Contemplative practices are not mere ends in themselves. M3CS's mission is to investigate how they may help provide the means to change our conscious connection with each other and our environment, and thus to underpin wiser and more compassionate action in the world.

M3CS focuses its interdisciplinary academic lens on our common humanity while positively impacting student and community wellbeing through the development of experiential and practice-focused education, underpinned by research into both contemplation and consciousness itself. We offer contemplative programs to a broad range of private, public and educational organisations in the wider community. We aim to listen to and engage with contemplative communities.

We take a broad perspective on contemplative practices, and focus on contemplation as a state of consciousness, engaging the whole being, and manifested in different types of activity. We approach this theoretically, through philosophy and conceptual analysis, as well as empirically, through practice, and informed by neuroscience, medicine and psychology.



M3CS brings humanity, wisdom and inquiry to bear on the consciousness-contemplation-action relation, leading to compassion, well-being and thriving

ORGANISATION

M3CS comprises approximately 25 active members, who each spend all or part of their week in the Centre's physical spaces. In addition, there is a broad group of regular collaborators as Centre members and affiliates. See the whole team in the *Who We Are* section.

ADVISORY COMMITTEE

The Advisory Committee for M3CS meets twice a year, in an asynchronous meeting in the middle of the year and a synchronous meeting at the start of the calendar year. Several members offer expert advice and engage with the Centre between meetings.

FIRST NATIONS POLICY

M3CS, with the help of Advisory Committee members and university and community members have formulated a First Nations policy.

PHYSICAL SPACES

M3CS is located in a purpose-built space on Monash University's Clayton campus, including labs for behavioural and physiological testing, meeting spaces and a contemplative space. The Centre has dedicated meeting and activity spaces in Monash's heritage-listed Religious Centre.

WEB PRESENCE AND SOCIAL MEDIA

M3CS has a comprehensive and up-to-date [website](#), two X (formerly twitter) accounts ([M3CS](#) and [Monash Mindfulness](#)), two podcasts ([The Contemplative Science](#) and [Minds Matter](#) podcasts), [Instagram](#), [TikTok](#), [LinkedIn](#) and two YouTube Channels ([M3CS](#) and [Monash Mindfulness](#)).

EDUCATION

“Although it’s only been 12 weeks, this unit has brought about real change in my life.”

(Student testimonial)

We’re empowering the next generation with practical contemplative skills to improve wellbeing, help prevent mental health problems, and enable them to make the world a better place.

Monash is committed to embedding mindfulness in our core-curriculum, with the aim of fostering more enlightened, self-aware future generations. M3CS offers undergraduate and postgraduate courses, with a consistent focus on translating theory and evidence into real-life contexts through experiential and deep learning. Informed by contemplative principles and practices, students explore how to cultivate self-awareness in the classroom, at home, and in their careers. They discover ways to translate that into living more conscious and fulfilling lives, and making a positive contribution to the community.

“I’m incredibly grateful to have enrolled in this unit. It has taught me so much in such a short span of time. Thank you for designing and conducting the unit with such care. You have been wonderful tutors and mentors, creating a space where we could openly share our thoughts and feel heard. Your gentle and thoughtful approach to teaching made a lasting impact on me.”

(Student testimonial)

A vitally important part of the success of these units is the skill, dedication and care of the highly committed tutoring team.

This year, we have taught nearly 5000 students at Monash. We have delivered our core contemplative studies units, *True Happiness: The art, practice and science of human flourishing*, and *Living a meaningful life: The history, philosophy and practice of a contemplative life*, our postgraduate course *Mindfulness for workplace wellbeing and productivity*.

Due to the success of the undergraduate *True Happiness* unit we are currently in the process of translating it into a postgraduate unit with the aim of working professionals being able to use the skills in their personal lives and professional work. This unit will be delivered in 2026.

We have taught in-curriculum mindfulness modules to approximately 4250 students including Biomedical Science, Business, Dietetics, Education, Engineering, Occupational Therapy, MBA, Pharmacy, Physiotherapy, Psychology, Paramedicine and Medicine.

“This short course is an excellent introduction to mindfulness. The content is presented in a very clear, professional and pleasant way and is divided into small sections for easy learning. The scientific background provided by the teachers is of high quality, illustrated with interesting examples and presented in a way that does not overwhelm the learners.”

(Student testimonial)

Alongside our core curriculum, our suite of six professional development short courses (Mindfulness for Wellbeing and Peak Performance, Maintaining a Mindful Life, Mindful Critical Thinking, Navigating Burnout: Flourishing in Work and Life and Mindful Leadership) has engaged over 500 participants this year. These fully online offerings have attracted a diverse range of learners, including university staff and students, healthcare professionals, lawyers, paramedics, police officers, educators, army personnel and farmers, all seeking to deepen their understanding of mindfulness and apply contemplative principles within their personal and professional lives.

COMMUNITY AND WORKPLACES

“I could listen to Craig’s conversations for hours. His conversations are filled with gems, insights, understandings, and accessible neuroscience that bring mindfulness to life in a clear and meaningful way. He has a way of making the concepts feel so relatable, which really helped me see how mindfulness naturally flows into everyday life.”

(Client testimonial)



At M3CS, we use high-quality research and deep interdisciplinary expertise to inform and shape accessible, impactful programs for classrooms, workplaces and communities.

This year, we have collaborated with more than 30 organisations across education, health, justice, business, and the arts to deliver targeted talks, training sessions, and workshops. This included sessions with the Magistrates Court of Victoria, Fire and Rescue Victoria, Camberwell Grammar, Stillness Meditation Therapy Consultancy, MOIRA Connect, Girls in Tech, Meta Centre, Yarra Libraries, Permanent Care and Adoptive Families, and the Victorian Multicultural Commission. We also continued our work with Horsham Healthy Minds, bringing mindfulness to farming communities through a tailored program.

Our second year of the *Meditation, Meaning and the Mind* seminar series has gone from strength to strength, drawing large audiences to conversations with high-profile guests, including Olympic champion Cathy Freeman, peak performance coach Emma Murray, leading neuroscientist in the field of attention and mindfulness Professor Amishi Jha, and renowned Buddhist teaching and contemplative practitioner Andy Karr. These seminars have become a vital space for dialogue and reflection, connecting science, lived experience and contemplative insight.

We also strengthened collaborations across Monash University, working with the Centre for the Elimination of Violence Against Women, Monash Sport, Mannix College, the Monash Innovation Guarantee, and the Krongold Centre on a range of wellbeing and contemplative initiatives. Our Mindful May at Monash campaign featured four workplace-focused events, with strong engagement reflecting a growing appetite for mindful approaches to leadership, stress management and ethical decision-making. M3CS is now housing the *Brave Conversations Lab*, an innovator in how to bring difficult but respectful topics into the classroom. New partnerships are emerging, such as with the Victorian Law Institute and the Australian Chapter of the Mindfulness in Law organisation.

Our outreach continues to grow through podcasts, public talks, webinars, and national media, including appearances on ABC Radio, 3AW, Disrupt Radio, The Briefing, Aeon + Psyche, and more. These platforms are helping broaden public understanding of how contemplative science and practice can support wellbeing, meaningful action, and community connection.

Whether through education, dialogue, the arts or public discourse, our focus remains clear: To meet the world with curiosity, compassion, and a clear intention to make a difference.

WAWU FIRST NATIONS CONNECTION PROJECT

The aim of this project has evolved to focus on how marginalised and disconnected Aboriginal and Torres Strait Islander people, particularly those experiencing intersecting challenges or holding multiple identities, can practice connection in ways that reflect and expand on established cultural practices. We aim to articulate the broad range of ways Aboriginal and Torres Strait Islander people connect with their culture, spirituality and identity as First Nations peoples. By building an evidence base that reflects this diversity, we hope to support other disconnected First Nations individuals to improve their wellbeing by finding entry points for connection that speak to their lived realities.

In 2024 and 2025, we progressed to Phase Two of the project. This phase focused on key priorities, including establishing a Codesign Working Group (CWG) of respected First Nations community members from across the continent, synthesising existing work, submitting an ethics application, and designing and recruiting for data collection. Data collection is now wrapping up, marking a significant milestone in the project. With this, we begin our transition into Phase 3, focused on analysis and research translation.

The CWG has played a central and guiding role in shaping every aspect of this phase. Their leadership, cultural knowledge, and lived experience have ensured the project stays grounded, ethical, and responsive to community priorities. Their insights have sharpened our understanding of how connection is practised differently across geographies, generations, genders, and identities, and have been particularly critical in helping the team attend to intersectionality not just as a lens, but as a lived, everyday reality that deeply affects access to connection.

Whilst thinking about how to best gather and honour the stories of First Nations knowledge holders, our team was highly conscious of the many different ways people engage in knowledge sharing and the need to ensure the project remained accessible, relational, and culturally safe. Working in close collaboration with the CWG, we developed a multi-modal online survey that invited written reflections on connection and disconnection, while also providing space for participants to share creative expressions. We have received beautiful and powerful contributions including artwork, poetry, essays, and photography. In addition to the survey, we upheld our commitment to First Nations knowledge sharing by spending time yarning one-on-one with community members, sitting together, listening deeply, and holding space for stories to emerge in ways that felt culturally safe and relational. We are also thrilled to have had one of our CWG members step into a research capacity within the team, with a focus on learning more about Indigenous research methods in practice. Their contributions have been deeply insightful, expanding the team's thinking and reaffirming the importance of creating space for emerging First Nations scholars and leaders. We are proud to support and walk alongside this next generation as they step into research with strength, purpose, and a commitment to community.

Although formal analysis is still in early stages across much of the project, we have begun exploring some of the generously shared stories. Through our collaboration with King's College London, Mady Wills, a Wurumungu woman and Masters of Developmental Psychology student, joined the team in 2025 to undertake an analysis

of survey data as part of her thesis work. Her research will be integrated into the broader Wawu analysis later this year, contributing another layer of insight grounded in both lived experience and academic rigour. Even at this early point, it is clear that the stories shared are a beautiful expression of resilience and vulnerability. They reflect the complexity of navigating identity, culture, and belonging in messy and often contested spaces. They speak to the realities of living with and through ongoing colonial harm, while also celebrating the strength, wisdom, and innovation of Blak ways of knowing and becoming. These stories are not shaped by a simple or idealised notion of hope. Instead, they reflect a grounded and powerful assertion of life, dignity, and cultural continuity and resurgence, even in the face of systems that attempt to deny them.

In June 2025, the team travelled to the Lowitja Institute 4th International Indigenous Health and Wellbeing Conference on Kurna Country (Adelaide) to present an overview of the Wawu First Nations Wellbeing and Connection Project (see picture of Dr Tess Ryan and Dr Cammi Murrup-Stewart attached, Ms Jaq Froud also in attendance). We were proud to share the project with



Dr Tess Ryan and Dr Cammi Murrup-Stewart



Monash attendees at the Lowitja Conference. From top left: Rudi Taylor-Bragge, Olivia Bonanno, Jessica O'Brien, Dayna Kelly-Guthrie, Kaitlyn McVicar, Samuel Fisher, Tess Ryan, Cammi Murrup-Stewart, Theoni Whyman

conference delegates from across the country and with First Nations colleagues from around the world, including Lapland, Canada, the United States, Brazil, Japan, the Pacific Isles, and Aotearoa (New Zealand). Alongside panel sessions and research presentations, the conference featured a live performance by Briggs, weaving workshops led by Elders, and profound discussions on shifting global policy towards equity, the necessity of truth-telling, and the world-leading frontline work being done by ACCHOs and First Nations community health organisations. Our Wawu presentation will soon be available to view on the Lowitja conference website, offering wider access to the ideas shared.

As we move into the final stages of the project, our focus will be on analysing the data and producing a range of outputs. This will include peer-reviewed publications that contribute to Indigenous-led research on wellbeing and identity, as well as creative community-facing resources that honour the ways stories have been shared and ensure that First Nations peoples can directly access the findings. A book chapter drawing on the Wawu project is currently in development and is due for publication in early 2026.

Additionally, Dr Cammi Murrup-Stewart has submitted an Australian Research Council (ARC) grant application that builds on and expands the Wawu project. While outcomes are not yet known, this next step

reflects the exponential impact of the Three Springs Foundation and M3CS investment in Wawu. It demonstrates our shared commitment to Indigenous-led research that upholds ethical principles of capacity building, long-term impact, and community relevance.

The Wawu team extends our deep thanks to M3CS and the Three Springs Foundation for their partnership in this vital and empowering work. We look forward to sharing more in the coming months as we continue to honour the stories, knowledge, and connections that have been so generously shared with us.

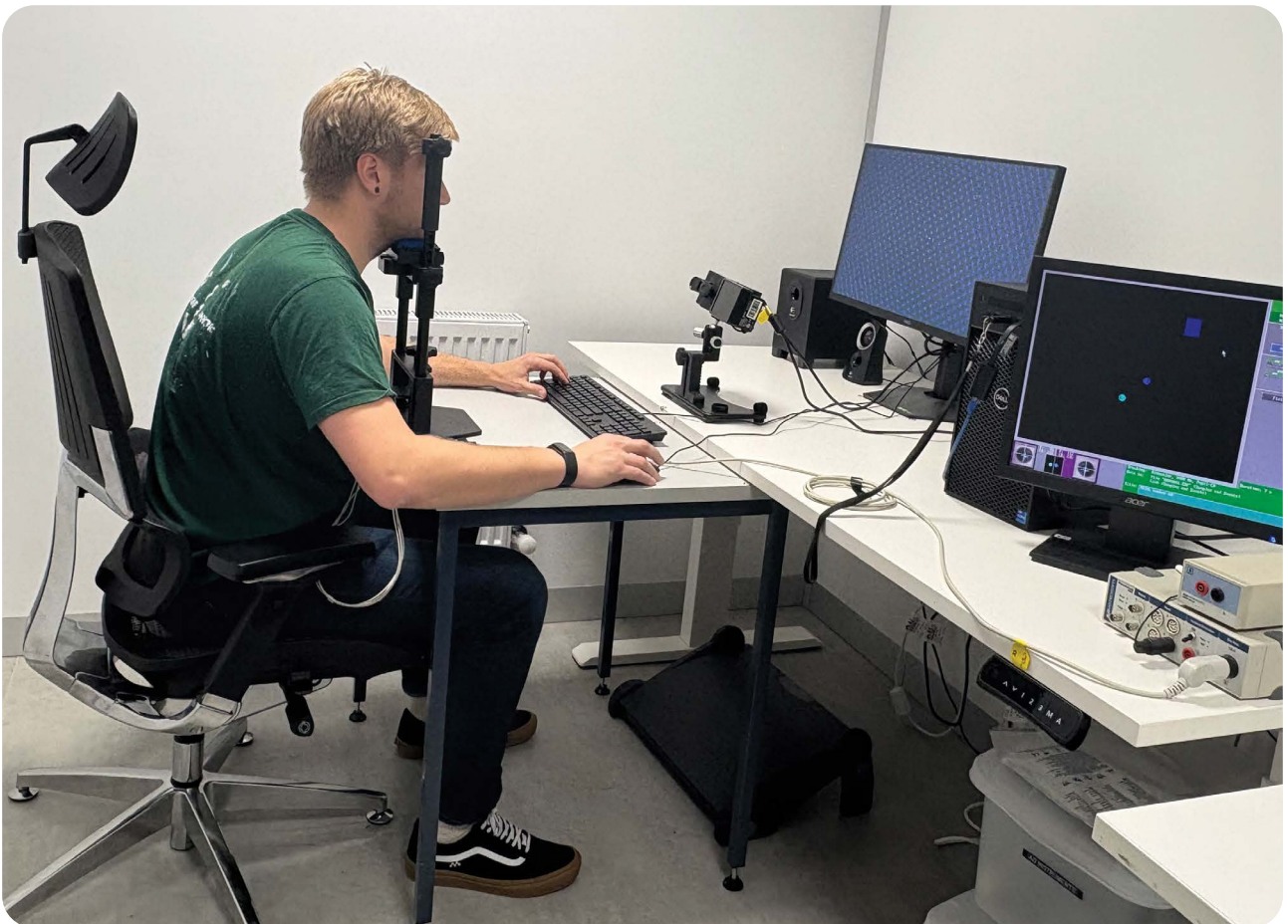
Cammi, Tess, Jaq, Ari, Mady and the CWG members!

We contributed significant new insights into the debate about how to identify and conceive of consciousness in AI, babies, disorders of consciousness (such as the vegetative state) and other difficult cases. This is a critical problem in the clinic and for the mounting debate about consciousness in AI. We made novel suggestions for how to think of markers and criteria of consciousness in babies, and at the same time contributed significantly to our understanding of how babies shape their sense of agency.

Several studies are nearing completion, which investigate at the coal-face of mindful behaviours: we are proposing new ways for 'second-person' assessment of mindful behaviours, which emphasise that mindfulness has—and should have—effects in our social interactions; we are investigating the effects of mindfulness instruction for junior doctors in their stressful working conditions; and we are investigating whether meditation have prosocial and moral implications for how we act.

As AI encroaches on all aspects of our lives, there is increasing concern about whether AI's 'values' will align with ours, or deviate dangerously. We provided an entirely new perspective on this question, proposing to create wise AI—and providing proof of concept by outlining the computational principles for AI that has boundless care inscribed in its computational 'DNA' and we showed how this could reach alignment benchmarks.

Our research operates in some of the most thorny and difficult areas of scientific and humanistic inquiry—how do we span meaningfully from consciousness to contemplation to action? We take the questions and their complexity seriously, and make significant inroads, with strong potential for practical outcomes and real-world impact.



WHO WE ARE



M3CS TEAM



Jakob Hohwy
Centre Director;
Director of Research



Craig Hasted
Director of Education;
Professor, General
Practice; OAM



Jessica Weijers
Centre Manager



Jennifer Windt
Senior Lecturer,
Philosophy



**Sherelle
Connaughton**
Education Coordinator



Tim Bayne
Professor, Philosophy



Luke Smith
Neuropsychologist,
Mindfulness
Practitioner, Program
Facilitator



Jonathan Robinson
Postdoctoral Research
Fellow, Cognition &
Philosophy Lab



Andrew Corcoran
Postdoctoral Research
Fellow



Aydogan Kars
Senior Lecturer in
History; Islamic and
Interreligious Studies



Mark Miller
Postdoctoral Research
Fellow



Daniel Heller
Co-Director Monash
Lab for Brave
Conversations; Senior
Lecturer



Farid Zaid
Co-Director Monash
Lab for Brave
Conversations;
Lecturer



Sahar Shakaib
Administration Officer,
Short Courses



Beth Fisher
Postdoctoral Research
Fellow

PHD AND MA STUDENTS

M3CS is proud of its thriving postgraduate program. With 15 current postgraduate students we have a critical mass of highly engaged and passionate students.

In August 2024, Dr Manu Kirberg was awarded the 2023 Mollie Holman Award and Faculty of Arts Prize for Outstanding PhD Thesis. The Mollie Holman Award is among the highest academic honours the University bestows, marking recipients as researchers of the highest order.



Successful PhD completions in 2024–25:

Beth Fisher

“Towards an understanding of optimism bias: a computational approach”



Aniko Kusztor

“Transient changes in the sense of presence: exploring dissociative experiences”



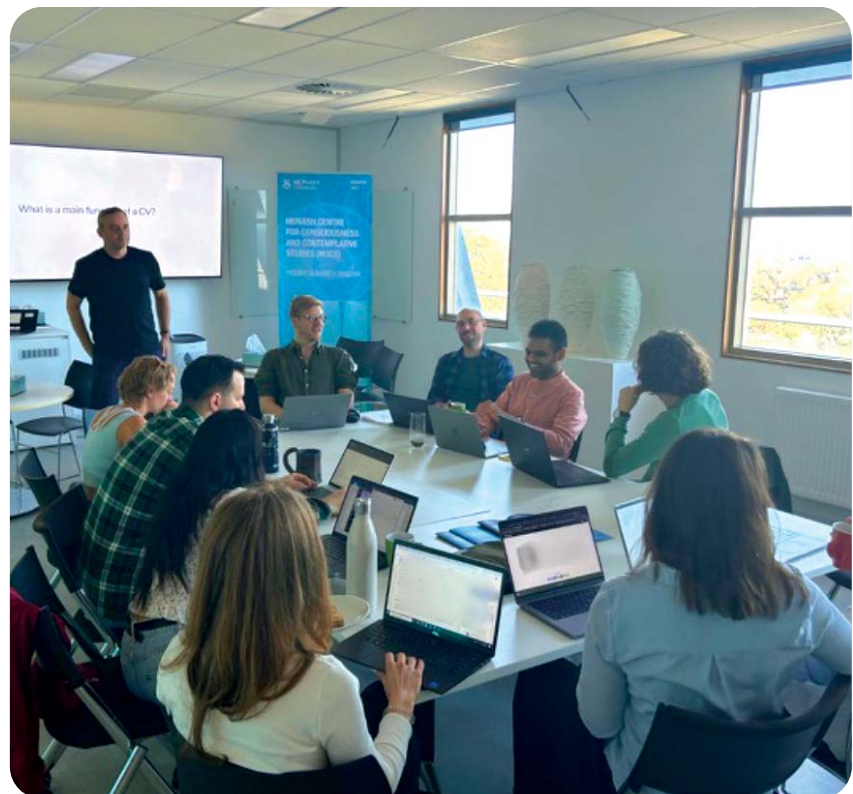
Jasmine Walter

“Subjective experience in disorders of consciousness”



RECOGNISING EXCELLENCE IN GRADUATE RESEARCH SUPERVISION:

In 2024, our Centre Director, Professor Jakob Hohwy received two major awards for his outstanding graduate research supervision. Jakob was awarded the *Monash Vice-Chancellor's Award for Excellence in Graduate Research Supervision in the Humanities, Arts and Social Sciences*. This award acknowledges his commitment to high-quality mentoring, training and academic leadership that enriches the graduate research experience. Jakob was also named *Supervisor of the Year* by the Monash Graduate Association. Nominated and voted for by graduate research students, the award reflects the deeply supportive and intellectually stimulating environment he has built for his students and colleagues at M3CS.



CURRENT POSTGRADUATES



Kevin Berryman

"I do conceptual and empirical research to explore if meditation in fact makes us more moral"



Davide Aldé

"Simple qualities of experience have varying degrees of similarity to each other, and I use such similarity structure to try to understand what is the nature of these simple qualities"



Vismay Agrawal

"I am investigating what kinds of suffering meditation reduces, by integrating insights from contemplative traditions, psychology, and computational cognitive science."



Lars Sandved-Smith

"I am developing computational models of meditation to better understand how these practices impact our (meta)cognitive abilities."



Tom Darling

"I attempt to integrate philosophical approaches and cognitive scientific approaches to well-being"



Shawn Prest

"I work on how sustained meditation practices can affect mechanisms of attention, perception and learning in the brain using both fine-grained phenomenology and a computational neuroscience framework called active inference"



Nejra Salihbegovic

"I combine intellectual history, religion, and philosophy to make a case for a trans-religious "science of letters" in medieval Sufi and Kabbalistic texts from the Iberian Peninsula"



Adam Manoogian

"I develop computational models to elucidate the behavioral and biological differences in mental disorders, focusing on how memories, retrospection and introspection affect our current and future mental states"



Gaia Mizzon

"I study the spontaneous emergence of narrative thinking at the intersection of dream experience, waking mind wandering, and subjective reports"



Lukas Grozdanovski

"I work on a natural philosophy of psychedelics to understand the therapeutic mechanisms of psychedelics, building an account of the psychedelic experience of selflessness, insight, and its comparison with meditation."



Joe Melling

"I study the background philosophical assumptions of theories of consciousness in a way that aims to provide a new perspective on our relationship to the world".



Ema Demšar

"I am exploring what happens when one becomes aware that they are dreaming by combining conceptual analysis and empirical investigation of the structure and dynamics of dream experience"



Cammy Mitchell

"I research how mindfulness and psychedelics interact, and might be used together to promote physical and mental health"



Mengting Zhang

"I attempt to understand the phenomena of effort and attention through an integrated approach, involving active inference theory, philosophy, psychology, and cognitive science"

ADVISORY COMMITTEE



**Cathy Freeman
OAM**



**Richard Cogswell
SC**



Ian Gawler OAM



Shannon Harvey



Martin Hosking



Amishi Jha



Thomas Metzinger



Andreas Roepstorff



Heleen Slagter



Angie Chew



Chris Ruane

M3CS MEMBERS

Gidi Ifergan, Adjunct Research Fellow, Indian Philosophy and Tibetan Buddhism; M3CS

Monima Chadha
Professor of Indian Philosophy,
University of Oxford, Adjunct
Research Fellow; M3CS

Neil Bailey, Adjunct Research Fellow,
Department of Psychiatry (CCS)

Claire Foldi, Research Fellow,
Physiology

Paul Liknaitzky, Research Fellow,
Psychiatry Monash Health

Adeel Razi, Associate Professor
(Research), Psychology

Nao Tsuchiya, Professor, Psychology

Antonio Verdejo-Garcia, Professor
(Research), Psychology

Thomas Andriillon, Adjunct Associate
Professor, M3CS

Shaun Nichols, Professor, Director
of Cognitive Science, Sage School
of Philosophy, Cornell University;
Monash University Adjunct Professor

Shian-Ling Keng, Associate
Professor, Monash Malaysia Jeffrey
Cheah School of Medicine and
Health Sciences

Simon van Baal, M3CS Alumni

Kelsey Perrykkad, M3CS Alumni

Manuela Kirberg, M3CS Alumni,
Teaching Associate and Research
Assistant

Niccoló Negro, M3CS Alumni

Larissa Bartlett, M3CS Affiliate

Antoine Lutz, M3CS Visitor

Alex Kiefer, M3CS Affiliate

Iwan Williams, M3CS Alumni,
Teaching Associate and Research
Assistant

Andrew McKilliam, M3CS Alumni,
Teaching Associate and Research
Assistant

Toby Woods, M3CS Affiliate

Richard Chambers, Clinical
Psychologist, Adjunct Professor

John Bradley, Associate Professor,
Wunungu Awara
(a strong and healthy country)
Animating Indigenous Knowledges,
M3CS Affiliate

Andrea Phillips, M3CS Teaching
Associate

Tracie Kellock, M3CS Teaching
Associate

Emily Amos, M3CS Teaching
Associate

Dhevaksha Naidoo, M3CS Teaching
Associate

Milan Andrejevc, M3CS Alumni

Anikó Kusztor, M3CS Alumni

David Lie, Lecturer, Department of
Marketing

**The M3CS team is vibrant and passionate.
There is a pronounced and extraordinary
interdisciplinary openness, with PhD students,
postdocs, educators, senior academics,
professional staff, visitors and collaborators all
contributing to the excitement and the mission.**

SNAPSHOT OF YEAR FIVE

Since our inception in 2021, M3CS has achieved outstanding results: helping transform our scientific understanding of contemplative practices and our conscious experience, leading to hands-on programs for wellbeing in classrooms, workplaces, and communities.

Yet the world has changed dramatically since 2021. At this moment in history, we find ourselves facing two new, serious challenges: the rise of artificial intelligence in every aspect of our lives, and the escalating global unrest, volatility, and war.

For humanity to continue to survive and flourish into the future, we at M3CS now seek to turn our attention to these new challenges. What can M3CS provide to this very different world?

In our next phase, we will build on our track record to date to focus on research and practical solutions for these questions:

“Who and what is conscious?” M3CS is the ideal place to push the boundaries, and answer the important questions of consciousness and ethical action.

“How do we cope in a volatile world?” M3CS is ideally placed to make meaningful and evidence-based contributions that will benefit us all, and contribute to counter the chaos. We can provide the objective analysis needed to reveal what tools are effective in changing our hearts, our minds, and our actions in a volatile world.

To change the world, we must first change ourselves



M3CS PUBLICATIONS

Representative publications from the M3CS team since July 2023. The [website](#) also list a series of preprints and papers under submission to journals, which gives an up-to-date picture. See also our [individual pages](#) for full publication lists.

ARTICLES AND CHAPTERS

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FURTHER INFORMATION

Monash Centre for Consciousness and
Contemplative Studies (M3CS)

T: +61 3 9905 8689

E: m3cs@monash.edu

W: monash.edu/m3cs



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<https://bsky.app/profile/monash-m3cs.bsky.social>



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