



MONASH
University

MONASH CENTRE FOR CONSCIOUSNESS AND CONTEMPLATIVE STUDIES

INQUIRY. HUMANITY. WISDOM.

2023–2024 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 third Annual Report for the Monash Centre for Consciousness and Contemplative Studies – M3CS.

The year from July 2023 to June 2024 has been marked again by a high level of activity and engagement. While M3CS delivered much in the first two years of its operations, much of that formative period was also focused on establishment and consolidation. With that hard work being done we are now increasingly reaping the rewards in terms of delivery on our mission and laying the ground for future expansion.

Overall, M3CS has delivered its exciting education offerings to many students, launched a strong portfolio of professional development programs available to external partners, engaged with numerous professional and community groups, and published several innovative research studies in leading journals.

What we deliver is in accordance with M3CS's mission of making contemplative practices central to our evolving understanding of consciousness, and to human existence and flourishing. We do this by bridging between consciousness, contemplation and action, bringing research-backed, interdisciplinary programs and tools for contemplative practice to as many people as possible.

Through the year, we have deepened our international and national networks, collaborating on many diverse projects with researchers, practitioners and organisations around Australia and the world. We have many highlights, ranging from retreats, public lectures, webinar series, and academic conferences.

As we move into the fourth year of operation, we are renewing our strategic plan, based on learnings from the first three years and looking towards further expansion. We will focus on our most successful activities across education, enterprise, engagement and research. We will bring our distinctive approach into a more global setting by fostering *Inner Development Goals* that can help humanity better achieve sustainable development for the planet and ourselves.



M3CS remains grateful to its Advisory Committee, whose distinguished members are substantially engaged across many projects and have helped shape the conversation about what makes M3CS distinctive.

This Annual Report conveys the focus and impressive magnitude of what M3CS delivers, documenting our reach into multiple domains of consciousness science and contemplative studies. The picture that emerges is that the M3CS team has achieved an outsized footprint, directly reaching thousands of people across academia, workplaces and communities.

The entire M3CS team is vibrant, engaged and passionate. There is a pronounced and extraordinary interdisciplinary openness between educators, PhD students, researchers, professional staff, and visitors and collaborators. It is a joy to be part of M3CS with every day bringing new insights, thoughts, and projects. The people are truly what is special about M3CS.

We now embark on the fourth 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

Jakob Hohwy
Centre Director



GRAPHIC EXECUTIVE SUMMARY

| EDUCATION | ENTERPRISE | COMMUNITY | RESEARCH |
|---|--|---|--|
| <p>3</p> <p>RUNS OF <i>TRUE HAPPINESS</i> UNDERGRADUATE ELECTIVE</p> | <p>TRAINING FOR HUMANITY ENTERPRISE BRAND LAUNCHED</p> | <p>MONTHLY M3CS SEMINAR SERIES: REACH 1050+</p> | <p>26+</p> <p>PEER REVIEWED PUBLICATIONS</p> |
| <p>1</p> <p>OF <i>LIVING A MEANINGFUL LIFE</i> UNDERGRADUATE ELECTIVE</p> | <p>6</p> <p>PROFESSIONAL DEVELOPMENT PROGRAMS</p> | <p>28+</p> <p>PUBLIC TALKS AND MEDIA ACTIVITIES</p> | <p>13</p> <p>PHD AND MA STUDENTS</p> |
| <p>2</p> <p>RUNS OF MINDFULNESS FOR WORKPLACE WELLBEING & PRODUCTIVITY POSTGRADUATE ELECTIVE</p> | <p>12</p> <p>BESPOKE EVENTS FOR EXTERNAL CLIENTS</p> | <p>63+</p> <p>ACADEMIC TALKS</p> | <p>5</p> <p>POSTDOCS WORKING ON M3CS MISSION</p> |
| <p>294+</p> <p>ENROLMENTS IN M3CS STAND-ALONE ELECTIVE UNITS</p> | <p>500+</p> <p>PARTICIPANTS IN ONLINE PROGRAMS</p> | <p>57+</p> <p>BESPOKE COMMUNITY EVENTS REACHING OVER 3700+ ATTENDEES</p> | <p>2000+</p> <p>MONASH STAFF & STUDENTS IN MINDFUL MAY AT MONASH PROGRAMS</p> |
| <p>10</p> <p>MEMBERS IN THE TOTAL EDUCATION TEAM</p> | <p>PRESENTING TO 4,000+ ATTENDEES ACROSS 24 INDUSTRY CONFERENCES</p> | <p>PRESENTED TO 18+ MONASH UNIVERSITY DEPARTMENTS AND TEAMS</p> | <p>COLLABORATING WITH PARTNERS FROM AROUND THE WORLD</p> |
| <p>4,550+</p> <p>STUDENTS RECEIVED IN-CURRICULUM MINDFULNESS-BASED TEACHING</p> | | | <p>DATA COLLECTION IN PROGRESS ON MORE THAN 10 PROJECTS</p> |

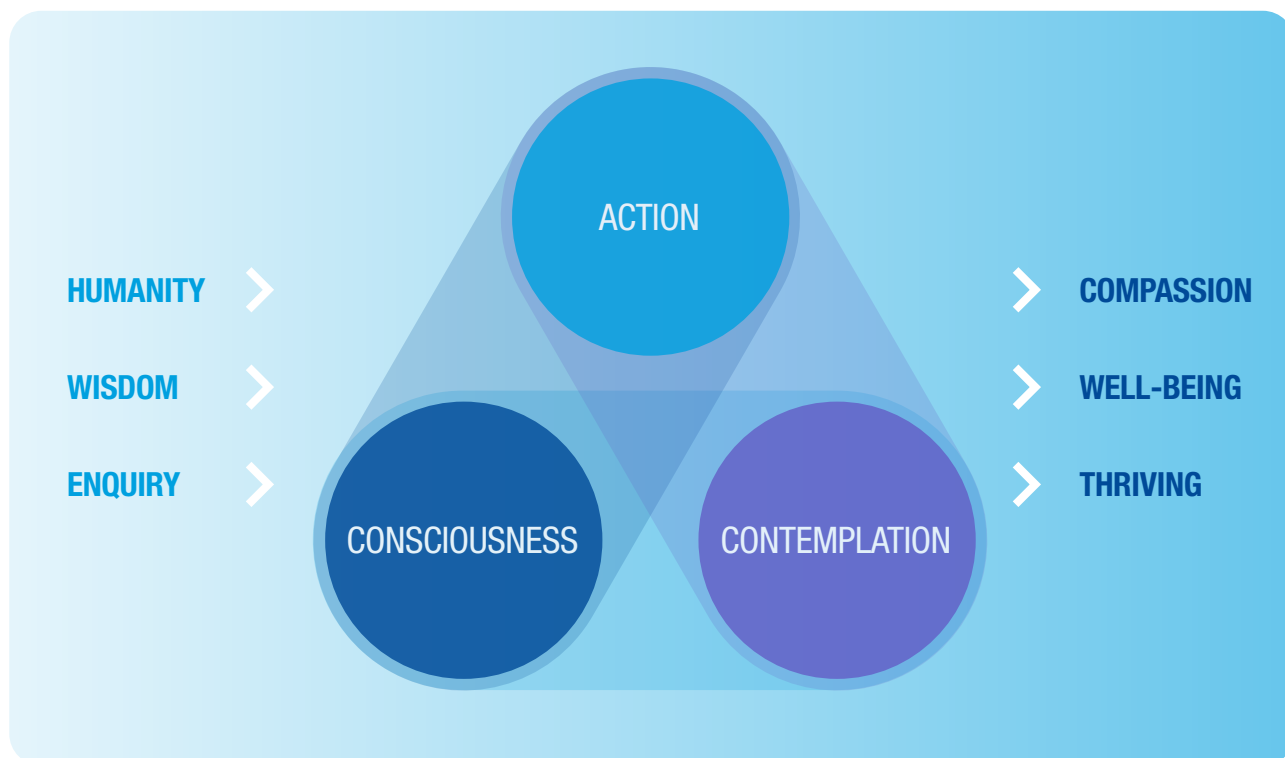
FOUNDATIONS

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 about 30 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, asynchronously in the middle of the year and synchronously 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.

NETWORKS

M3CS is an Academic Partner within the [Inner Development Goals](#) (IDG) Framework, aiming to provide a link between the UN's Sustainable Development Goals and our capacity for development, motivation and action.

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](#)).

HIGHLIGHTS FROM 2023–2024

1

In partnership with Agape Meditation, M3CS organised a transformative three-day retreat in the Victorian Macedon Ranges, followed by a public lecture at the State Library of Victoria. The retreat brought together 40 dynamic participants from organisations including Collective Being, Smiling Mind, Future Minds, and universities in Victoria and Queensland, as well as journalists and athletes. With the guidance of our special guest, renowned Harvard neuroscientist Professor Sara Lazar, attendees workshopped how to use the insights of wisdom traditions and contemplative practices to enhance well-being and help tackle mental health challenges in young people. The program sparked rich conversations through collaborative sessions, promoting connections that extended beyond the retreat. We are deeply grateful to Agape Meditation for making these two valuable community experiences possible. A number of new initiatives have been generated from this retreat which will be reported on in 2024–25.

2

Our free public seminar series, 'Exploring Meditation, Meaning, and the Mind,' commenced in 2024 to cater to the community's growing interest in deeper engagement with contemplative practices. Hosted by Professor Craig Hassed, this monthly webinar series offers an insightful exploration into the intricacies of meditation and its relevance to modern life. In each session, Craig engages in deep conversations with his guests, who span meditators, researchers, and leaders from various wisdom traditions. The sessions cover diverse topics such as parenting, burnout, leadership, morality, and the impacts of technology on attention. The series has garnered a strong following, attracting a consistent and engaged audience from around the globe. Through deep and sometimes moving conversations, each webinar connects ancient wisdom with the complexities of contemporary living, fostering a deeper appreciation of the transformative power of meditation.



3

In December 2023, we joined forces with Tergar Australia to host a collaborative sellout event that exceeded all expectations. We are grateful to everyone who joined us for this enriching conversation, which was broadcast as a podcast on ABC Radio National's Big Ideas program. The evening featured an engaging dialogue with the Tibetan Buddhist Master, The Venerable Yongey Mingyur Rinpoche, along with our M3CS members, Professor Monima Chadha and Dr Aydogan Kars, and was hosted by ABC journalist Natasha Mitchell. The profound discussions and captivating interactions underscored our mission at the Centre of deepening our collective understanding of consciousness through contemplative practices, enhancing our conscious connection with each other and our environment, and fostering wiser and more compassionate action in the world.



EDUCATION

"I have come away enlightened, and having learnt so much more about myself than I have learnt in all my three years in university."

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 experiential learning into everyday contexts where action is called for. For example, how do we cultivate self-awareness in the classroom, in our families, or in our careers? And how do we then translate that into living more conscious and fulfilling lives, and making a positive contribution to the community?



THIS YEAR, WE HAVE TAUGHT MORE THAN 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*.

WE HAVE TAUGHT IN-CURRICULUM MINDFULNESS MODULES TO OVER 4550 STUDENTS INCLUDING:

- Biomedical Science
- Business
- Dietetics
- Education
- Engineering
- Law
- Occupational Therapy
- MBA
- Pharmacy
- Physiotherapy
- Psychology
- Paramedicine
- Medicine.

ENTERPRISE

“Training for Humanity is a science-backed program to combat stress, overwhelm and burnout so your teams work beautifully.”

We’re giving today’s professionals the tools they need to cultivate awareness and wellbeing at work, and to make conscious decisions for meaningful outcomes.

Through industry partners, we bring practical contemplative techniques to professional groups. Our research-backed approach focuses on the link between knowledge and action. For example, how do I maintain compassion without burning out? Or make better decisions by reacting wisely to biases in others and becoming less blind to my own?

This year, our Training for Humanity suite of unique short courses and professional development programs has delivered Mindfulness for Wellbeing and Peak Performance, Maintaining a Mindful Life, Compassion Training for Healthcare Workers, Mindful Critical Thinking, Navigating Burnout: Flourishing in Work and Life, Mindful Parenting and Mindful Leadership.



M3CS HAS BEEN ON THE GROUND, DELIVERING BESPOKE CONSULTATIONS AND TRAINING SESSIONS TO A LARGE AND DIVERSE GROUP OF PROFESSIONAL AND INDUSTRY ORGANISATIONS, INCLUDING:

- Citipower
- the Victorian Chamber of Commerce and Industry
- the Australian Broadcasting Corporation
- Deloitte
- Southstart Conference
- Young Change Agents
- DropBio
- No BS Conference
- Beaconhills College/Eventful Learning
- Camberwell and Firbank Grammar Schools
- National Judicial College of Australia
- Yooralla staff conference
- Victorian Bar Association
- MOIRA
- Allied Health
- King David School
- Victorian Society of Geriatricians
- Holmesglen Institute Senior Management
- National Judicial College of Australia
- Law Society Journal seminar
- KPMG
- Know Accountants
- Queensland Radiologist Society
- Eastern Health
- Permanent Care and Adoptive Families.

WITHIN MONASH UNIVERSITY, M3CS HAS DELIVERED SEVERAL STAFF AND POSTGRADUATE TRAINING SESSIONS TO:

- Monash Alumni
- Monash Wellbeing
- Monash University Marketing and Communications
- Monash OHS
- Monash HDR students
- Monash Senior Finance
- Monash Faculty of Medicine
- Nursing and Health Services HDR cohort
- Monash University Global Leadership Development Program
- Monash University Chancellery
- Monash University School of Rural Health
- Monash Business School.

HIGHLIGHTS FROM 2023–2024

4

In September 2023, M3CS proudly hosted the inaugural Leon Basser Memorial Lecture on Consciousness and Free Will. The event at the State Library of Victoria featured visiting Professor, Liad Mudrik, a prominent neuroscientist and philosopher from Tel Aviv University. Professor Mudrik delivered a compelling lecture 'On Consciousness, Freedom, and Volition'. Bringing together neuroscience, philosophy and real world examples, Professor Mudrik presented an enriching lecture that furthered the dialogue around these pivotal themes in the study of consciousness.

5

In April 2024, M3CS, in collaboration with the University of Adelaide, organised a conference at Monash University on Levels of Explanation in Psychedelic Psychiatry. Invited speakers from philosophy, neuroscience, and psychiatry presented their latest research, and advanced debate on several challenges to our understanding of the increasing use of psychedelics in psychiatry. The conference attracted 100 attendees leading to lively and much needed discussion on conceptual, empirical and ethical questions about psychedelic medicine.



COMMUNITY

“Thank you for the much-needed public talk on morals and meditation. And thank you for the wonderful research you are doing in this area!”

We’re reaching out to diverse populations and supporting them on safe and useful contemplative journeys towards greater awareness, wellbeing, social cohesion and harmonious action.

M3CS engages widely with communities and partner organisations, broadening contemplative experience into activities such as music, literature, and sculpture, as well as raising awareness and cultivating contemplative dialogue across traditions and communities through public events, webinars, podcasts and more. For example, how can we be open to new and different insights? And how can we meet others with compassion and curiosity?

We also collaborate with other Monash teams to enrich our programs. For example, the Australian Centre for Jewish Civilisation on conflict education and dialogue renewal; the Monash Krongold Centre on mental health for neurodiverse children and their parents, the Monash Innovation Guarantee program on the Inner Development Goals initiative, and the Murrup Bungallambee Indigenous Psychology Group on the sense of connection to country and urban Indigenous youth mental health.



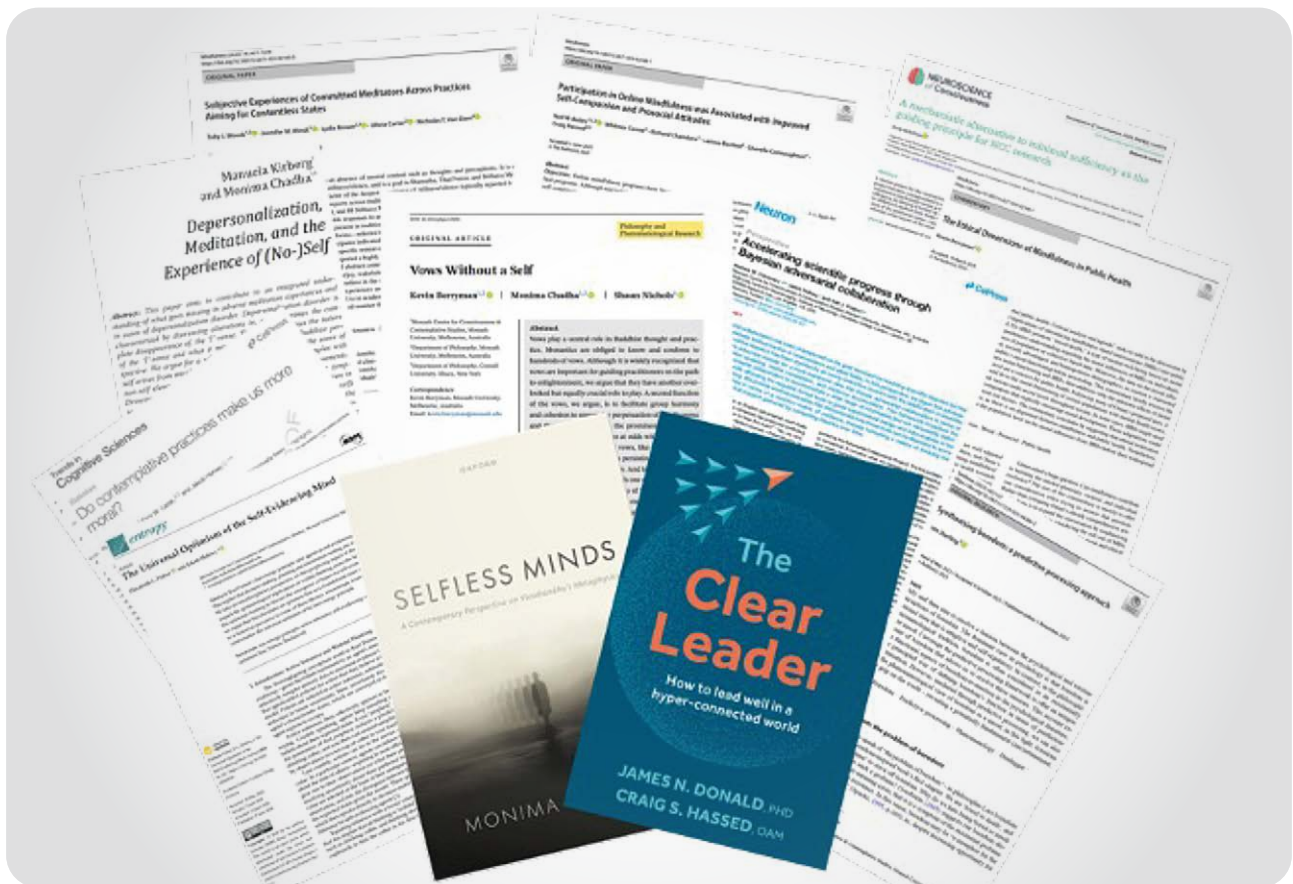
THIS YEAR, WE HAVE DELIVERED TALKS AND TRAININGS TO MANY ORGANISATIONS, INCLUDING:

- Meditation Australia
- Birdlife Australia
- Girls In Tech
- Weekend Birder
- Shawn and Ed’s Brewing Co,
- Stillness Meditation Therapy Consultancy
- Young Change Agents
- DropBio
- Yarra Libraries
- Fragment Gallery – New York
- Hamilton Nerd Nite
- Varsity
- Meta Centre
- Permanent Care and Adoptive Families Inc.

WE HAVE ENGAGED ALL OUR SOCIAL MEDIA CHANNELS AND HAVE APPEARED IN NUMEROUS MEDIA, SUCH AS:

- ABC Radio (National, Victoria, Melbourne, Perth)
- Many Minds Podcast
- The Rocky Talky Podcast
- Maximillian Rehn’s Podcast
- Jack Roycroft’s Podcast
- Dave Monk podcast
- 3AW
- Jack Roycroft-Sherry podcast
- Disrupt Radio
- 98.7 FM Queensland
- Minds Matter podcast
- LSJ Media
- Aeon + Psyche.

RESEARCH



We drive high-quality, interdisciplinary research in consciousness science and contemplative studies – creating new knowledge that we can turn into practical programs.

Consciousness science and contemplative studies belong together yet are typically researched in isolation. These fields also overlook the connection between consciousness, contemplation and action.

By integrating insights and experiments from neuroscience, philosophy, the great wisdom traditions, medicine, and psychology, M3CS is shining a light on how contemplative practices both depend on and change our conscious awareness of ourselves, other people, and the world around us. In turn, fostering more mindful, compassionate decisions. For example, how does meditation affect the brain? Does it make us more moral and lead to clearer thinking? And does contemplation literally change the way we experience the world?

THIS YEAR, M3CS RESEARCHERS HAVE PUBLISHED IN HIGH-QUALITY JOURNALS SUCH AS:

- *Neuron*
- *Neuroscience & Biobehavioral Reviews*
- *Journal of Consciousness Studies*
- *Neuroscience of Consciousness*
- *Mindfulness*
- *The British Journal for the Philosophy of Science*
- *Physics of Life Reviews*
- *Nature Human Behaviour*
- *Psychological Research*
- *Philosophical Transactions of the Royal Society*
- *Synthese*
- *Current Opinion in Behavioral Sciences.*

**WE HAVE PRESENTED OUR WORK AT
NUMEROUS UNIVERSITIES IN AUSTRALIA
AND AROUND THE WORLD:**

- National Yang-Ming University (Taiwan)
- Dhamma Drum University (Taiwan)
- University of Edinburgh (UK)
- Kyoto University (JP)
- University of Toronto (CA)
- University of Florida (US)
- New York University (US)
- University of Newcastle (AU)
- University of Sydney (AU)
- Durham University (UK)
- University of Antwerp (BE)
- University of Oxford (UK)
- University of Melbourne (AU)
- Trinity College Dublin (IR)
- University of Amsterdam (NL)
- University of California, Santa Barbara (US)
- University of Colorado, (US)
- Australian Catholic University (AU)
- Leiden University (NL)
- Okinawa Institute for Science and Technology (JP)
- University of Edinburgh (UK)
- Washington University at St Louis (US)
- Notre Dame University (AU)
- Okinawa Institute for Science and Technology (JP)
- Chinmaya Vishwa Vidyapeeth University (IN)
- National University of Singapore (SIN)

**WE HAVE DELIVERED KEYNOTES
AND PRESENTATIONS AT MANY
CONFERENCES, SUCH AS:**

- Association for the Scientific Study of Consciousness
- Annual Meeting of the International Society for the Advancement of Respiratory Psychophysiology
- Tuebingen Systems Neuroscience Symposium
- INTREPID Annual Assembly 2023
- Australasian Society for Philosophy and Psychology
- Unconscious Mind Conference, University of Toronto
- International Society for the Philosophy of the Sciences of the Mind
- San Servolo IRSESC Foundation
- International Society for Contemplative Science, RANZCR Annual Conference
- Skills Strategies International, Perth.

WHO WE ARE

M3CS TEAM



Jakob Hohwy
Centre Director;
Director of Research



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



Rebecca Margolis
Director of Community
Engagement



Megan Flamer
Director of Innovation
and Capability



Jessica Weijers
Centre Manager



Monima Chadha
Associate Professor,
Philosophy



Luke Smith
Neuropsychologist,
Mindfulness
Practitioner, Program
Facilitator



**Sherelle
Connaughton**
Education Coordinator



Andrew Corcoran
Postdoctoral Research
Fellow



Aydogan Kars
Lecturer, Centre for
Religious Studies



Mark Miller
Postdoctoral Research
Fellow



Jennifer Windt
Senior Lecturer,
Philosophy



Milan Andrejević
Postdoctoral Research
Fellow, Cognition &
Philosophy Lab



Toby Woods
Postdoctoral Research
Fellow



Jonathan Robinson
Postdoctoral Research
Fellow, Cognition &
Philosophy Lab

PHD STUDENTS



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. This allows us to define similarity structures, which I use to try to understand what is the nature of these simple qualities"



Vismay Agrawal

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



Tom Darling

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



Lars Sandved-Smith

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



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"



Anikó Kusztor

"I study transient mental states such as mind-wandering and depersonalisation/derealisation and their impact on the brain and behaviour."



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"



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"



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"



Beth Fisher

"I am exploring how we could increase optimism as an intervention for anxiety and depression. Currently I am investigating psilocybin and gratitude practices as ways to improve one's optimism bias."



Jasmine Walter

"I investigate how our philosophical approach to consciousness impacts clinical practice for patients with disorders of consciousness"



Lukas Grozdanovski

"I work on a natural philosophy of psychedelics to understand the therapeutic mechanisms of classic psychedelics and build a conceptual account of the psychedelic experience by focusing on selflessness, insight, and its comparison with meditation"

ADVISORY COMMITTEE



Kai-Yuan Cheng



Ronald M. Epstein



**Cathy Freeman
OAM**



**Laurence Freeman
OSB**



Ian Gawler OAM



Shannon Harvey



Martin Hosking



Amishi Jha



Thomas Metzinger



Andreas Roepstorff



Heleen Slagter



Anne Vallely

M3CS MEMBERS

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

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

Tim Bayne, Professor, Philosophy

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

Daniel Heller, M3CS Affiliate, Senior Lecturer

Richard Chambers, Clinical Psychologist, Adjunct Professor

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

Andrea Phillips, M3CS Teaching Associate

Tracie Kellock, M3CS Teaching Associate

Emily Amos, M3CS Teaching Associate

Dhevaksha Naidoo, M3CS Teaching Associate

**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 FOUR

M3CS has already made a difference for communities both in Australia and other countries around the world through our hands-on programs for the classroom, workplace and community. Now, it's time to take our impact to the next level on a global scale.

The United Nations has 17 Sustainable Development Goals – a “blueprint for peace and prosperity for people and the planet, now and into the future”. These goals are ambitious, requiring worldwide behaviour change across everything we do. But a major factor is often overlooked: these goals must be worked towards by groups of *individuals*. Achieving these ‘outer’ goals requires ‘inner’ change.

In our ambitious next phase, M3CS is excited to drive change through a large global coalition working towards a set of ‘[Inner Development Goals](#)’, with clear connections to the Sustainable Development Goals.

We aim to build the roadmap for inner change that will enable and guide outer change – for individuals, for communities, for nations, for humanity, and for the planet.

| | | | | |
|---|--|--|---|---|
|  <p>1 Being Relationship to Self</p> <hr/> <p>Inner Compass</p> <p>Integrity and Authenticity</p> <p>Openness and Learning Mindset</p> <p>Self-awareness</p> <p>Presence</p> |  <p>2 Thinking Cognitive Skills</p> <hr/> <p>Critical Thinking</p> <p>Complexity Awareness</p> <p>Perspective Skills</p> <p>Sense-making</p> <p>Long-term Orientation and Visioning</p> |  <p>3 Relating Caring for Others and the World</p> <hr/> <p>Appreciation</p> <p>Connectedness</p> <p>Humility</p> <p>Empathy and Compassion</p> |  <p>4 Collaborating Social Skills</p> <hr/> <p>Communication Skills</p> <p>Co-creation Skills</p> <p>Inclusive Mindset and Intercultural Competence</p> <p>Trust</p> <p>Mobilisation Skills</p> |  <p>5 Acting Enabling Change</p> <hr/> <p>Courage</p> <p>Creativity</p> <p>Optimism</p> <p>Perseverance</p> <p></p> |
|---|--|--|---|---|

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.

BOOKS

Donald J. M., **Hassed**, C. 2024 [The Clear Leader](#). Exisle Publishing.

ARTICLES AND CHAPTERS

Campillo-Ferrer, T., Alcaraz-Sánchez, A., **Demšar**, E., Wu, H., Dresler, M., **Windt**, J., Blanke, LO. 2024. [Out-of-body experiences in relation to lucid dreaming and sleep paralysis: a theoretical review and conceptual model](#). *Neuroscience & Biobehavioral Reviews*: 105770.

Kirberg, M. and M. **Chadha**, Depersonalization. 2024. [Meditation, and the Experience of \(No-\)Self](#). *Journal of Consciousness Studies* 31(5-6): 151-177.

Fisher, E. L., **Hohwy**, J. 2024. [The universal optimism of the self-evidencing mind](#). *Entropy*.

Van Baal, S. T., Le, S., Fatehi, F., **Verdejo-Garcia**, A., & **Hohwy**, J. 2024. [Effecting behaviour change using an artificial intelligence chatbot: A pilot randomised controlled study](#). *Journal of Public Health Policy*.

White, B., A. Clark, and M. **Miller**, 2024. [Digital Being: social media and the predictive mind](#). *Neuroscience of Consciousness* 2024(1)

Miller, M., B. White, and C. Scrivner 2024. [Surfing uncertainty with screams: predictive processing, error dynamics and horror films](#). *Philosophical Transactions of the Royal Society B: Biological Sciences* 379(1895): p. 20220425.

Berryman, K. 2024. [The Ethical Dimensions of Mindfulness in Public Health](#). *Mindfulness*, 2024

Albarracín, M., G. Bouchard-Joly, Z. Sheikhbahaei, M. **Miller**, R. J. Pitliya and P. Poirier. 2024. [Feeling our place in the world: an active inference account of self-esteem](#). *Neuroscience of Consciousness*, 2024(1)

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FURTHER INFORMATION

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