



THE DALAI LAMA

MESSAGE

I have long encouraged the establishment of science education in Tibetan monastic centres of learning. Now, we have been able to introduce comprehensive science training into the curriculum of the traditional Tibetan monastic education system in India. Emory University in the United States has facilitated this by developing a six-year science education program for Tibetan monks and nuns. In collaboration with the Library of Tibetan Works and Archives (LTWA) in Dharamsala it has supported the implementation of this program at the major Tibetan monastic centres of learning since 2014.

Now, after nearly ten years of rigorous studies, a group of monastics are developing and carrying out several science research studies on different contemplative practices such as the practice of patience, mindfulness of breath, and meditation on the wisdom understanding emptiness.

One such study concerns lucid dreaming and dream yoga in which monastic researchers have used methods for inducing lucid dreams and communicating with the dreamer in that state. They train research participants in these methods and measure the activity of their brains during sleep and dream states. The monastic researchers, with support from the Emory-Tibet Science Initiative (ETSI) and its faculty mentors, specifically Dr. Ken Paller and Dr. Robin Nusslock from Northwestern University have established a sleep lab at Drepung Loseling Meditation and Science Centre in Karnataka State, South India—a facility they have used for their initial studies and are intending to continue in the future too.

I believe that enhancing collaboration, dialogue, and joint research endeavours between modern science and Buddhist science will contribute to a more enlightened, compassionate, and harmonious world. I applaud the dedication of the Emory-Tibet Science Initiative, the science faculty, and the monastics to the establishment of such a collaboration.

With my prayers and good wishes for the success of these commendable scientific pursuits.

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