“Only those who truly love and who are truly strong can sustain their lives as a dream. You dwell in your own enchantment. Life throws stones at you, but your love and your dream change those stones into the flowers of discovery. Even if you lose, or are defeated by things, your triumph will always be exemplary. And if no one knows it, then there are places that do. People like you enrich the dreams of the worlds, and it is dreams that create history. People like you are unknowing transformers of things, protected by your own fairy-tale, by love.”

— Ben Okri

Dear CMind Friends,

Sawubona! We see you!

This is our final organizational communication. Today, after nearly 30 years of promoting contemplative understandings, practicing contemplative justice, building transformative community, and being a contemplative leader, CMind will experience its public sundown. The physical world teaches that a sundown does not equate to the end of the sun shining; rather, the sun simply shares its energy with a different geographic location in a different way to those who need a reprieve from the darkness.

Our organizational sundown is an energetic release of the spirit that has animated our work for all these years coupled with the collective intention that the intelligent wisdom that remains will fill the hollow spaces and
places in this world toward the realization of justice, healing, and collective liberation.

We release the powerful energy of CMind into the world in love.
We release the powerful energy of CMind into the world in joy.
We release the powerful energy of CMind into the world for justice.
We release the powerful energy of CMind into the world for collective liberation.
We release the powerful energy of CMind into the world for healing.
We release the powerful energy of CMind into the world so that all beings may be free.
We release the powerful energy of CMind into the world so that all beings may be well.
We release the powerful energy of CMind into the world so that all beings be liberated through the unwavering knowledge of who they truly are.
We unleash the revolutionary power of CMind and contemplative practice into the world for transformation of self and systems.

As a contemplative reimaginelutionary, I echo the words of our revolutionary sister Assata Shakur and I hope they serve as a spark and a reminder in thinking and in the active, collective creation of a future we are thriving in, rather than one we are continuing to suffer in. Shakur wrote, “Part of being a revolutionary is creating a vision [of the future, of organizations, of systems] that is more humane, that is more fun, too. That is more loving. It's really working to create something beautiful.” All revolutions are grounded in love.

May you be love. May you create something beautiful.

There is much to say, much to give thanks for, and many to shower with gratitude, which I will save for another mode of communication. However, I would be remiss if I did not thank publicly: Carrie Bergman, Caryn Blair, Maya Elieevsky, Arthur Zajonc, Carolyn Jacobs, Paula Sager, Dr. Maria Abegunde Hamilton, Rhonda Magee, and the chairs of the CMind Transition Committee Stephanie Briggs and CMind Co-Founder Mirabai Bush. I extend deep gratitude to the CMind Board of Directors for their leadership: Board Chair Michelle Chatman, Vice-Chair Lenwood Hayman, Treasurer Lisa Napora, Ameena Batada, Joseph Belluck, Mirabai Bush, Stephanie Briggs, Vaishali Mamgain, Amy Pucino, and Alberto Pulido. These individuals, many other unnamed members of my village and the Ancestors have carried me through this process, and while this was not the outcome I imagined when I
accepted the mantle of leader in November 2021—I give gratitude to Spirit for every moment.

Finally, in the section below, we provide an update on the work of the CMind Transition Committee, who have determined where CMind’s digital archives and physical artifacts will rest and how both the Journal of Contemplative Inquiry and the Association for Contemplative Mind in Higher Education will live on outside of the body of CMind.

Deep, deep bows of gratitude for your support.

It has been a pleasure to serve the CMind community and a sacred honor to usher it from life to new life.

Be well.
Be still.
Trust in the infinite.
Remember our shared humanity.
Be community.
Be of good courage.

DRM
David W. Robinson-Morris, Ph.D.
Executive Director
The Center for Contemplative Mind in Society (CMind)
1 September 2022

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CMind Sundown Update

Today, September 1, the Center for Contemplative Mind in Society (CMind) will close its programs after nearly 30 years of operation. We offer thanks to each of you for your support over the years and for energetically and spiritually bolstering us through the sunsetting process.

The CMind Transition Committee and Board of Directors has been hard at work locating and vetting new homes for the mission critical initiatives of the organization. Under the leadership of committee co-chairs CMind Co-Founder Mirabai Bush and Stephanie Briggs with the support of Lenwood
Hayman, Lisa Napora, Amy Pucino, and Michelle Chatman, CMind has successfully rehomed the programmatic and intellectual property assets of the organization.

Over the past weeks the Board and the Board Transition Committee considered numerous excellent options and their selection process has concluded.

We are thrilled to announce, pending the necessary institutional approvals and the penultimate approval from the Office of the Attorney General in the State of Massachusetts, the CMind assets will be rehomed as follows:

**CMind Archives and Physical Artifacts**

We are very pleased to announce that the Robert S. Cox Special Collections and University Archives Research Center at the W.E.B. Du Bois Library, UMass Amherst, will be adding an archive of CMind’s website, publications, recordings, and resources to its special collections, ensuring that these contemplative teaching and learning resources will continue to be accessible.

Details for accessing the archive will be available from the [Special Collections website](#) once the archive is in place, and further information on this and other aspects of the CMind closure and transition will soon be available on [contemplativemind.org](http://contemplativemind.org).

We want to publicly thank Aaron Rubinstein, Head, Robert S. Cox Special Collections and University Archives Research Center, and Madeleine Charney, Librarian, W.E.B. Du Bois Library at the University of Massachusetts Amherst for their diligence throughout the process and their dedication to upholding the vision and values of the Center for Contemplative Mind in Society.

**Association for Contemplative Mind in Higher Education (ACMHE)**

ACMHE, an initiative of CMind, will continue as an institutionally independent member-governed association. Lenwood Hayman is leading this effort, joined by Michael Kimball, JuPong Lin, Amy Pucino, Maria Hamilton Abegunde, and Gabrielle Cuesta as the “Friends of ACMHE” Advisory Committee.

We want to publicly thank the Friends of ACMHE and all of the current ACMHE members for your thoughtful feedback and continued support of the Association.

More information will surely follow from the Friends of ACMHE in the coming months re: membership renewals, upcoming events, and member
engagement opportunities.

**The Journal of Contemplative Inquiry (JOCI)**

**JOCI** will be published through a partnership between the University of Northern Colorado Library and the University of Northern Colorado Center for Applied Contemplative Studies (Michael Kimball, Director).

JOCI will continue to be available as an open access, peer-reviewed journal. In partnership with the Friends of ACMHE, a call for members of the Editorial Board, manuscript reviewers, and copy editors will be distributed in the months ahead.

In addition to Michael Kimball and Jane Monson, Digital Collections Librarian/Associate Professor at the University of Northern Colorado Libraries, we want to thank and publicly acknowledge the work of David and Trudy Sable, co-editors of the *Journal of Contemplative Inquiry* for their longstanding dedication to JOCI, contemplative scholarship, and their unseen work mentoring hundreds of manuscript authors pre-publication. You have been wonderful curators of contemplative scholarship and we are looking forward to your continued engagement in advancing the field. We also express our gratitude to each scholar, who selected JOCI as their publication of choice.

**Beyond the Sundown**

More information will be available as the transition commences from each of the asset holders. The CMind staff will utilize the remainder of the month to focus on the internal work of the sundown. We will close out systems and begin the process of transferring the acquiring assets to the new institutions and committee.

As of now, all of the ACMHE and JOCI systems and logins which you are accustomed to using will remain in place for the time being. However, in anticipation of the shift at ACMHE, we have temporarily paused membership enrollments and renewals (to be resumed once the transition is complete).

**Deep, Deep Bows**

From the center of our hearts, we thank each of you for being who you are, for loving and engaging with CMind, and for the community we have built together. Your work, our work does not end on this day. In many ways, we are just beginning; and what’s more important, just as we began all those years ago being shepherded by the tremendous energy that is Mirabai
Bush and then Arthur Zajonc, we find ourselves wading once again neck deep in a reservoir of infinite possibilities.

May you be well.
May you do good.
May you and all beings be free—and know it.
’Til we meet again.

Dear CMIND,

My sincere appreciation and boundless gratitude for the home you have provided me over the years and the many sacred connections that have supported my healing, growth, and thriving.

You have given me so very much. My heart will be forever fortified with memories of our in-person summer sessions, retreats, conferences, dialogues, and deep, open-hearted sharing, one soul to another. And of course our annual Karaoke tradition at Fitzwilly's! It all lives within me.

My deep thanks to my ancestors, elders, teachers, and friends Brad Grant, Daniel Barbezat, Mirabai Bush, Stephanie Briggs, Arthur Zajonc, Carolyn Jacobs, Rhonda V. Magee, Rose Sackey-Milligan, Glaisma Betances Silva, Katja Hahn d’Errico, Jennifer Cannon, Vijay Kanagala, Steven Thurston Oliver, Ancestor Oliver Hill, and Renee Hill, who have become my inner circle of wisdom and encouragement. To Carrie Bergman, Maya Elinevsky, and Ivy Davida — words are inadequate. It’s been an amazing ride and you are simply awesome!
My loving thanks to each kind soul who served on the CMIND board. Thanks for your generosity of spirit, time, talents, and finances. It has been an honor to serve alongside you.

As we carry on in our respective corners of the globe may we remember that this work is intimately tied to anti-racism and anti-oppression. As we endeavor to honor the dignity of all human beings, we advance justice, healing, and liberation. May we serve in that spirit and may our Practices imbue us with the courage to persist.

Jazz vocalist and multi-instrumentalist, Ancestor Bernard Ingher (1945-2017), sings of the immutable truth of impermanence in his classic piece, *Everything Must Change*. May his wisdom comfort and inspire us into our glorious next!

Dr. Michelle C. Chatman
CMIND Board President, 2020 – 2022

*Everything must change.*
*Nothing stays the same.*
*Everything will change.*
*No one goes unchanged.*
*The young become the old.*
*And mysteries do unfold.*
*Cause that’s the way of time.*
*Nothing and no one goes unchanged.*

-Bernard Ingher (1945-2017)

Love Letter/ Song to CMind:

I was thinking, what would my love letter/song be to CMind? I recall the first time I attended an ACMHE conference in 2013. I’d read about it in the *Shambhala Sun*, then researched it and registered based on the fact that maybe there was finally a place that supported my imagined, alternative ideas of creative, contemplative student engagement. I drove from Baltimore to Amherst. Admittedly, I barely understood much of what I was experiencing until I attended a session with Jane Carpenter of Naropa University. At the end of her workshop,
I walked up to her and said, “You are the one I’ve heard in my head all of my life.”

I soon learned that there were many folks at CMind that had the same calling. CMind saw us. CMind saw “me.” CMind saw others like me who were ready to turn the whole idea of contemplative pedagogy on its side. The organization continues to love and nurture and say “yes” even as it closes its eyes. There is much love here.

CMind allowed me to grow in ways I’d never imagined. It made it easier for me to survive academia. It allowed for all the pieces of me to form into something whole. It was also served as a guide to leaving the academy and new beginnings.

There is a love song that is ringing in my ears at this moment is a tune I heard in 1972 when I saw the Broadway musical “Pippin.” It is a simple song that I find myself humming from time to time. It is a reminder that even undefinable love, when nurtured, leaves each of us with a powerful love trajectory, a vision for the future.

“So how can you define a look or a touch?  
How can you weigh a feeling?  
Taken by themselves now they don’t mean much.  
Together they send you reeling.  
Into a love song…”

This is my love letter/song to you, CMind.

Always and forever,  
Stefani (Briggs)

To my CMind Familia:

Much gratitude for helping me discover my voice - my face - and my Jazz:

“Jazz was an attempt to codify an entirely new language. But it was more than that: Jazz was an attempt to rearrange the molecular structure of the
universe, to obliterate recent history and replace it with expressions of joy, inventiveness, and grace. This new music was nothing less than an attempt to achieve salvation through the tonal reordering of time and space. The music was an affirmation of the human spirit, a declaration of the present tense.”

-The words of T.J. English

With much gratitude,
Alberto Pulido

Meditation: Freedom is our Birthright, Ease is our Resting Post

Watch this video on YouTube
The 2022 Arthur Zajonc Lecture on Contemplative Education was graced by Colette Pichon Battle Esq., an activist focused in practice on equitable disaster recovery, global migration, community economic development, climate justice, and energy democracy. View the recording of her lecture here.
Our mailing address is:

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