



UNIVERSITY OF OREGON

October 19, 2018

To whom it May Concern;

Here at University of Oregon, there are a number of research groups studying how meditation impacts the brain, as well as health and well-being. Among the discoveries that have been made include the demonstration that meditation can change the wiring of the brain through white matter changes; positive impact of mindfulness programs on parent-child interaction; and the mechanisms by which meditation can reduce pain perception. The Palmo Center supported this last study by providing a group of experienced meditators to participate in experiments.

In addition to these research activities, we have organized a number of events centered around the intersection of science and meditation. Foremost among these were two symposia on Mindfulness in Science and Society, each of which hosted a number of local and invited speakers with expertise ranging from the neuroscience of meditation to the use of mindfulness in schools. The keynote speaker for the second symposium was Dr. Richard Davidson of University of Wisconsin, author of *The Emotional Life of Your Brain* and founder of the Center for Healthy Minds, who has worked with the Dalai Lama in using neuroscience to promote the benefits of meditation. In addition to his keynote talk which filled an auditorium of over 500 people, Dr. Davidson met with members of the Palmo Center to discuss their efforts here in Eugene. We also organized a weekend long Science of Mindfulness and Meditation retreat, which brought together scientists and dharma teachers, along with UO students, to discuss these topics. Finally, we have a student organization, Oregon Mindfulness, that grew out of this retreat and leads weekly sitting groups on campus, as well as promoting campus events around mindfulness.

We look forward to continuing and expanding our partnership with the Palmo Center and proudly support the Palmo Center's on-going plans to invite prominent leaders and renowned scholars in the fields of psychology, neuroscience, mental health, philosophy, medicine, ecology and spirituality, to present seminars and lead workshops which focus on the cultivation of universal values and genuine happiness.

To this end, we enthusiastically invite you to join us in supporting the Palmo Center for Peace and Education's capital campaign. This Center will bring together people of all walks of life and create an environment that will promote intellectual curiosity and scientific inquiry, mindfulness training, basic human values such as compassion, kindness and forgiveness, environmental awareness, emotional balance and spiritual well-being for all.

In gratitude,

A handwritten signature in black ink, appearing to read "C. Niell". The signature is fluid and cursive, with a long horizontal stroke extending from the end.

Cristopher Niell
Associate Professor, Institute of Neuroscience

A handwritten signature in black ink, appearing to read "Monte Matthews". The signature is highly stylized and cursive, with a long horizontal stroke extending from the end.

Monte Matthews,
Director, Animal Welfare Services



To Whom it May Concern:

As former Mayor of Eugene, Oregon, I am pleased to offer my support for the Palmo Center for Peace and Education and their planned capital construction project.

The Palmo Center for Peace and Education – an International Center for Peace – is dedicated to Lady Jangchup Palmo who was an active member of our community, and one of the founding members of the Eugene Sakya Center – Nyen-Gyud Samten Choe Ling, Tibetan Buddhist Educational Center. Lady Jangchup Palmo was a wise and compassionate woman who dedicated her life to the path of peace, touching the lives of everyone she met. With the blessings and guidance of His Holiness the Dalai Lama, she worked tirelessly in the realm of creating world peace, giving lectures, conducting seminars, and founding annual, week-long World Peace gatherings all over Europe and North America.

Before coming to Eugene, Lady Jangchup Palmo's life was filled with both extreme hardship and triumph. When the Chinese Communist's destroyed Tibet, Lady Jangchup Palmo was held captive for several years, lost her parents, siblings, and her homeland. After more than 16 years of spiritual training in Tibet, India, and Nepal, she was able to transform her heartbreak into compassion, forgiveness and joy, qualities that she shared with our community for the past several decades. It was through Lady Jangchup Palmo's prolonged initiative and deeply spiritual intent that His Holiness the Dalai Lama made a visit to Eugene, Oregon in May, 2013.

Lady Jangchup Palmo's sons, the Venerable Ngalo Rinpoche and Venerable Jigme Rinpoche, who are prominent Tibetan Buddhist masters built the Palmo center in Eugene to provide a learning environment that cultivates mindfulness: integration of mind, body and spirit. In addition to the local cultural benefits, the center also serves as an international gathering place for prominent, diverse, and highly placed leaders from all fields and schools of thought: educators, philosophers, doctors, economists, spiritual leaders, environmentalists, artists, musicians, and peace activists, of both national international renown.

The Palmo Center for Peace and Education provides a venue for leaders, thinkers, and activists to meet and exchange ideas, build bridges between disciplines and schools of thought, and promotes the inner values of compassion and kindness, a positive relationship with our environment, and world peace. I urge your favorable consideration of this project.

Sincerely,

Kitty Piercy
Former Mayor of Eugene, Oregon



10/10/18

To Whom it May Concern:

At Lane Community College, we are proud to transform lives through learning. As the third-largest community college in Oregon, LCC provides a wide variety of credit, vocational, and continuing education options for students at every stage of their lives. For over 35 years we have been a member of the League for Innovation in the Community College, a consortium of leading community colleges organized to stimulate innovation and experimentation in all areas of community college development.

Over the past six years, Lane Community College has developed a profound and synergistic relationship with the Palmo Center for Peace & Education, a non-sectarian educational center created to promote basic human values and secular ethics in the interest of human happiness.

As an institution dedicated to education, LCC celebrates the Palmo Center's commitment to educate the heart and mind of the individual to foster compassion for all. The Palmo Center seeks to achieve their goal through creative learning, facilitation, and applied scientific research. Additionally, the Center seeks to connect people together to build relationships and foster shared growth.

In 2014, LCC partnered with the Palmo Center to offer a series of talks entitled, "Creating Peace Through Compassion." The talks included such world-renowned thinkers as

- Geshe Jinpa, the Dalai Lama's longtime translator,
- Dr. Arun Gandhi, grandson of Mahatma Gandhi, and
- Dr. Vandana Shiva, physicist and global environmentalist.

The Palmo Center and LCC also co-sponsored a multi-day community cultural event in 2015 titled "Mystical Arts of Tibet," which featured music, chanting, and a mandala creation by the Tibetan Monks of Drepong Loseling Monastery. The event was held at LCC's downtown Eugene center, and was well-attended by many students and community members.

One of our core values at LCC is sustainability. Specifically, we believe in providing an interdisciplinary learning environment that builds understanding of sustainable ecological, social, and economic systems, concern for environmental justice, and the competence to act on such knowledge. The Palmo Center is a cutting-edge educational organization whose work directly supports that value.

The Palmo Center's mission align strongly with LCC's own college mission and values. We have chosen to partner with the Palmo Center to offer cultural and educational opportunities that positively contribute to the peace and health of our world, and we look forward to continued collaboration in the years ahead.

I invite you to join me in supporting the capital campaign Palmo Center for Peace and Education.

Best Regards,

A handwritten signature in black ink, appearing to be 'BK' followed by a stylized flourish.

Brian Kelly
Vice President of College Services



To Whom it May Concern:

I am writing to you regarding The Palmo Center for Peace and Education, a local non-profit organization that contributes to the well-being of our community. The activities of this organization directly promote and support the City of Eugene's core values of honoring all people with a respect and appreciation for diversity, equity, justice, and social well-being, and embracing common humanity as the source of our strength.

I'd like to share with you my appreciation for the Palmo Center's wide and inclusive vision of educating the heart and the mind. Our city has greatly benefitted from the activities that the Palmo Center has offered. These activities and events are based on current scientific research that underlines how training the mind increases compassion and happiness for self and others. The Palmo Center has brought World Peace leaders, such as the Dalai Lama and others, to speak and conduct workshops, worked with schools on peace and mindfulness curriculums, offered workshops and talks to inmates in state prisons, addiction recovery organizations and people in our community from medical doctors, educators, business people and many other walks of life overcoming negative emotions such as depression, fear and anxiety, building and maintaining healthy relationships and how to stay positive during tumultuous times; offered cultural events that spotlight the endangered Tibetan Culture; and encouraged physical wellness and unity by sponsoring a city-wide run each spring.

What we do in our community either strengthens or weakens the welfare of the people here in Eugene, on a state level, and beyond, and I truly hope you will recognize the inclusive nature and emphasis of The Palmo Center's activities and their ability to make Eugene a better place for all of our citizens. I highly recommend your support for the Palmo Center for Peace and Education; as this Center grows so does the safety, livability and quality of life grow in Eugene.

Sincerely,

Lucy Vinis
Mayor, City of Eugene



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September 28, 2018

To Whom it May Concern,

I am very happy to be writing a letter of support for the Palmo Center for Peace and Education. Over 40 years in public schools as a teacher, counselor, and principal have taught me how educating the heart and mind translates into capable, creative learners who grow up to be compassionate, responsible citizens. In both affluent and high poverty neighborhood schools, the teaching of pro-social emotional skills produces students who have the ability to self-regulate their feelings and behavior, create and maintain positive relationships, make healthy decisions, and excel academically.

The Palmo Center for Peace and Education understands the importance of supporting students, parents, and teachers to expand their hearts and minds by teaching the real skills of mindfulness and compassion. The Center has a strong foundation in neuroscience and the science of compassionate mindfulness. This understanding is woven into the programs and activities offered to community members and in local public and private institutions.

In 2015, the Palmo Center was asked to consult with an elementary school who wished to explore the effects of mindfulness training on student learning and school climate. The Center's Director, Jigme Rinpoche, consulted with the school, and helped the principal to create a mindfulness teaching plan which included parents, school staff, and students. At a large gathering of prominent community leaders, the school's principal spoke about the positive effects the mindfulness program was having on students, including an increase in students' abilities to focus, create positive relationships, solve problems, and cope with everyday stress.

The Eugene School District is now proactively addressing an increase in students' negative emotions and related behavior. The area schools will be teaching pro-social emotional skills and offering mindfulness curriculums. The Palmo Center is poised to support these schools by sharing the latest brain research, teaching tools, and curriculums with parents and teachers. An investment in the Palmo Center for Peace and Education will increase its capacity to support teachers, parents, and students, assisting them to find new methods, and lead their students toward maximizing their potential socially, emotionally, and academically.

I highly recommend the Palmo Center for Peace and Education to you. Education is the key to creating kind and compassionate human beings who may lead the next generation to a more peaceful world.

Sincerely,
Sharon Tabor, M.S. Ed.