Dear Friends,

As always, in sitting down to write this annual letter, I am struck first with profound gratitude.

On behalf of our PMI-EMI staff and board, I want to express deep appreciation and thanks to all of you for your generosity, collaboration and trust. It is only because of your visionary support that we are able to double down our efforts in this challenging political climate to transform our criminal justice system into a more humane and effective system that actually enhances public safety while healing lives, supporting communities and building a more resilient society.

Replete with numerous successes and challenges, 2017 was our first complete calendar year at our new headquarters and training center in Deerfield, Massachusetts. We hosted our EMI Mindfulness Teacher Training weeklong retreats in May and September, with over 60 participants and faculty each time. We also hosted numerous other retreats and programs including a weekend retreat for our Path of Freedom® volunteers, a daylong training for our local Franklin County Sheriff’s Department and several other weeklong mindfulness meditation retreats.

Our Path of Freedom® (POF) mindfulness-based emotional intelligence programs for at-risk, incarcerated, and reentering youth and adults continue to expand and flourish with 63 POF programs in 21 states and seven countries. We conducted several POF programs at the local Franklin County Jail, where one of our staff members will soon be doing their social work internship. We ran our very popular, six-week online Path of Freedom® facilitator training three times in 2017, training over 75 new POF volunteers, and our POF graduates continue launching new POF programs throughout the country and around the world.

Our Center for Mindfulness in Public Safety Mindfulness-Based Wellness and Resiliency® programs for law enforcement and criminal justice professionals are also flourishing. We will launch a new MBWR® program for both Santa Clara County and Los Angeles County Sheriff’s deputies in 2018. Last October, Huffington Post produced a powerful, short video documentary about our MBWR® program in the Oregon DOC (www.mindfulcorrections.org), featuring correctional officers sharing how the MBWR® practices have helped them bring positive change to both their professional and personal lives. The video’s circulation is producing numerous inquiries from other correctional and public safety agencies.

Our Engaged Mindfulness Institute (EMI) had an active and robust year. We certified 36 graduates from our second 300-hour Mindfulness Teacher Training (MTT) cohort in June 2017, and a third MTT cohort of 35 participants are set to graduate in June of 2018. We also certified 14 graduates of our 500-hour Mindfulness Teacher Training in June 2018 and have 14 students enrolled in the 500-hour program now scheduled to graduate in June 2018.

Since its inception in 2014, our Mindful Justice Initiative (MJI), a collaboration with Transforming Justice (formerly the Berkeley Initiative for Mindfulness in Law), has grown exponentially with support from the Lenz Foundation, Fetzer Institute, and the David Rockefeller Fund. In 2017, along with our Transforming Justice partners, we offered mindfulness training to prosecutors, judges, and public defenders in Santa Clara County, California, with plans to expand into other California jurisdictions in 2018.

The prospects for significant criminal justice reform remain cloudy in the current political landscape. Nonetheless, we are redoubling our efforts to organize for genuine smart-on-crime reforms, while bringing the healing and transformational power of mindfulness to as many of our fellow citizens touched by the system as possible: prisoners, families, victims, and criminal justice professionals.

May 2018 be a year of profound healing and transformation for all those we serve and also a safe and rewarding year for all our courageous partners – volunteers, criminal justice professionals, community leaders and all of you, our loyal supporters and partners in this work.

With deep gratitude,

Fleet Maull, PhD, CMT-P
Founder & Board President
Prison Mindfulness Institute
MISSION

PMI’s mission is to provide prisoners, and those who work with them, with the most effective contemplative tools for self-transformation and rehabilitation. We support at-risk and incarcerated youth and adults in their contemplative practices and path, with an emphasis on mindfulness and awareness meditation, yoga and proven-effective, mindfulness-based interventions (MRI’s) like MBEI and MBSR. We also support prisoners in their study and practice of the contemplative teachings of various Buddhist and other world wisdom traditions. We promote these paths of wakefulness and non-aggression as ideal vehicles for self-rehabilitation and personal transformation. We believe in the power of the various mindfulness-awareness practices and body-mind disciplines of the world’s contemplative traditions to change behaviors, transform lives, and ultimately reduce recidivism, prevent crime, and enhance community safety and well-being.

We also provide Mindfulness-Based Wellness & Resiliency (MBWR)™ training, Mindfulness-Based Emotional Intelligence (MBEI) training, and Motivational Interviewing (MI) training for correctional officers and other criminal justice and social services professionals. As well as mindfulness teaching certifications for those who work with at-risk individuals and underserved communities.

VALUES

We believe in the basic goodness of all human beings and in their innate potential for healing and transformation.

We favor the healing and transformational paradigm of the Restorative and Transformative Justice models of criminal justice over the more punitive paradigm of Retributive Justice.

We support all prisoners, prison volunteers, and corrections professionals, regardless of race, ethnicity, gender, religion, political views, or sexual orientation, offering every individual the utmost respect and dignity.

We believe in spiritual, humanistic, restorative, and empowering models for self-transformation and rehabilitation, following the principle “give someone a fish and you feed him for a day. Teach the person to fish, and you feed her for a lifetime.”

VISION

Transformative Corrections

We envision correctional facilities and community corrections programs that promote healing, education, and personal transformation, genuinely supporting rehabilitation and making use of proven-effective, evidence-based methodologies from the body-mind awareness disciplines of the world wisdom traditions and contemporary psychology.

Successful Reintegration

Through the success of such programs, we envision a faster and more successful reintegration of rehabilitated prisoners into the community. We envision a gradual shift towards more reliance on community corrections programs to keep individuals in the community — working, paying taxes, supporting their families and parenting their children.

Transforming Community Leadership

We further envision a growing number of prisoners and ex-prisoners emerging as community leaders and change agents working to heal individuals and communities both inside and outside the walls of our correctional institutions, thus contributing significantly to the overall health and well-being of society.

~H.H. Dalai Lama

“It is important that we do not forget what happens in our prisons, nor what they are for. Prisons should not only be focused on punishment, but also on rehabilitation. No one is entirely evil, for everyone does possess a basic sense of humanity at some level. Indeed we Buddhists believe that everyone has Buddha nature, the potential to become a Buddha. In our various communities it is important to ensure that the prison system functions in the interest of us all.

I am pleased to learn that the Prison Dharma Network [Prison Mindfulness Institute] is working to support rehabilitation through education and other activities within the prison system. I am confident that these projects will be of long term benefit both to prison inmates and society at large and offer my prayers for their success.”
With nearly seven million men, women and children under some kind of correctional supervision in the U.S., our criminal justice system has devolved into a self-perpetuating industry that warehouses human beings deemed to be expendable. This industry is siphoning away critical community resources from health, education and infrastructure, while actually diminishing overall public safety. Correctional facilities offer their unfortunate occupants little hope of ever having a better, more productive life.

Mindfulness-based programs offer prisoners new hope for changing and transforming their lives for the better. Current neuroscience research has demonstrated clearly the positive impact of consistent meditation practice on human development, brain function and behavior.

Mindfulness-based emotional intelligence (MBEI) training has demonstrated significant positive impact for persons suffering from depression, as well as attention deficits, poor impulse control and other behavioral issues prevalent in the prison population.

Prison Mindfulness Institute is developing and promoting innovative and transformative evidence-based programs for the mainstream of corrections practice. Our flagship Path of Freedom program presents an MBEI approach to relieving suffering and promoting positive behavior change.

We are working to actualize our PMI mission of transforming lives and society with three principal strategies:

- Leading the field as an innovative developer and direct provider of mindfulness-based emotional intelligence (MBEI) training for the corrections field.
- Conducting quality research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions and programming as evidence based practice (EBP) in the field of corrections.
- Growing and resourcing an international, contemplative and mindfulness-based prison work movement — providing prisoners, prison volunteers, corrections staff and over 150 PDN-member prison projects and organizations with the most effective mindfulness-based tools, training and resources available.

“I have tremendous respect for the work of the Prison Mindfulness Institute. It nurtures freedom, inner peace, and human kindness in places where there is precious little of it... a true example of rehabilitation in its deepest sense: learning to live inside (one’s own body and heart) again. This is necessary work in our society, which, believe it or not, incarcerates a higher percentage of its population than any other country in the world.”

~Jon Kabat-Zinn
Since launching the POF online course in 2009, over 800 participants from around the world have completed the POF facilitator training. The majority of these participants are volunteers or professionals already involved in corrections, treatment, or at-risk youth programs of one kind or another. The Path of Freedom™ is a uniquely integrated rehabilitation and personal development curriculum. It incorporates mindfulness training, cognitive-behavioral training, and social-emotional learning in a pragmatic twelve-session, experiential course that can be delivered in a variety of settings and in various formats.

In 2017 we offered three Path of Freedom™ online trainings, training a total of 75 people. We will be running three POF trainings in 2018 and hope to train another 100 people.

The process of translating the Path of Freedom curriculum to meet the needs of the Spanish speaking population will be a core focus in 2018.

Online Interactive Facilitator's Guide
In 2017 we continued to develop resources for our interactive, online facilitators website for all Path of Freedom™ (POF) facilitators. The site provides all the materials, guidelines, and additional resources facilitators need to deliver the Path of Freedom™ curriculum.

Inside Path of Freedom™ Programs
In 2017 we continued to offer our Path of Freedom™ programs at several facilities throughout the Rhode Island Department of Corrections and at the Franklin County Jail in MA. We also continued programs in the De Kalb County Jail in Georgia and the Mac Laren Youth Correctional Facility in Oregon. There are currently 63 POF programs in 21 states and seven countries.

2017 also saw the advent of a new program, “Train the Trainer”, where prisoners who had previously participated in a Path of Freedom course were taught how to facilitate the course. The pilot program launched in Washington state with three prisoners becoming facilitators of the Path of Freedom. In 2018, these three men will facilitate the program to 17 men in the Washington facility.

POF Post Release (MA)
In 2017 POF classes continued to be held at Pine Street Inn. Pine Street Inn provides permanent supportive housing, job training and placement, emergency shelter and street outreach to more than 1,900 individuals who are transitioning out of homelessness or who were recently released from prison. Founded in 1969, Pine Street is the largest resource for homeless men and women in New England.

New Edition: Path of Freedom Workbook
Kate Crisp, our Executive Director and the author of the Path of Freedom workbook, updated the workbook to include language that is more accessible to a wider audience. In 2018 she will continue working on the illustrated version which will allow the material to be available to an even broader audience.

“The POF program definitely met my expectations. I consider it to be an excellent synthesis of relevant and powerful emotional intelligence, mindfulness, and cognitive behavioral principles that can have an enormous positive impact on the incarcerated. Thank you for the opportunity to participate in this program.”

~Participant, POF Online Training
Prison and Facilitator Trainings
During 2017, PDN Founder Fleet Maull led POF, MBWR and other mindfulness-based emotional intelligence trainings for prisoners, prison facilitators, correctional staff and others in Illinois, Massachusetts, New Mexico, New York, Oregon, Rhode Island, Washington DC, Wisconsin, Canada, and Poland.

Networking and Community Building
We have worked for over 25 years to build a well-resourced, national and international prison meditation movement. We provide support, resources, and training - both in person and online - to prisoners, prison chaplains, prison volunteers, corrections professionals, and mindfulness teachers.

Online Network Database
Our searchable online database includes 158 Prison Dharma Network member organizations worldwide.

Prison Dharma Network Community
We provide an online community and social network for our individual and organizational members on our website at prisonmindfulness.org.

The site is a hub for prison meditation program news and activity with over 3,809 PDN members blogging, engaging in discussion forums, sharing resources, photos, videos, and more.

This site has become a thriving center for prison volunteers, prison staff, and prisoner families. Here members can discuss the most relevant prison dharma issues and network with one another. Our active PMI/PDN community on Facebook now has 7,052 members. We also have 14,806 followers on our Twitter page.

“Many times I have heard or used the line, ‘I am a grown man’. What does that even mean? What I would like to be able to say instead is, ‘I am an adult and I am working to obtain the skills needed to one day be able to calmly and peacefully consider the best course of action when I become triggered’.”

~Prisoner, Path of Freedom Class

“I’ve never been much of a meditator so I wasn’t sure what to expect when I signed up for the class. I’ve definitely noticed a positive effect on my work. I feel more calm when I take the bench, and being present, or “in the moment”, as I’m hearing cases has allowed me to notice more about what is happening in the courtroom. I have, on several occasions, noticed things that I wouldn’t have otherwise, and at least a few times those observations have changed what I have done on cases.”

~Participant (Superior Court Judge), MBWR Training Program
Books Behind Bars: Support for Prisoners, Prison Chaplains, and Libraries

We provide shipments of books on meditation, Buddhism, and other contemplative practices and teachings from the world’s great wisdom traditions to prisoners, prison chaplains, and prison libraries. In 2017 we sent over 2,030 books on meditation and contemplative spirituality to prisoners, prison chaplains, and prison libraries. We continue to partner with Tricycle Magazine to provide chaplains and librarians with downloadable materials and resources on our website, including the Tricycle Meditation Kit, and the PMI Meditation Kit, as well as a yoga instruction kit.

Prison Dharma Press

As the premier publisher of prison dharma literature, PDN has distributed over 10,000 copies of our publications to prisoners, prison libraries and volunteers nationwide, including: Sitting Inside: Buddhist Practice in America’s Prisons, Dharma In Hell: The Prison Writings of Fleet Maull, and Path of Freedom Workbook.

“Physical pain took me to prison. Now the pain is mental and social. I used to get high to cover my emotions. This class has really allowed me to meet myself where I am and work with my emotions in a new way. I’m sad for my victim that it had to come to this for me to get the help I need but I’m working hard because I don’t want there to be another victim.”

~Prisoner, Path of Freedom Class

Prison Dharma Press

As the premier publisher of prison dharma literature, PDN has distributed over 10,000 copies of our publications to prisoners, prison libraries and volunteers nationwide, including: Sitting Inside: Buddhist Practice in America’s Prisons, Dharma In Hell: The Prison Writings of Fleet Maull, and Path of Freedom Workbook.

“We wish to express our gratitude for the donation of books you made to our Chapel. The inmates have been taking advantage of the books you sent and are finding them very helpful. Their options in prison are limited and the books help them to better themselves. It also helps to remind them that, even though they are in prison, not everyone in society has given up on them.”

~Chaplain, Books Behind Bars Program Recipient
Prison Mindfulness Research Project

PDN has established a stellar committee of seasoned researchers to develop research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions as evidence-based practice (EBP) in corrections.

Please visit our website prisonmindfulness.org, for information regarding our published research and current research initiatives.

PMI’s Research & Program Evaluation Committee

Brad Bogue, M.A.
Willoughby Britton, Ph.D.
Jennifer Clark, M.D.
Kate Crisp, B.A.
Sam Himelstein, Ph.D.
Jennifer Johnson, Ph.D.
Fleet Maull, Ph.D., CMT-P
Dave Vago, Ph.D.

Center for Mindfulness in Public Safety (CMPS)

Since it’s inception in 2012 our Mindfulness-Based Wellness & Resiliency (MBWR) training for corrections professionals, law enforcement, first responders, and criminal justice professionals has continued to grow.

Over 600 corrections professionals have now completed the 10-week MBWR program in the Oregon Department of Corrections (DOC). Research from the Oregon program has demonstrated significant improvements in participants’ capacity for mindfulness and emotional intelligence and their overall well being and job satisfaction. The majority of individual participants have reported significant improvements in their quality of life at home and at work, including very specific improvements in their physical health. Oregon DOC management recently committed to training all 4,500 OR DOC employees in the MBWR program in the coming years.

In Rhode Island and Kentucky, over 500 corrections professionals have completed our 10-week MBWR training.

Recently, we contracted with the Santa Clara County Sheriff’s Department (SCCSD) in California to train 800 sheriff’s deputies who work in the Santa Clara County Jail with a 4-hour MBWR intervention as part of their annual mandatory training. These trainings will begin in February of 2018. We are also in discussion with the SCCSD to provide the same MBWR training to approximately 500 deputies who work Patrol in the community. Our hope is to convince SCCSD to begin a pilot 10-week MBWR training on a volunteer basis after completing the mandatory training.

See: www.mindfulpublicsafety.org

“I have calmed down in a major way. I am able to tell the difference between my stuff and other people’s stuff and not get caught up in what is not mine. I’m more accepting of what is and I’m choosing to be present rather than feeling numb. It works at home too, my wife and I get along a lot better and I have more hope for the future.”

~Participant (Corrections Officer), MBWR Training Program
Engaged Mindfulness Institute

The Engaged Mindfulness Institute (EMI), formerly Peacemaker Institute, was founded in 2001. In 2015 we launched the Engaged Mindfulness Institute with a year-long 300-Hour Mindfulness Teacher Training and Certification program for aspiring mindfulness teachers bringing trauma-informed mindfulness to individuals in at-risk situations and underserved and marginalized communities. Then in 2016, we launched our 500-Hour Mindfulness Teacher Certification (Level Two) for graduates of the 300-Hour Level One program who seek a second year of advanced training and supervised practice-teaching. The Institute delivers trainings developed from a rich tradition of spiritually grounded, contemplative and mindfulness-based peace and social change work combined with the latest developments in neuroscience-based leadership training. Mindfulness is foundational to all of our trainings.

As of June 2017, a total of 74 participants have graduated from our Level One: 300-Hr Mindfulness Teacher Certification program. The third cohort of this program is currently underway, with 35 participants expecting to graduate in June 2018. Also in 2017, we had 14 participants complete our Level Two: 500-Hr Mindfulness Teacher Training and are finishing their final Certification now.

We are currently enrolling participants for our 2018-19 trainings: the fourth cohort of the 300-Hr Level One Training and the third cohort of the 500-Hr Level Two Training.

See: www.engagedmindfulness.org

“Words can’t express what I learned from the coursework. We moved through the foundations and backbone of mindfulness, into the art of teaching it, and then into working with special populations. All the things that I was interested in were covered and that felt really good.”

~Participant, Engaged Mindfulness Institute Teacher Training Program

“I didn’t know what to expect. And then to be provided with, and exposed to, such incredibly thoughtful and intelligent material; really not cutting corners anywhere; a curriculum that covered the important dimensions of mindfulness facilitation from virtually every angle. It was hard! A lot of information, a lot of learning, but it’s been great.”

~Participant, Engaged Mindfulness Institute Teacher Training Program
STRATEGIC PARTNERSHIPS AND COLLABORATIONS

Prison Dharma Network Organizational Members
We are committed to supporting, promoting and facilitating the work of our 155 PDN member organizations. Our membership includes almost all of the organizations and groups, large and small, doing meditation-based or contemplative prison work in the U.S. and a number of groups working in Europe, Latin American and Pacific Rim Countries such as Australia and New Zealand.

Justice Systems Assessment & Training (J-SAT) brings Evidence-Based Practices (EBP) and performance measurement strategies to federal, state, and local correctional agencies through evaluation, training, assessment and research services. PMI is partnering with J-SAT to evaluate the effectiveness of Mindfulness-Based Wellness & Resiliency (MBWR™) and Motivational Interviewing (MI) training programs for corrections professionals, law enforcement, and criminal justice professionals.

Mindful Justice Initiative (MJI)
In collaboration with Transforming Justice (former Berkeley Initiative for Mindfulness in Law), we provided mindfulness training programs for judges, prosecutors, and public defenders in Santa Clara County (San Jose), CA. We are working to expand mindfulness-based training for the entire criminal justice system in Santa Clara County as a potential laboratory for developing a mindfulness-based criminal justice system at the local level. We will begin training Santa Clara County Jail Deputies in early 2018. We are also developing similar programs in Los Angeles, CA.

See: www.mindfuljustice.org

“My job involves deciding how and when to charge a case. When I review a rap sheet and find this is the first offense for someone, I’ve started to think, “maybe we could help this person.” Normally, I see people going in and out of drug court and don’t think anything will change. But, after taking this training, I’m starting to think differently, to have more hope, that maybe this time it will click and things will change.”

~Participant (District Attorney), MBWR Training Program
PMI: SUSTAINING THE CHANGE

2018 Development Campaign Goals
PMI is now bringing evidence-based mindfulness programming to the full breadth of the criminal justice system, from law enforcement and the court system to corrections, probation and parole, treatment and reentry programs. We are engaged in multiple research initiatives to drive innovative policy advancements. The bold effort to initiate system-wide change requires significant resources for program and faculty development, research, and training. We ask you to join with us in this exciting and challenging systemic change campaign to transform our criminal justice system into a vehicle for healing, transformation and hope, as well as public safety and security, by helping us to reach our fundraising goals for 2018:

Annual Appeal ............... $300,000
Major Gifts ................. $300,000
Grants ...................... $300,000
Programs ................... $300,000
Total Fundraising Goal ... $1,200,000

Support us in any or all of the following ways:
• Donate to the Annual Fund wholeheartedly so that we can achieve our goal of transforming our criminal justice system into a force for healing.
• Join our Legacy Circle with a multi-year gift of support for our Path of Freedom or Books Behind Bars programs. By committing and contributing to this fund in an ongoing way, you help countless youth and prisoners find a way to make their lives meaningful rather than harmful to themselves and others.

Every gift of any amount is greatly appreciated by us and all of the thousands of prisoners we serve. Your donations are tax-deductible and will make a difference in the lives of so many in need.

Gifts may be made online at:
www.PrisonMindfulness.org

or send to:
Prison Mindfulness Institute
PO Box 206
South Deerfield MA 01373

“...I have been honored to serve as a spiritual advisor to the Prison Dharma Network since its founding and fully endorse the work they continue to accomplish. Through my own experience with prisoners, I have directly witnessed the transformative potential of prison meditation programs. Please support Prison Dharma Network in any way you can.”

~Acharya Pema Chodron
On behalf of our Board and Staff we would like to thank our dedicated program facilitators and donors:

**FACILITATORS**

**Path of Freedom (East Coast)**

- Joe Arak
- Kate Crisp
- Jonah David
- Rebecca Foster
- Jim Landers
- David Margolis
- Paul Mooney
- Mark O'Leary
- Susan Phenix
- Ariel Pliskin
- Buck Reidy
- Gary Schapiro
- Claudia Summer
- Richard Sylvester
- Geoff Taylor
- Nealy Zimmerman

- Path of Freedom (Georgia)
- Tommy Housworth
- Doug Jackson

- Path of Freedom (Oregon)
- Fred Sly

**MBWR Program (Oregon)**

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- Susan Havlina
- Kristen LeGore
- Michael Morgan

**Mindful Justice (California)**

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