

Through scientific research and direct experience, we explore how the power of our inner-knowing can unlock our ability to create a just and sustainable future.

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Dear Friends of IONS,

As we sit to write this letter, we're struck by the fact that it is exactly the two-year anniversary of the passing of IONS visionary founder, Apollo 14 astronaut Edgar Mitchell. Coincidence or meaningful synchronicity? We're compelled to believe it's the latter. And we shouldn't be surprised, as many similar moments of inspired connection with IONS early leaders have graced our brief tenures as CEO and Chair of this vitally important organization.

Indeed, the spirit of our founders guides us daily. There is a profound sense of responsibility across our Staff and Board of Directors not only to preserve Edgar's original vision, but to boldly expand IONS impact at a time when our world desperately needs healing, radical innovation, and transformation.

To that end, the past 18 months have been dedicated to strengthening IONS foundation to ensure that we have the launchpad necessary for the next chapter in our shared mission. Here are some of our key achievements, with more detail provided throughout this annual report:

- **Sharper Strategic Focus** providing powerful clarity that IONS work must be grounded in the deep interplay of Science and Experience—applying our research findings in ways that enable people to experience transformation through inner-knowing and interconnection.
- Launch of the IONS Discovery Lab (IDL) an exciting, leading-edge initiative to involve EarthRise retreat participants in our scientific research, advancing our understanding of the mechanisms of personal transformation. By creating an enormous dataset on various noetic practices, we can conduct multidisciplinary, translational and unprecedented research of both the effects of these practices and the mechanisms by which those effects take place.
- **EarthRise Homecoming** re-integrating our entire staff team, including all of our scientists and laboratories, onto our beautiful and inspiring EarthRise campus, fostering greater collaboration and creating a true "living laboratory."
- **Expanded Engagement** developing creative, new opportunities for individuals and organizations to build community and coherently engage with IONS work in deeply meaningful ways that make a profound difference in their lives and communities.
- **Progress Toward Resource Sustainability** advancing a truly robust resource plan built around integrity, clarity, and prosperity to ensure that IONS can thrive in pursuit of Edgar's original vision!

On behalf of our entire team, we share with confidence that our launchpad is ready for an enterprising new era at IONS. Edgar knew that as humanity witnessed dramatic advances in the exploration of outer space, we must continue to courageously explore inner space. This was never more true than it is today. We cannot do this alone, but only in partnership with all of you—our IONS community—past, present, and future!

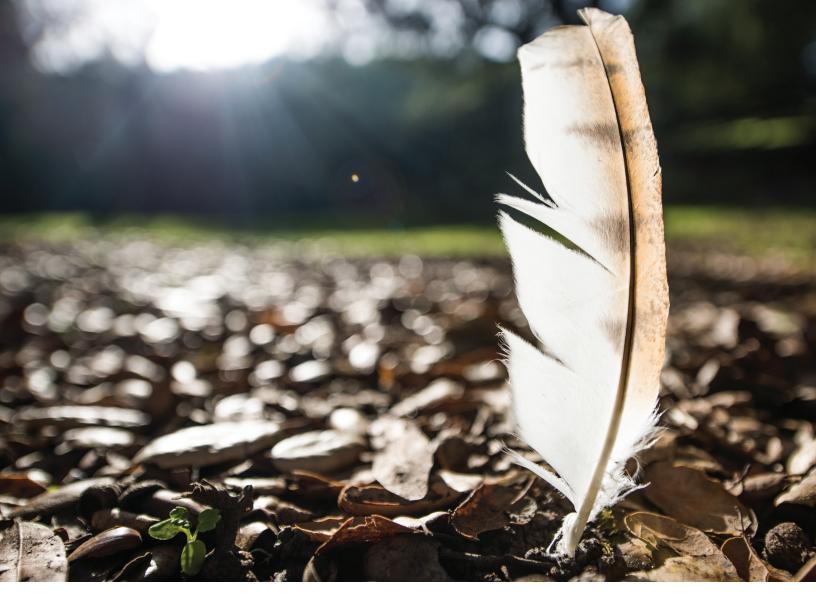
With deep gratitude,



Claire Lachance Chief Executive Officer



Claudia Welss Chair, Board of Directors



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#### Founder

Edgar Mitchell, ScD, PhD (1930-2016)

#### **Management Team**

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Katia Petersen, Education Program Director
Dean Radin, Chief Scientist
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Helané Wahbeh, Director, Research and Evaluation



We hypothesize that everything is interconnected, and that embodying that awareness reveals information and energy not limited by space and time, which can create breakthroughs in transformation, innovation, and well-being.

#### **SCIENCE TEAM**

With your support, IONS now has the largest, highest expertise, most multidisciplinary team in the world investigating frontier topics in consciousness.



#### Helané Wahbeh, ND, MCR, IONS Director of Research & Evaluation

Dr. Wahbeh is also an adjunct assistant professor in the Department of Neurology at Oregon Health & Science University. She is a naturopathic physician with a Master of Clinical Research. She is currently focused on investigating the phenomenon of channeling, and launching the IONS Discovery Lab.

#### Dean Radin, PhD, IONS Chief Scientist

Dr. Radin has been with IONS since 2001, previously holding appointments at AT&T Bell Labs, Princeton University, the University of Edinburgh, and SRI International. He has authored over 250 technical and popular articles and three books, and is currently focused on the link between historical views of magic and parapsychology, as well as continuing his groundbreaking work on mind-matter interactions and precognition.





#### Cassandra Vieten, PhD, IONS President

Dr. Vieten, a clinical psychologist, has been with IONS since 2001, previously serving as its CEO. She is also a scientist at California Pacific Medical Center's Research Institute and was formerly at the University of California, San Francisco. She currently focuses on studies of meditation, awe induction through virtual reality, spirituality and mental health, and using consciousness science to boost the effectiveness of change agents.



Dr. Delorme is also a research scientist at the University of Toulouse, France, and was a researcher at the University of California, San Diego. His studies focus on using neuroscience to investigate meditation, mediumship, and brain activity correlates of consciousness.





#### **Garret Yount, PhD, IONS Scientist**

Dr. Yount is formerly the Director of the Mind-Body Medicine Research Group at California Pacific Medical Center Research Institute, and the University of California, San Francisco prior to that. His primary interest is bridging molecular neurobiology and gene expression with aspects of consciousness and the nonmaterial mind.

#### Julia Mossbridge, PhD, IONS Scientist

Dr. Mossbridge is also a Visiting Scholar in the Psychology Department at Northwestern University, and founder of the Mossbridge Institute, as well as Science Director at Focus @ Will. Her current interests are time and the unconscious mind, intuition, dreaming, soundscape influence on mood, and models of transformation and transcendence.





#### Loren Carpenter, IONS Visiting Scholar

Loren is a co-founder of Pixar Animation Studios and revolutionized the film industry through inventing rendering and modeling algorithms for image synthesis and visual effects. A two-time Oscar winner, he is now head of IONS Virtual Reality Lab, along with engineering new ways to investigate mind-matter interactions and collective consciousness.

For full bios of the science team, visit noetic.org/research/faculty-staff

In pursuit of exploring our hypothesis, we are focusing on three main areas of study...

# 1

## How are we interconnected?

#### **Current Experiments**

- Advancing the Science of Collective Consciousness (Vieten/Radin/Delorme)
- Next Generation Double Slit (Radin)
- Entangled Photon (Radin)
- Entangled Time (Mossbridge)
- Missing Photon (Carpenter)
- Saliva Gene Optimization Pilot Study (Yount)

# 2

# Can we access information not limited by space and time?

#### **Current Experiments**

- A Physiological Examination of Full-Trance Channeling (Wahbeh)
- Accuracy and Neural Correlates of Blinded Mediumship Compared to Controls (Delorme)
- PsiQ (Mossbridge/Delorme)
- Reproductive Hormonal Status as a Predictor of Precognition (Mossbridge)
- Genetics of Psychic Ability (Radin/Wahbeh)
- Hypnotizing Unconditional Love and Precognition (Mossbridge)
- Extraordinary Experiences and Performance on Psi Tasks During and After Meditation Classes and Retreats (Vieten/ Delorme)



# Does that create breakthroughs in transformation, innovation & well-being?

#### **Current Experiments**

- Loving Artificial Intelligence (Mossbridge)
- Models of Transformation C3: Consciousness, Communication and Change (Vieten)
- Meditation Training (online and iRest) for Older Adults with Depression (Wahbeh)
- Consciousness and Breast Cancer (Wahbeh)
- Spiritual Competencies for Mental Health Professionals (Vieten)
- Awe Induction: The Edgar Mitchell Virtual Reality Experience (Vieten/Carpenter)

#### **Published Peer-Reviewed Papers**

- Mossbridge, J. (2017, May). Examining the nature of retrocausal effects in biology and psychology. In AIP Conference Proceedings (Vol. 1841, No. 1, p. 030004). AIP Publishing.
- Radin, D., Michel, L., & Delorme, A. (2016). Psychophysical modulation of fringe visibility in a distant double-slit optical system. Physics Essays, 29(1), 14-22.
- Shiah, Y. J., Hsieh, H. L., Chen, H. J., & Radin, D. I. (2017). Effects of Intentionally Treated Water on Growth of Arabidopsis thaliana Seeds with Cryptochrome Mutations. Explore: The Journal of Science and Healing, 13(6), 371-378.

#### **Published Peer-Reviewed Papers**

- Wahbeh, H., & Radin, D. (2018). People reporting experiences of mediumship have higher dissociation symptom scores than non-mediums, but below thresholds for pathological dissociation. F1000Research, 6.
- Mossbridge, J. A. (2017, July). Characteristic Alpha Reflects Predictive Anticipatory Activity (PAA) in an Auditory-Visual Task. In International Conference on Augmented Cognition
- (pp. 79-89). Springer, Cham.
- Braboszcz, C., Cahn, B. R., Levy, J., Fernandez, M., & **Delorme, A.** (2017). Increased gamma brainwave amplitude compared to control in three different meditation traditions. PloS one,
- 12(1), e0170647.

#### **Published Peer-Reviewed Papers**

- Wahbeh, H., Shainsky, L., Weaver, A., & Engels-Smith, J. (2017). Shamanic Healing for Veterans with PTSD: A Case Series. Explore: The Journal of Science and Healing, 13(3), 207.
- Vieten, C., Scammell, S., Pierce, A., Pilato, R., Ammondson, I., Pargament, K. I., & Lukoff, D. (2016). Competencies for psychologists in the domains of religion and spirituality. Spirituality in Clinical Practice, 3(2), 92.
- Church, D., Yount, G., Rachlin, K., Fox, L., & Nelms, J. (2018). Epigenetic Effects of PTSD Remediation in Veterans Using Clinical Emotional Freedom Techniques: A Randomized Controlled Pilot Study. American Journal of Health Promotion, 32(1), 112-122.

## **ADVANCING THE FIELD**

A major purpose of IONS is to anticipate the future, determine what is needed next, and advance entire fields of inquiry by convening the leading scientists in their disciplines to make collaborative breakthroughs in the frontier science of consciousness.



Meeting on Collective Consciousness with leaders in the field, October 2017

#### **Compassion and Tech**

IONS has always been a futurist organization, working to anticipate the future of humanity and technology. In 2017, IONS Scientist Julia Mossbridge received an unprecedented grant to develop and test unconditional love algorithms for programming into artificial intelligence with key partners around the world. She visited Hong Kong this year to conduct experiments with Sophia, an artificial intelligence robot created by Hansen Robotics, who was the first AI granted citizenship in Saudi Arabia in 2017. Early experiments indicate people are able to experience loving interactions with Sophia, which bodes well for the future of this technology to help humanity.

#### **Spiritual Competencies**

IONS Spiritual Competencies in Mental Health program of research has revealed that while spirituality is key to people's mental health, mental health professionals receive little to no training in spirituality and rarely inquire about it or utilize it in mental health treatment. After two peer-reviewed papers and a book on these findings, IONS President Cassandra Vieten was invited to present this research to the American Psychological and American Psychiatric Associations. A new grant by the Templeton Foundation has IONS collaborating with three major universities to create trainings and assessments to shift the field of mental health care.

#### **Collective Consciousness**

IONS has been a leader in investigating collective consciousness, - the exploration of measurable effects on people, social outcomes, and physical reality, when many people pay attention to or send intention to the same thing. In 2017, IONS hosted a groundbreaking invitational meeting bringing together researchers from Transcendental Meditation, HeartMath, the Global Consciousness Project, the Global Coherence Initiative, Consciousness Hacking, the Entangled App (and many others), to collaborate on how to better detect and harness effects of collective consciousness on individual and planetary well-being.

#### **PTSD and Veterans**

IONS scientist Dr. Garret Yount and collaborator Dr. Dawson Church published a study showing that Emotional Freedom Technique (EFT), a form of psychological energy medicine, significantly reduced post-traumatic stress disorder (PTSD) symptoms in veterans, and after just 10 sessions of EFT, all the veterans were free from clinically diagnosable PTSD. Later that year, after reviewing the extensive evidence for the safety and efficacy of EFT, the US Veterans Administration (VA) Integrative Health Coordinating Center published a statement approving EFT, making it so that VA therapists will now be able to use EFT with their clients suffering from PTSD, depression, anxiety, pain and other conditions.



The IONS Discovery Laboratory (IDL) has been established to unlock a deeper understanding of the mechanisms by which transformative practices increase human potential. IDL will create the largest dataset in the world for conducting unprecedented multidisciplinary, translational research on outcomes of noetic practices. We will collect psychophysiological, neuroscience, and behavioral data, as well as measures of psi phenomena and extended human capacities, before and after people engage in noetic workshops and trainings at our EarthRise campus.



# **Experiential Programs**

IONS is committed to delivering transformational experiential programs to individuals and communities to infuse noetic experiences into everyday life, in service of creating a better world for all.

#### **Global Delivery**

A key focus of IONS is to make consciousness science and practices accessible to people around the globe. Three of our key target demographics – youth, elders, mothers – are now supported by a new online platform. We have streamlined our *Consciousness for the Next Generation* webinar series, enhanced our *Conscious Aging Facilitator Training Program*, and updated our *Mindful Motherhood* online course. Work will continue in 2018 to develop additional online offerings for our constituents and noetic seekers around the world.

These programs and others are prime examples of how IONS conducts science, translates it into interventions, tests them, and then infuses them into society.

Check out all of our experiential offerings at: noeticprograms.org



## mindful motherhood

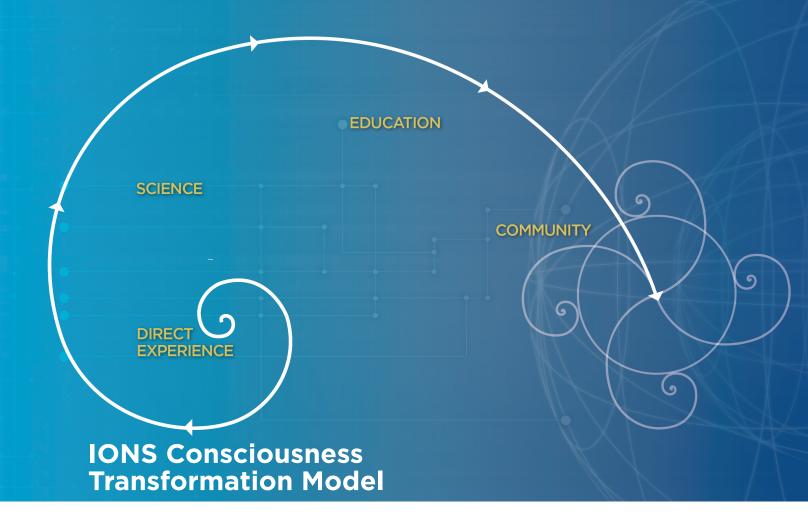
practical tools for staying sane during pregnancy & your child's first year

The Mindful Motherhood program was adapted in partnership with the University of California, San Francisco for a five-year, NIH-funded project using meditation to increase well-being among low-income, inner-city, high-stress pregnant women. The results of that study, being published now, show that women who received the meditation training during pregnancy showed reduced stress, lower depression up to 18 months postpartum, and their infants had fewer doctor visits. The research was conducted over the last decade through a partnership of IONS and California Pacific Medical Center, and is now being adopted by other hospitals, penetrating the larger field of maternal health and well-being - making it more likely women will receive meditation training during pregnancy.

#### **IONS Conscious Aging Facilitator Training Program**

Given the popularity of our Conscious Aging program – reaching nearly 900 facilitators and facilitators-in-training across the globe – we are now providing a certification and renewal process. We have a new platform for fresh curriculum that speaks to a more diverse senior population, including such themes as ageism, inclusivity, and cultural diversity. Our new platform also provides even better support to facilitators, helping them to get this work out into the world.

Check out the map of Conscious Aging Facilitators worldwide: noetic.org/education/ca/facilitators



Harnessing what we learned from our 10-year transformation research project, our offerings traverse our Consciousness Transformation Model. By supporting personal noetic exploration, IONS programs create transformative opportunities for seekers across the globe, and lay the groundwork for individual and collective breakthroughs in innovation, transformation, and well-being.



IONS Education Program Director Katia Peterson (fourth from right) with Santa Clara University student-teachers

## **Supporting Teachers-in-Training and their Students**

In partnership with Santa Clara University, IONS launched a new Worldview Explorations (WE) student-teacher training. By reaching student-teachers at the beginning of their careers, we can leverage our resources to reach thousands of children through one WE trainee. The student-teacher training is also an exciting new model for reaching adolescents in high-needs schools by improving new teacher competency. With our Teachers-in-Training model, WE is now poised to reach unprecedented numbers of young people.

# 17th International IONS Conference

We were delighted to host over 800 attendees at our 17th International IONS Conference in Oakland, CA in July for three days and three nights of mind-blowing science, transformative spiritual practices, and deep connection and conversation! This past year's conference — *The Science of What Connects Us* — showcased IONS team of seven leading scientists along with other powerful speakers such as IONS Fellow Rupert Sheldrake, NASA Astronaut Yvonne Cagle, renowned author Lynne McTaggart, founder of Creation Spirituality Matthew Fox, and co-founder of Yes! Magazine David Korten, as well as scientists from Stanford, UC Berkeley, the University of Virginia and more.



From left: IONS Virtual Reality Lab Demo; Jewel Love and the Urban Healers; Painting one's impression of Conference

#### **IONS NextGen Initiative**

IONS is committed to supporting the next generation of leaders who are dedicated to increasing the wellbeing of our world. We were delighted to present the first annual *Consciousness in Action Award* to three young change-makers who are contributing to the personal and collective transformation of our planet. Kendra Krueger, J.R. Furst, and Marcelo Garzo Montalvo were honored at the 17th International IONS Conference in July 2017, and presented with a monetary award to support their ongoing efforts.

Through communication efforts designed to specifically connect with younger generations, we increased conference participation by those under



From left: J.R. Furst, Kendra Krueger, Marcelo Garzo Montalvo

40 by 150%. Additionally, with the financial support of Greenheart International and the Three Swallows Foundation, NextGen sponsored scholarships for 40 deserving young people to take part in the conference. Our NextGen program also hosted 26 interns and volunteers this year. Our intern program gives opportunities to college students and young professionals to work with the IONS science and education teams, giving the students valuable training and work experience while also contributing their gifts and talents toward IONS research and programs.



From left: Luisah Teish, IONS President Cassandra Vieten, IONS Fellow Marilyn Schlitz

## **Connecting Constituents Around the World**

The IONS Community Group Network is comprised of a vibrant community of 158 groups that span 39 states, 21 countries, and 6 continents! Groups range in size from small discussion groups who meet in living rooms, to large groups who gather for dynamic presentations. Our Community Group Network has taken itself to the next level of interconnectedness with the launch of our Noetic Global Gatherings, a free online webinar series and discussion group. This new offering supports our local community group leaders by creating programmatic content for their gatherings and making it much easier for interested individuals to start and manage groups in their area. Additionally, this new offering will create a two-way street between IONS and local groups, both funneling interested parties into groups in their area, as well as giving IONS the ability to share our work directly with the participants of local groups



# A Living Laboratory For Science And Experience

EarthRise Transformational Retreat Center is a gathering place to explore ancient wisdom traditions, engage in experiential learning, and participate in scientific inquiry. It is the ideal spot for deep personal growth, team building, and inspiration for groups from around the world for their leadership trainings, staff retreats, transformational workshops or contemplative practices.

On 194-acres of majestic rolling hills an hour north of San Francisco, EarthRise is where scientists, educators, thought leaders and spiritual teachers come together to take their work to the next level. Spacious and lovely meeting spaces, a nationally recognized labyrinth, hiking trails, vintage oaks and wildlife provide the perfect environment for integrating theory and practice, science and spirituality, growth and renewal.



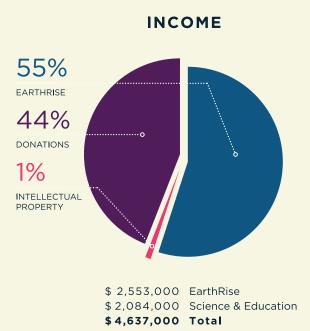
EarthRise hosted over 120 groups with over 5,200 guests, visitors and workshop participants this past year. We held space for some of the world's most prominent thinkers, scientists, and inner science explorers. This included Michael Harner's Foundation for Shamanic Studies, Thomas Hubl's Inner Science, UCSD Center for Mindfulness, UCSF, California Institute of Integral Studies (CIIS), Esalen Center for Theory and Research, and Pachamama Alliance, amongst others.

Renowned for our food, the chefs at EarthRise draw constant inspiration from local farmers with a bounty of regional crops delivered fresh daily. We view food as medicine and combine the knowledge of herbalism, Chinese medicine, vegetarian and special diets to create effective and balanced menus, keeping well-being of mind and body included in every meal.

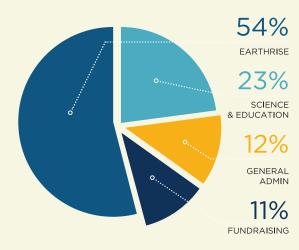
Let the wonder and mystery of EarthRise begin! For more information visit ions.org/earthrise

# Vital Signs

- Grants totaling \$780,000 were the largest single-year support of IONS' science programs in our history.
- Earthrise Transformative Learning Center's total income of \$2,553,000 was the highest in its history, representing an ever-increasing number of workshop facilitators, teachers, students and explorers from around the world aligned with IONS' mission.
- Total spending of \$3,903,000 toward IONS science and education programs, including EarthRise, was also highest in IONS history, allowing us to expand and advance the mission with a new level of sophistication, robustness, and vitality.







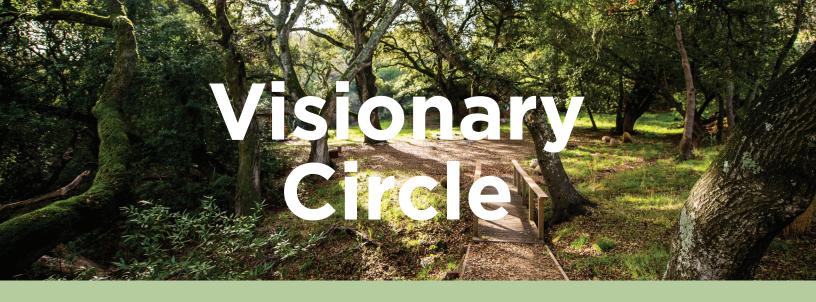
Programs \$3,903,000 Admin & Fundraising \$1,122,000 **Total \$5,025,000** 

#### **OPERATING RESULTS**

Cash \$648,000 EarthRise \$7,332,000 Other \$375,000

Total Assets \$8,355,000 Total Liabilities \$2,623,000

Net Assets \$5,732,000



## We express deep gratitude for these generous Visionary Circle Members who have provided for IONS in their estate plans.

Anonymous (21)
Estate of Stuart Abelson
Anne Adams
Richard & Connie Adams
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Doug Arkett Estate
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For more information about including IONS in your estate planning, or for any corrections, kindly contact Christie Larson at (707) 779-8215.

Our 501c3 charitable registration number is 23-7236986



IONS is funded by visionary explorers committed to bridging science and spirituality.

It is because of individuals like these that IONS has thrived for 45 years.

#### EXPLORERS CIRCLE (\$50,000+)

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Jim & Christina Grote
John Brockway Huntington Foundation
Mental Insight Foundation
Robert and Margaret Root Family
The Stanny Foundation
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Anonymous (3)

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## OUR ORIGINS

Seeing our beautiful blue and green planet in the vast darkness of space on his return trip from walking on the Moon, Apollo 14 Astronaut Dr. Edgar Mitchell had a profound awareness of the interconnection of the cosmos and all life on Earth.

In 1973 he founded the Institute of Noetic Sciences. As a trained Navy pilot and aeronautical engineer he recognized how bringing modern science together with direct experiential inner-knowing is the key to humans reaching higher potentials, and living in better harmony with one another and the planet.



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