

THE BECKLEY FOUNDATION

The Beckley Foundation is a charitable trust set up to promote the investigation of consciousness from the perspectives of science, health, politics and history.

The Foundation has a particular interest in the comparative study of changes in consciousness brought about by such diverse activities as meditation and some forms of exercise, as well as by the use of legal and illegal psychoactive substances.

The main scientific objective of the Foundation is to research the neurophysiology underlying changes in consciousness, in order to better understand how to:

- * address mental health issues, including depression, anxiety and stress;
- * elevate creativity, awareness and positive mood;
- * ameliorate mental and physical illness, and comfort the dying;
- * encourage the avoidance of those practices that lead to poor health and addiction.

The main social objective is to promote public health by supporting world-class scientific research into consciousness and its modulation from a multi-disciplinary perspective; and by disseminating the information to academics, policy-makers and the public.

Key aspects of the Foundation's activities are to commission research and reports, and organise seminars and conferences, where leading experts from a wide range of disciplines can analyse and explore the social and health implications of the latest scientific knowledge.

