



Lion's Roar Foundation

# Report to Our Community

2023: The Year in Review



LION'S ROAR



## A LETTER FROM OUR EDITOR-IN-CHIEF

It's hard not to get discouraged about the state of the world today. But in spite of all the bad things that are happening, in spite of our fears for the future, it's important not to lose hope. Hope—wise, realistic hope—is how we keep working for a better world. We owe it to others, and to ourselves, not to give up.

At Lion's Roar, we find hope in spiritual traditions like Buddhism. We want to pass that hope on.

Buddhism and other meditative traditions are based on a fundamentally positive view of human nature. Their analysis of all the ways we cause ourselves and others suffering is accurate and unflinching. But they see that our hearts and minds are basically loving and awake. They teach us effective ways to clear away the obscurations that cloud our true nature. They offer us hope that we can lead happy, meaningful, and beneficial lives and make the world a better place.

The world needs this rare combination of realistic analysis, a positive view of human nature, and powerful meditations to bring out the best of who we are. It benefits our own lives and gives us hope for humanity's future.

Offering this wisdom to a world that needs it more than ever is why we put our hearts into Lion's Roar. As a supporter of our work, I know you share this mission. Working together, let's spread a message of hope that works.



Melvin McLeod  
Editor-in-Chief



## A LETTER FROM OUR PUBLISHER

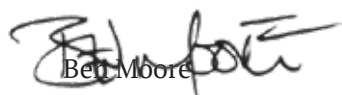
Timeless teachings on compassion, mindfulness, and interconnectedness offer us hope and guidance in a challenging and ever-changing world. This is as true now as it was 2,600 years ago. The pandemic, economic uncertainties, and conflict at home and around the world have only highlighted the importance and urgency of Buddhist teachings. At Lion's Roar, our mission is to bring these teachings to life, offering insights and practices that resonate deeply with the individual and societal needs of our time.

Our community—teachers, scholars, practitioners, curious seekers, and all of you who aspire to bring more sanity and compassion into the world—has been instrumental in this endeavor. Your wisdom and dedication are the foundation of our work. We are inspired daily by your commitment to living and sharing the dharma in ways that are accessible and meaningful, and by your commitment to helping us do the same. Your love for the dharma and your willingness to embody its teachings are what make our efforts truly impactful.

We believe in the power of storytelling to inspire, educate, and uplift; we aim to publish content that speaks to the depths of your being and uplifts your experience. We are excited about new initiatives aimed at expanding our reach even further, and at deepening our impact. We're tremendously optimistic about just how much we can, with your support, accomplish.

Thank you from the bottom of our hearts for being part of this journey. Your enthusiasm, and unwavering dedication make our community truly special. Here's to another year of growth, connection, and transformation.

With warmest regards,

  
Ben Moore  
Publisher

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## LION'S ROAR FOUNDATION

*Our mission is to communicate Buddhist wisdom and practices in order to benefit people's lives and our society, and to support the development of Buddhism in the modern world. The Lion's Roar Foundation is an independent registered charity in both the United States and Canada.*

Twenty-six hundred years ago, the Buddha saw that beings were in pain and wanted to ease their suffering. His vow to benefit sentient beings led him to the insights and methods we know today as Buddhism. A traditional phrase Buddhists use to conclude a teaching or meditation session summarizes our mission at Lion's Roar: "May it be of benefit." We believe that Buddhist wisdom can be of immense benefit to people's lives, our society, and the world's future.

Twenty-six hundred years after the Buddha, in a very different world, dharma teachers continue sincerely following his path and offering benefit in many of the same ways he did. *They tell the stories* and teach the view that helps us question and deconstruct the narrow, limiting stories we tell ourselves. *They teach us Buddhist practices and meditations*—we're human beings just like the Buddha, and we can use the same methods he did to address our own suffering and benefit others. *They help us love.* If there's one thing that will change our world for the better—and our lives—it's more love and compassion. *They offer us true wisdom*, which is not found in yes-or-no answers but in the open mind of not-knowing. *They inspire us to act* for the benefit of others in accord with people's deepest needs.

Lion's Roar brings the diverse voices and teachings of the dharma to people around the world, right where they are. As a media organization, we do this by providing as many entry points as we can: our print and digital publications, our website, free virtual summits, audio and video teachings and content, social media, online courses, and more.



♡  
*Thank You*

**2,359**

Lion's Roar  
Foundation  
donors in 2023



Our activities are designed to support everyone from inquisitive seekers to committed Buddhist practitioners. We offer opportunities for connection and ongoing education to hundreds of thousands of beginners and experienced meditators alike, including many who tell us that they are “going it alone” outside of any formal community of practitioners. For those already committed to a specific practice community, we support a deepening of practice and a broader experience of other Buddhist traditions.

By bringing Buddhist wisdom to bear on current events—and, of course, perennial human concerns—our work helps point the way toward a society that prizes, cultivates, and can uphold universal values like compassion, generosity, wisdom, and peace.

Recognizing that the story of Western Buddhism has been largely dominated by white voices, and awakening to how alienating that is to people of color, we are actively working to reflect the true diversity of practitioners and traditions.

We also recognize the broad disparity of wealth in the world. Lion’s Roar is committed to ensuring that everyone has access to the dharma we publish. With the support of our donors and subscribers, we offer reduced-rate subscriptions and scholarships so that the timeless wisdom, understanding, and practices of the dharma are available to all.

At present, our work falls into five program areas: Print Publishing, Digital Publishing, Education, Experiences, and Access and Advocacy. We invite you to read about these over the pages that follow.

## Why “Lion’s Roar?”

The name “Lion’s Roar” is taken from a quote attributed to the Buddha himself: “The proclamation of the truth of the dharma is as fearless as a lion’s roar.” In this context “Lion’s Roar” expresses the fearlessness and confidence needed to present the profound truths of dharma, by way of any and all skillful means.

# 2023 HIGHLIGHTS BY DEPARTMENT

## PRINT PUBLISHING

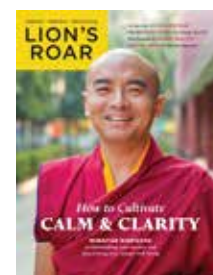
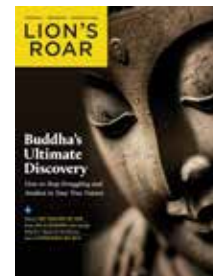
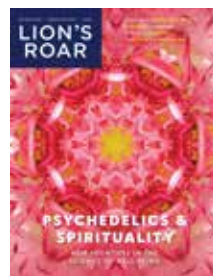
### LION'S ROAR MAGAZINE

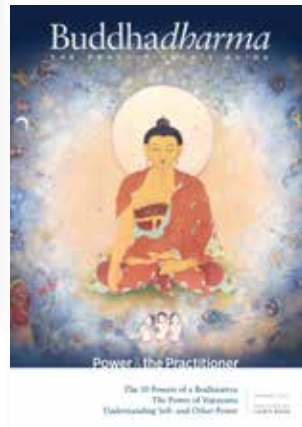
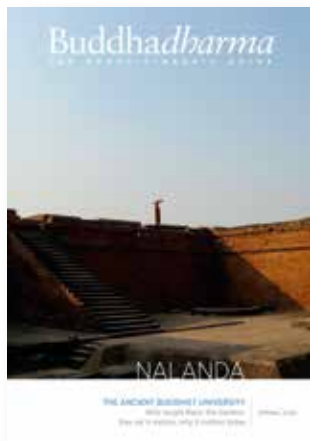
In our flagship, the award-winning *Lion's Roar* magazine, timeless Buddhist teachings are applied to modern life, shining a light on the zeitgeist and addressing the lived experience of our diverse readership.

In 2023, the prevalence of artificial intelligence exploded, which came as an alarming surprise to many. We responded by turning our attention to technology, especially AI and virtual reality. We not only uncovered the danger that these tools pose on the spiritual path, but also how—if used wisely—they might potentially help us cultivate wisdom and compassion. Another interest in the broader culture that we examined is the cutting-edge meeting of psychedelics, spirituality, and well-being.

In *Lion's Roar* we are always asking two questions: how can the buddhadharma contribute to making society more equitable and inclusive, and how can the magazine actually be the change that we want to see in the world? Continuing with this exploration, issue after issue, we published a wide diversity of voices in 2023. One of our main focuses was women on the path—their challenges, joys, and resilience. We also invited practitioners with autism to share their perspectives on Buddhist practice; delved into the inspiring, little-known history of remarkable Black Buddhist luminaries; and reported on the transformational retreats that are helping people find healing from the Holocaust and other intergenerational traumas.

These days at *Lion's Roar*, we're making a special effort to create an offering that is visually rich, because we believe that paintings, sculpture, and photography can be powerful dharma doors. Indeed, in 2023 we explored how the creative process and creative works of all kinds can invite us all to wake up. On our pages we heard from Buddhist artists, poets, and storytellers who helped us see the world in new, fresh ways.





## ***BUDDHADHARMA: THE PRACTITIONER'S GUIDE***

Each issue, *Buddhadharma* has brought together a multitude of wise voices to help practitioners deepen their practice and understanding of Buddhism's three jewels and their many facets.

In 2023, *Buddhadharma* published four themed issues: “Nalanda,” about the ancient Buddhist university, guest edited by Barry Boyce, followed by three issues — “Power & The Practitioner,” “Buddhanature,” and “The Teacher & The Student,” assembled by the new editorial team of Rod Meade Sperry and Mariana Restrepo with original art director Seth Levinson.

The year's thirty excellent features included Rev. Ryuei Michael McCormick's breathtakingly personal and profound “Looking to the Three Powers for Patient Acceptance”; Damchö Diana Finnegan's “Samaya as Symbiotic Relationship”; Francesca Fremantle's exploration of tantra, awareness, and emptiness, “The Journey to Where We Already Are”; reflections from Guo Gu, Myokei Caine-Barrett, and more on glimpsing buddhanature; and in-depth interviews with Insight Meditation Society co-founder Joseph Goldstein and Plum Village teacher Sister Dang Nghiem.

While the quality of *Buddhadharma* hasn't waned in its twenty-two years, the climate in which it has been published has changed drasti-

cally. To reach as many people as possible, and to use our resources as skillfully as we can, *Buddhadharma* will shift from print to an all-digital experience following the release of the Summer 2024 “Living Buddhist Ethics” issue.

This is an admittedly sad change for us. We’ve loved working on the print edition of *Buddhadharma* as much as readers have enjoyed reading it. It’s a necessary response to the unsustainable cost of producing a premium journal in print today. But this is also a very exciting change, an opportunity to fully embrace the benefits of digital media. We’re looking forward to offering everything people love about *Buddhadharma* online and reaching many more people who will benefit from our content.

The new online *Buddhadharma* is set to debut on the Lion’s Roar website on July 1. It will share in-depth articles, videos, and other content designed, as always, to help any committed Buddhist practitioner go deeper into their study and practice.

## SPECIAL PUBLICATIONS

In 2023 we released two colorful and welcoming special editions on meditation: *Buddhist Meditation for Everyone*, which offers instructions and advice for those who wish to explore various forms of Buddhist meditation, from metta to tonglen to Green Tara or Thich Nhat Hanh’s “hugging practice”; and *Meditation Made Simple: Practices for a Happier Life*, which will help even the absolute beginner on their way to developing mindfulness, clarity, connection, calm, and kindness.





## DIGITAL PUBLISHING



“  
Thank you for bringing Dhamma  
to the online world. Blessings—I  
hope you can continue doing that.

—HW, from Singapore

### LIONSROAR.COM

In 2023, Lion’s Roar’s digital team focused on how we can best serve our existing audience while welcoming new visitors to our website. While our online presence serves as a digital reflection of our print publishing, it’s also where we can most readily serve our existing audience and reach new users through carefully curated digital content and multimedia offerings. This year, we continued to publish timely wisdom on Buddhist practice and the dharma from a diverse group of contributors, all while keeping a keen eye toward the future of our digital presence.

As a result of an ever-evolving digital landscape, we’ve seen a number of ups and downs in our web traffic over the years. While we’re so grateful for each visitor to our website and the loyal audience we’ve built over the years, our ultimate goal is to share the dharma with as many people as possible. For this reason, a significant portion of 2023 was dedicated to a comprehensive redesign of our website, with a primary focus on enhancing the online experience for both long standing readers and newcomers to Lion’s Roar.

Our redesigned site launched at the beginning of 2024, prioritizing featured topics, themes, and popular content in an inviting new design. In addition, we spent a portion of the year laying the groundwork for new online projects soon to launch, including a comprehensive A-Z glossary of Buddhist terms to help beginners and experienced practitioners alike explore and understand the foundations of Buddhism.

### LionsRoar.com in 2023

Online Audience  
**1.9 million**

Page Views  
**5.1 million**

Articles posted  
**300**

## PODCAST & AUDIO PROGRAMMING

Podcasts and audio programming bring Lion's Roar content to people in the midst of their busy lives. Our listeners can hear practices and teachings in the teacher's own voice at their convenience, when they are ready to hear them. In 2023, Lion's Roar podcasts had a monthly audience of about 27,000 listeners and almost 300,000 downloads.

Some notable episodes in 2023 included "The Secret to Happiness" with Zen teacher and psychiatrist, Robert Waldinger; "The Practice of Writing" with Natalie Goldberg; and "Barbie's Journey to Enlightenment" with New York Times bestselling author and pop culture writer, Jennifer Keishin Armstrong.

Lion's Roar podcasts had a short pause in early 2024 to take the next step in their evolution — video! We've increased our video output, delivering Buddhist wisdom in more accessible and engaging formats for our audience. Many of our podcasts are now available on the Lion's Roar YouTube channel ([youtube.com/@lionsroaronline](https://youtube.com/@lionsroaronline)), bringing these interviews to an even wider audience, with more videos being published weekly. Our regular bi-weekly podcasts have resumed.

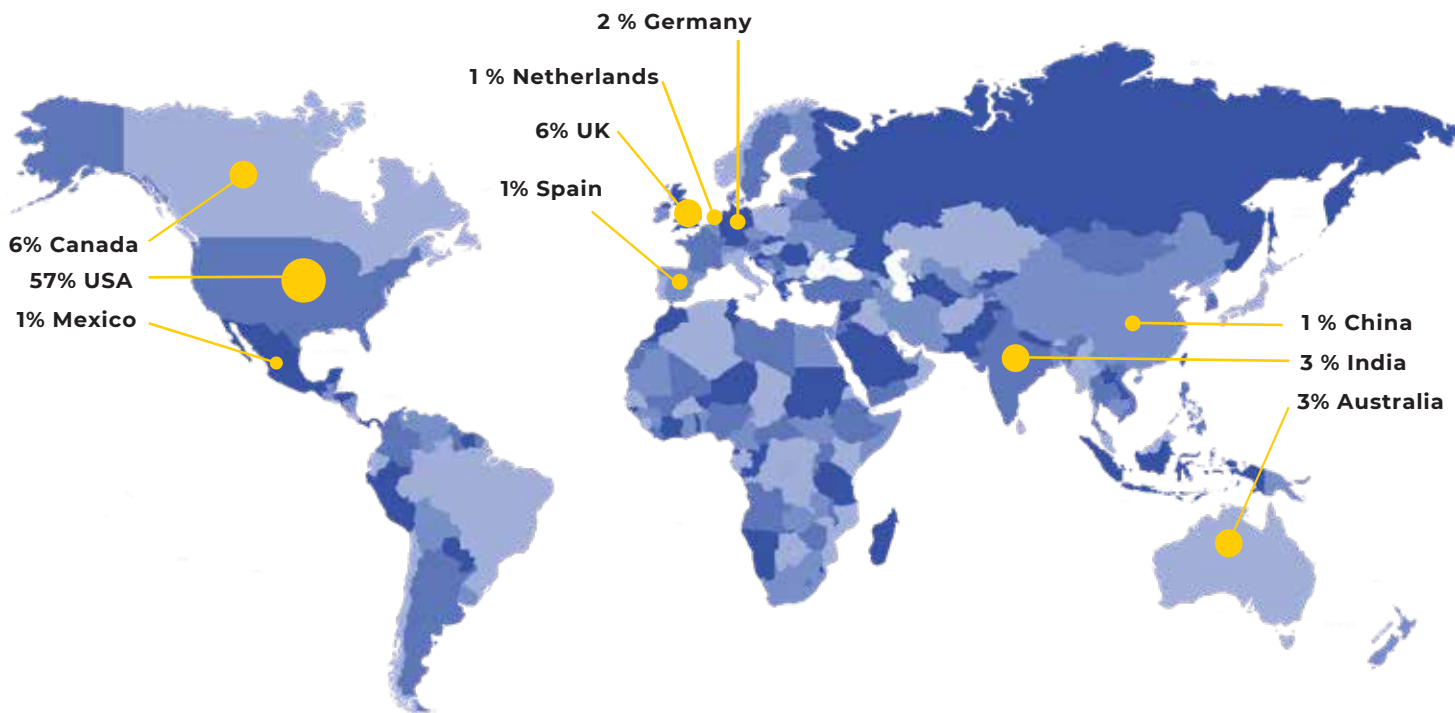
## Lion's Roar Social Media

**2,500**  
POSTS



**260,000**  
FOLLOWERS  
(all platforms)

## Lion's Roar Audience Top 10 Countries in 2023



## EDUCATION

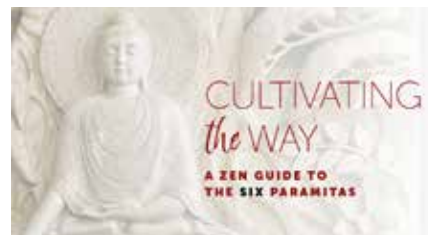
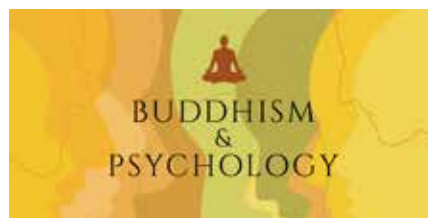
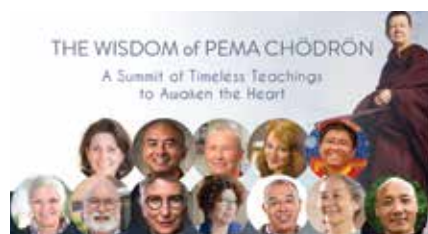
Education is a key objective of Lion's Roar. With few exceptions, the aim of any media we present is to broaden and deepen the understanding of each member of our audience. Whether it's introducing curious seekers to meditation and the dharma through beginner-friendly LionsRoar.com guides like "How to Meditate"; taking a deep dive into a Buddhist practice or text in *Buddhadharma*; or a guided exploration of a meditation practice in an online course, all our content is intended to illuminate the Buddhist path for beginning and experienced practitioners alike.

Perhaps the most distinct expressions of Lion's Roar's educational activities are Lion's Roar Online Learning and our free online events.

### LION'S ROAR ONLINE LEARNING

Lion's Roar Online Learning has been offering courses since 2018. We currently have 36 offerings of teachings and meditation from a wide range of presenters and traditions. Our courses allow students from around the world to learn from leading teachers and potent new voices, and to dive deeply into focused topics and guided practices in enriching new ways.

We added a range of unique offerings to our online learning curriculum in 2023. We kicked off the year with one of our online students' most highly praised courses: *The Dharma of Money: A Practical Guide to Finding Financial Wisdom*, taught by Spencer Sherman. We continued in the spring by partnering with Tibet House, offering the third annual *Dalai Lama Global Vision Summit*, inspired by His Holiness' timeless teachings on human goodness, compassion, universal ethics, meditation, and wisdom, and featuring Jan Willis, Thupten Jinpa, Robert Thurman, Vandana Shiva, Pema Khandro Rinpoche and more. This was followed by the multi-teacher course, *Buddhism and Psychology*, which explored a path to healing and well-being from these two great sciences of mind, and featured presenters such as Jack Kornfield, Trudy Goodman, Ayo Yetunde, Mark Epstein, and Diana Winston among others. In the fall, we hosted our first *Death, Love & Wisdom Summit*, which invited participants to learn how to relate to death and dying, life's most challenging transitions, with fearlessness and com-



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*Thank you all very much for coordinating and producing the “Death, Love & Wisdom” summit. I will be turning 70 in 2 weeks, and have worked as a hospice RN, and also witnessed dear family members die prior to the palliative care and hospice movement. This summit offers many great reminders, and techniques to practice! Thanks so much!*

*—a Lion’s Roar Online student*

passion, and featured Roshi Joan Halifax, Nikki Mirghafori, Frank Ostaseski, Judy Lief, Koshin Paley Ellison, Chenxing Han, and several other wonderful speakers.

Lion’s Roar’s free online summits and events are a vital way for us to offer free dharma teachings and practices to our community at a large-scale, reaching tens of thousands of people with each new event. The events allow us to introduce and support both new and established teachers and topics from a diverse array of Buddhist traditions.

Other online offerings in 2023 included *Working with Anxiety and Difficult Emotions*, a collection of select teachings from the Lion’s Roar Online Learning catalog, featuring Tsoknyi Rinpoche, Lama Tsultrim Allione, Amishi Jha, Gullu Singh, and others; and *Cultivating the Way*, a featured course from San Francisco Zen Center on practicing the Six Perfections.

**3,200**

students enrolled in  
online courses in 2023

**91,000**

In 2023, more than  
91,000 people from  
all over the world  
signed up for free  
teachings and guided  
meditations in Lion’s  
Roar online summits.



## EXPERIENCES

Prior to Covid-19, Lion's Roar organized in-person retreats at the Garrison Institute in upstate New York and other retreat centers. In 2020 and the following years, Covid-19 prevented us from offering in-person experiences. To some extent, our summits and online learning courses have provided alternative, more affordable, and more available venues for study and practice. But in-person events and experiences will always be an important way to reach out to and engage with our community. Going forward, we're looking at opportunities to gather in small settings for thought-provoking discussions and practice.



All Buddhist traditions recognize the value of pilgrimage, a practice that dates back to the Buddha himself, who encouraged all those with faith to visit landmark sites like Bodhgaya, where he attained enlightenment. Far more than mere tourism, pilgrimage fosters a transformative inner journey and a profound spiritual experience.

Inspired by the positive response to our pre-pandemic pilgrimage offerings and after a couple of years of pause, Lion's Roar significantly expanded its pilgrimage opportunities in 2023. Over 40 participants from around the world embarked on these transformative journeys to sacred Buddhist sites in India, Tibet, Bhutan, Nepal, Vietnam, and Cambodia. These pilgrimages fostered a deep sense of community among pilgrims, creating a traveling sangha united by spiritual exploration. We're excited to continue sharing these enriching experiences guided by our friends at Buddhapath and Himalayan Hermitage in 2024.

“  
[My feelings after the pilgrimage are] hard to put into words. I feel a sense of calm and peace like my heart is full. I came carrying a lot of grief and I now feel lighter, like I have let it go. I have learned the importance of sangha... So much gratitude.

— JD, a pilgrim on the Himalayan Hermitage Journey to Bhutan

## ADVOCACY & ACCESS

Everyday, Lion's Roar uses our media channels—our website, print magazines, our podcasts and summits—to promote openness and to represent the wide diversity of dharma traditions and communities.

Starting in 2021, with support from the Kataly Foundation, Lion's Roar welcomed new associate editors whose work promotes and reflects the diversity of Buddhist communities in the West. Mihiri Tillakaratne and Noel Alunit focus on Asian American Buddhist communities, Pamela Ayo Yetunde focused on Black Buddhist communities, and Mariana Restrepo focuses on Latinx Buddhist communities.

Lion's Roar continues to be committed to serving the needs of Latinx Buddhists in North America and Spanish-speaking Buddhists globally through our Spanish-language content page, El Camino del Buda, formerly known as Dharma en Español. This dedicated webpage offers a rich collection of Spanish-language dharma materials from all Buddhist lineages, including new content specifically written by Buddhist teachers and practitioners who are native Spanish speakers, and Lion's Roar and Buddhadharma articles translated from English. Since its beginnings in 2021, the page has grown steadily, with about 200 articles available in Spanish, including over thirty original articles. Among the El Camino del Buda offerings are a Spanish glossary of dharma terms and an interactive "How to Meditate" page. This page caters to beginner meditators, Buddhist and non-Buddhist, providing written meditation instructions along with recordings of guided meditations in Spanish. In the past year alone, almost 90,000 visitors from Spanish-speaking countries have accessed and read our dharma content, with a growing number of readers all across Latin America.



“When I first heard of “El Camino del Buddha,” I became enthusiastic at the idea of enjoying this publication as a space for learning more about what Buddhist Latinoamericans and Spanish scholars and practitioners are focusing on and what the Buddhist “panorama” looks like in their own native circles, in hopes that more collaborations can be sparked in the future and the Dharma can flourish in our language as well.”

—CF, Language teacher, interpreter, and translator

# 1,016

**Lion's Roar Online Learning  
scholarships awarded in 2023  
(257 more scholarships than 2022)**

We also work to ensure that finances are not a barrier to the dharma we publish. We provide scholarships for all our online courses and summits and reduced-rate or free subscriptions to LionsRoar.com.

One recent project that has inspired and enriched all of us at Lion's Roar is our Prison Dharma project. People who are incarcerated do not have access to the internet so, for many years, Lion's Roar has provided free print subscriptions to prison libraries and individual residents. However, our reach has always been limited to those who contact us.

With the help of various prison chaplains and volunteer organizations, we had occasionally been able to make bulk-shipments of magazines to extend our reach (and save on costs, which can be higher). Still, even at our most successful, we were only able to deliver a few hundred copies into the prison system each year.



*Thank you so much for this outreach to prisons. As a psychiatrist who did a 6-month stint in a CA prison helping all levels of inmates, I know this goes to the core of many needs.*

—Susan, a donor from Houston, TX



*Thank you so much for the scholarship given to me. I hope I can bring this knowledge to increase the wellbeing of our community! I hope Lion's Roar can always bring light and spread more Dharma to people around the world. Your contribution to this world is greatly appreciated! Cheers to everyone that has always been contributing to Lion's Roar and also everyone behind Lion's Roar itself.*

—DG, a scholarship recipient from India

**In 2023, almost**

# 8,000

**people in 311 correctional  
institutions gained access  
to Lion's Roar.**

Then, last spring, one of our prison dharma friends told us about a nonprofit called Edovo, which makes content available in prisons via dedicated tablets found in many correctional institutions. These tablets are not connected to the internet but are updated regularly. In July 2023, we tested a small amount of *Lion's Roar* and *Buddhadharma* content on the Edovo platform to see if there was interest. The test was an overwhelming success and in October 2023 we began uploading content to the Edovo platform regularly.

Just six months after our content was made available within correctional institutions, almost 8,000 people in 311 institutions were reading *Lion's Roar* and *Buddhadharma* content. And they were not just browsing; altogether, they read more than 1.4 million pages of our work.

# 2023 OTHER FOUNDATION ACTIVITIES

## DEVELOPMENT

Development has always been key to Lion's Roar's financial health and to fulfilling our nonprofit mission. The more resources we have, the more we can do — the further we can reach out to new communities, the more we can extend our content to people without means, and the more we can feature new teachers and their invaluable insights.

For many years, Lion's Roar was largely supported by revenue and a few very generous donors. In 2018, we began to ask the Lion's Roar community more directly for support. The community responded very positively. The number of donors increased from fewer than 600 in 2018 to more than 4,300 in 2020. As the economy has cooled and inflation has risen, the number of donors has fallen—yet our community continues to generously support the Lion's Roar Foundation.

The Lion's Roar Annual Online Auction has been a November staple for eighteen years. And it's fun! Fun for bidders, fun for donors, and fun for us here at the Foundation. The auction has grown to become another important pillar of support for Lion's Roar. In 2023, the catalog contained hundreds of items and generated more than \$70,000 in revenue to support our ongoing work to communicate and share the dharma. Without our generous donors and bidders, of course, this wouldn't be possible.

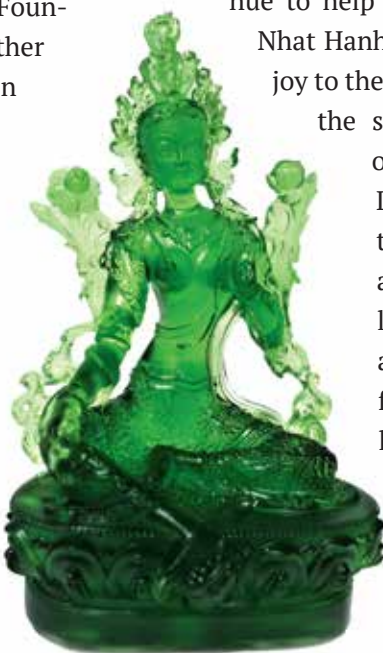
Our success with development shows the strong commitment our community has to Lion's Roar's mission. Support from our community allows us to continue publishing, to offer scholarships for those in need, to produce free online summits, and to create new media content that reaches new and ever growing audiences around the world.

## ADVERTISING

Lion's Roar has offered advertising since we began publishing more than forty years ago. Our advertisers are an integral part of our community. They are both readers and supporters. They are dharma centers, publishers, universities, teachers, artisans, therapists, and more. Their unique offerings resonate with our spiritually inclined, socially aware audience. Advertising supports us, but is a service to readers too: they look forward to seeing our advertisers' latest books, programs, practice supplies, and other goods and services.

## ONLINE STORE

The Lion's Roar Online Store started fifteen years ago as a gallery to share prints of Thich Nhat Hanh's calligraphies while generating much-needed revenue to help support our mission. The Thich Nhat Hanh prints are still popular, bringing joy to the lives of admirers everywhere, but the store now includes hundreds of other items, too: back issues of Lion's Roar and Buddhadharma, themed special publications, print and digital subscriptions, online learning offerings, and an array of art, jewelry, and meditation items from artists and artisans inspired, like us, by the dharma.





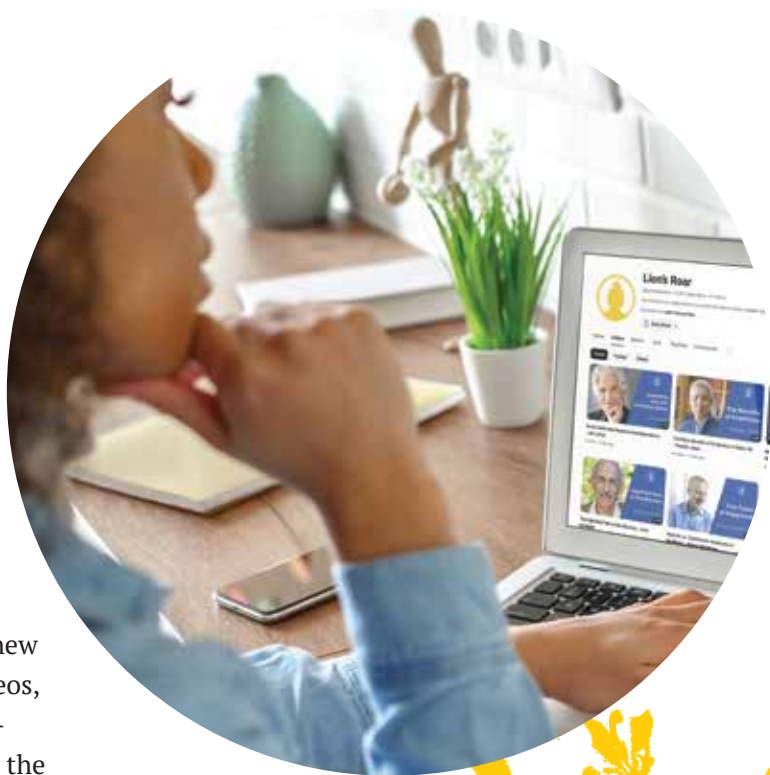
## A LOOK AHEAD

In the year ahead, Lion's Roar will continue to offer helpful dharma teachings in whatever ways we can—print, audio, video, art and other media.

Lion's Roar is constantly changing and evolving to meet new challenges and take advantage of new opportunities. After twenty-two years, our print journal *Buddhadharma* will shift to all-digital. The new *Buddhadharma* will still share in-depth articles, videos, and other content designed to help Buddhist practitioners go deeper into their study and practice. And the new, online format will allow us to reach even more of them.

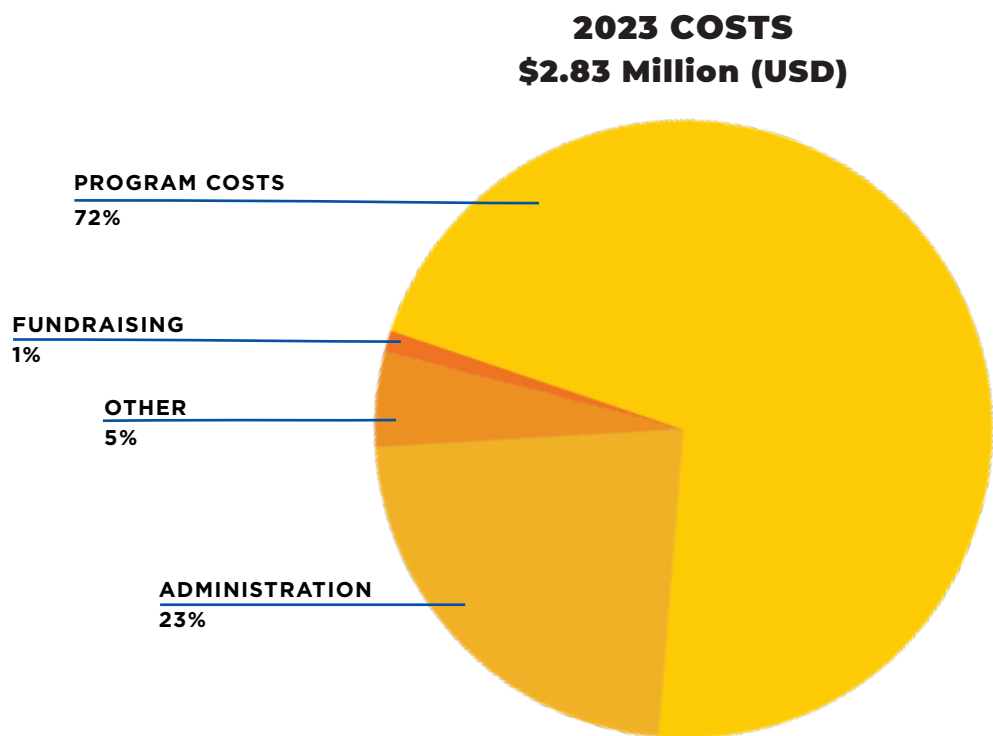
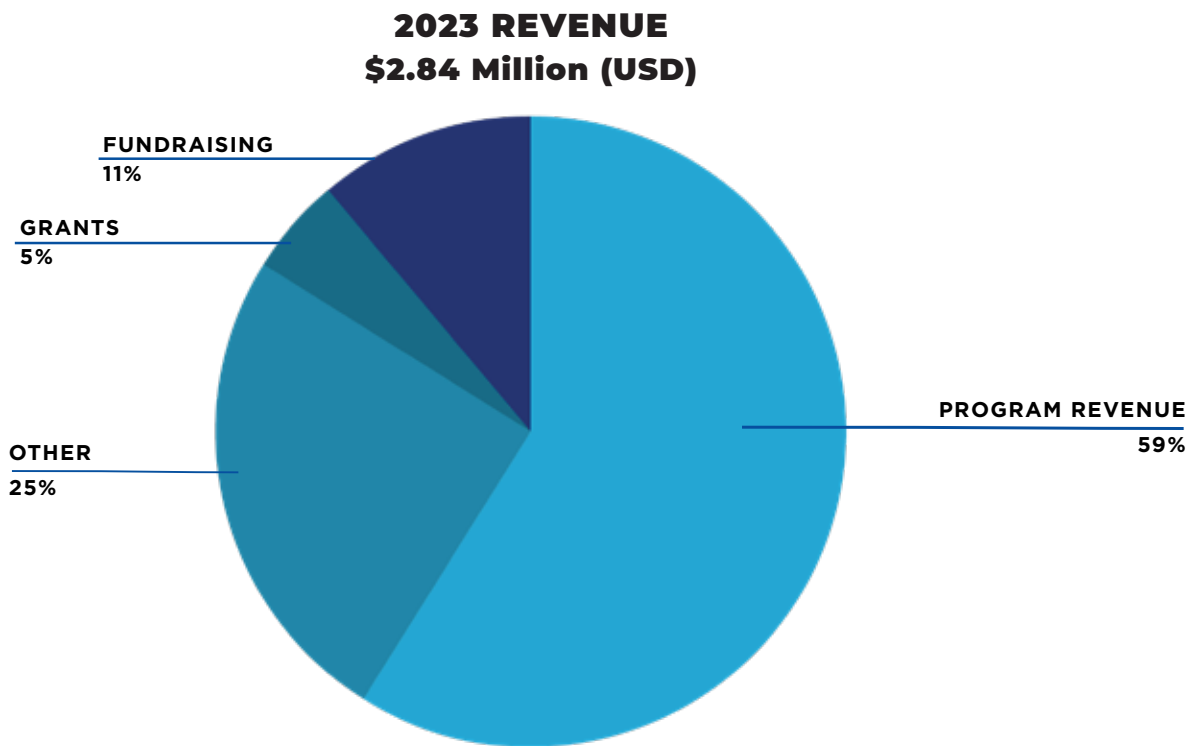
In early 2024, we began adding interviews, teachings, and practices from Lion's Roar Podcasts to our Lion's Roar YouTube channel ([youtube.com/@lionsroaronline](https://youtube.com/@lionsroaronline)). This is giving Lion's Roar a greater presence on YouTube and bringing our content to an even wider audience.

What won't change? Our commitment to use all our resources as skillfully as we can to reach as many people as possible, wherever they are in their lives. We'll continue to evolve and face new challenges, respond to events of the day, meet new people in new ways, give voice to new teachers and reach out to new communities of people seeking the dharma and support on their paths.



**FINANCIAL  
HIGHLIGHTS**

The Lion’s Roar Foundation is a nonprofit charitable organization in the US and Canada. We are grateful for the support of everyone in the Lion’s Roar community—our donors, subscribers, advertisers, teachers, foundations, partners, and readers—without whom our mission would not be possible.



## OUR BOARD OF DIRECTORS

The Lion's Roar Foundation is an independent non-profit guided by its mission to bring the benefit of Buddhist wisdom to all, and by the counsel of its board of directors, composed of community leaders, teachers, and media professionals.



**Charles Lief** is President of Naropa University in Boulder, CO. He has led and served on the boards of many nonprofits and social enterprises across North America including Greyston Foundation, Veterans Path, the Social Enterprise Alliance, Hartland Group, Vajradhatu International, and others.



**Myokei Caine-Barrett, Shonin** is the first woman and first American Bishop of the Nichiren Shu Buddhist Order of North America. She is the guiding teacher of Myoken-ji Temple in Houston and volunteer clergy to two prison sanghas.



**Elissa Epel, Ph.D.** is an international expert and bestselling author on stress, well-being, and optimal aging. She is a professor at the University of California, San Francisco, where she is Vice Chair of Psychology and directs the Aging Metabolism Emotions Center.



**Reverend Marvin Harada** is the Bishop of the Buddhist Churches of America. Previously, he served as minister of Orange County Buddhist Church for 33 years. He received degrees from the University of Oregon and the Institute of Buddhist Studies before continuing his education in Japan at Chuo Bukkyo Gakuin Seminary and Ryukoku University.



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\* The board and staff acknowledge with appreciation the service of board member Trudy Goodman, recently retired at the end of her term.

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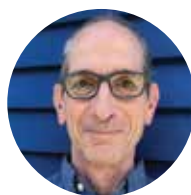
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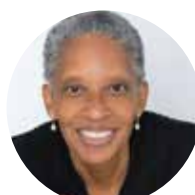
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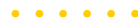
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