

*"In the giving of self lies  
the discovery of a deeper self."*



# THE INSTITUTE FOR RESEARCH ON UNLIMITED LOVE

SPIRITUALITY, COMPASSION, SERVICE

The Good Samaritan is a universal symbol  
of love for all humanity.

## INTERNATIONAL ADVISORY BOARD

**Durre S. Ahmed, EdD**  
Chair, Center for Gender and  
Culture, Pakistan

**Claire Altman, MPA, JD**  
Former President-CEO  
Volunteers of America

**Rosalynn Carter**  
Founder, The Carter Center  
for Mental Health

**Victor Chan**  
Founder, The Dalai Lama Center  
for Peace and Education

**Rev. Cornelius Dery, STL, MA**  
St. Peter's Regional Seminary Ghana

**Rev. Dr. Robert M. Franklin**  
Emory University

**Gregory L. Fricchione MD**  
Director, Benson Henry Institute  
for Mind Body Medicine  
Mass. General Hospital

**Francisco Cardoso  
Gomesde Matos, PhD**  
The World Dignity Initiative, Brazil

**Yudit Kornberg Greenberg, PhD**  
Director, Jewish Studies Program  
Rollins College

**Colleen M. Kelly**  
Disabilities & Human Advocate  
Cleveland, Ohio

**Harold G. Koenig, MD**  
Director, Center for Spirituality,  
Theology, and Health, Duke Univ.

**Rev. Dr. Otis Moss Jr.**  
Olivet Institutional Baptist Church  
Cleveland

**Seyyed Hossein Nasr, PhD**  
Professor of Islamic Studies  
The George Washington University

**Doug Oman, PhD**  
University of California at Berkeley  
School of Public Health

**Lynn G. Underwood, PhD**  
President, researchintegration.org

**George E. Vaillant, MD**  
Professor of Psychiatry  
Harvard Medical School

**Judith B. Watson, MSSA, MA**  
St. Paul's Church Cleveland Heights

## OFFICERS

**Stephen G. Post, PhD**  
President

**Matthew T. Lee, PhD**  
Vice President

**Jo-Ann T. Triner, EdD**  
Secretary

## BOARD OF DIRECTORS

**Stephen G. Post, PhD**  
Ensign J. Cowell, CFA, CIC

**Matthew T. Lee, PhD**  
Joni Marra, Esq.

**Thomas Jay Oord, PhD**  
Jo-Ann T. Triner, EdD

**Susan Wentz, MD**

November 11, 2023

Dear Friends,

Our journey together has grown enormously this year, and you have been a part of this creativity. We are grateful to all of you, our essential friends and often our advisors.

This year we co-convened a major conference on the love of nature at Oxford University with a wonderful group of scientists, philosophers, and theologians. The Institute also provided a small grant to support the Spirituality and Sustainability Global Network, and were contributors at a closely related conference convened at the Thomas Berry Retreat Center in New York. We are centered on the relationships between the love of God, neighbor, self and nature. Here is a quote from Thomas Berry, generally considered the most important theologian of nature in his generation: "Teaching children about the natural world should be seen as one of the most important events in their lives." As a marine science major in college years ago, I have long been a fan of his book *The Dream of the Earth*. I personally have found Inner Peace at St. Paul's Church Episcopal Church in Cleveland Heights, where there is a beautiful garden with a wooden statue of St. Francis of Assisi by a pool of water. Most spiritual places include nature. We are now investigating the relationship between love of neighbor and love of nature, which has never been done before. More to follow.

Media coverage has been more than ample. A really nice article in PLOS ONE focuses on kindness:

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0288766>.

A fabulous feature appeared in the Washington Post:

<https://www.washingtonpost.com/lifestyle/2023/08/15/depression-help-volunteer-hospice-caregiver/>

One of our Institute's advisors with us from the start was featured in an elegantly written article in Harvard Medicine. Psychiatrist Greg Fricchione MD serves as Director of the Benson-Henry Mind-Body Institute at Mass General Hospital and Harvard Medical School. Greg was at our founding meeting 20 years ago, went on to write an elegant book about how and why love heals with Johns Hopkins Press. I'm very pleased to send you the link to the article on altruism, giving and well-being that appears in the recent issue of *Harvard Medicine*: <https://magazine.hms.harvard.edu/articles/what-we-get-when-we-give>

We have continued to study the role of love in caregiving for individuals with dementia. An anonymous donor made possible a national survey through the Gallup Organization to study this in depth with a national sample. Because we are in the process of analyzing data and writing papers with colleagues from Baylor, I will update you next year on the remarkable findings in this survey about continuing love for deeply forgetful people. My book entitled *Dignity for Deeply Forgetful People: How Caregivers Can Meet the Challenges of Alzheimer's Disease* published with Johns Hopkins University Press in May 2022 has had a very positive impact, so much so that about a quarter of our national caregiver respondents are now familiar with the term "deeply forgetful people." This book represents 35 years of work with this community going back to famed neurologist Dr. Joseph M. Foley at Case Western School of Medicine, but even before that to my teenage years. I am planning a second "how to" book with Hopkins on the survey results, which will provide a tool kit for caregivers. Personally, since my grandmother passed away with dementia decades ago, I have felt the importance of love for cognitively imperiled individuals, and was studying this in the context of developmental disabilities through the Hastings Center in 1986-88, just before discovering Cleveland. An earlier book on love and caregiving published in 1995 with Hopkins was designated a "medical classic of the 20<sup>th</sup> century" by the *British Medical Journal*.

P.O. Box 1516 • Stony Brook, New York 11790

voice: 216.926.9244

email: [president@unlimitedloveinstitute.org](mailto:president@unlimitedloveinstitute.org) or [stephengpost@gmail.com](mailto:stephengpost@gmail.com)

[unlimitedloveinstitute.org](https://unlimitedloveinstitute.org)



The Institute for Research on Unlimited Love

The outstanding leader Matthew T. Lee joined us in 2003, switching from criminology to the social science of kindness and altruism. Matt eventually moved on from Akron to Harvard to serve as Director of Empirical Research of the Human Flourishing Program and Lecturer in the Department of Sociology. His course was a favorite. Matt (<https://www.iq.harvard.edu/people/matthew-t-lee>) is now a tenured professor at Baylor University as well as PI of a major project on love there with direct support from the Templeton Foundation, which also anchors him at Harvard. Matt is a fabulous sociologist loved by all who are fortunate enough to know him, and he is global diplomat in his field.

Philosopher Thomas J. Oord went on to write several books following his #1 Amazon bestseller, *God Can't*, and is leading an international doctoral program in theology and ministry. Tom and I co-chaired a conference together at the Claremont School of Theology 20 years ago (how time flies) on love, science and altruism. If Matt is the finest social scientist on these topics, Tom is in my opinion the finest theologian having the most influence.

Joni Marra is retired as an attorney and owner of her wellness practice, Inward Bound, LLC. She received her Death Doula certification through the International Doulagivers Foundation, based in New York. Joni encourages others to understand and prepare for the death and dying process in order to give the precious gift of preparation to those who survive us. Joni is leading a program on the role of love in preparing for dying.

Jo-Ann Triner, EdD, like Matt, Tom, and Joni, is also a member of the Institute Board. Fifteen years ago Jo-Ann, who spent her early career as a Catholic sister and then went into educational leadership in Greater Columbus, send me, sent me a large book manuscript about “soulful work,” and how to help young people discover their gifts so that the line between work and play becomes blurred, and they can have “callings” so that they feel intrinsically motivated and fulfilled. Jo-Ann has this year published the blockbuster book *Soulful Work 2.0*. Please read it as she is a brilliant educator and her words jump right off the page! As Alan Watts wrote, “This is the real secret of life - to be completely engaged with what you are doing, and instead of calling it work, realize it is play.”

The Institute was founded 23 years ago by a team of 12 carefully selected researchers and six board members. This group sought to create the modern research movement on kindness, compassion, spirituality, love and well-being. Those young researchers first came together from across the United States in the fall of 2001 at Glidden House in Cleveland’s University Circle. I was a full professor at Case Western School of Medicine at the time. We all went on to become leaders in this field. Not incidentally, Institute Board Members Richard and Judy Watson endowed the Richard T. Watson Chair in Science and Theology at Harvard Divinity School.

Yes, we would go on to fill the United Nations Headquarters with young essayists expressing views against religious violence on World Youth Day in 2014 in response to our website being hacked and brought down by ISIS Team DZ.

Yes, we have published many influential books with the finest trade and university presses, including the international best seller *Why Good Things Happen to Good People*, translated into 18 languages.

Yes, we have collectively been featured in more than 5,000 major media venues including the popular “altruism” episode of *The Daily Show* (2010) with John Oliver, who travelled with five camera crews to Stony Brook to challenge me (in wonderfully aggressive form with his “Friday the 13th mask”) on the genuineness of kindness. We sure had fun that entire day.

Only because of the support of donors like YOU, we have enjoyed 20 years of unique accomplishment, reflecting the special mission of the Institute and the need for it. **To preserve its unique mission long-term, the Institute remains a free-standing and unaffiliated 501(c)(3) non-profit public charity.** Contributions are tax-deductible to the fullest extent allowed by law. For your reference our EIN No. is 34-1961143, and we are working with the highly regarded Carnegie Investments.

We have no infra-structure and no one draws salary support. The Institute is an independent entity with no relationship to any university or political perspective in order to preserve its unique mission. All gifts are used to

carry out our work. **Will you send a donation that befits the value of our unique endeavors in a culture of acrimony and division that often overwhelms natural compassion?**

Our seven interconnected themes are unchanged since inception as we continue to produce innovative research publications and events in each of them. Let me express these themes in the form of a meditation, *Seven Pathways to Inner Peace: Dignity in Pure Love*:

Sit calmly for just a minute and breathe deeply. Then envision some of the people in your life about whom you are concerned. Gently say:

May you give and glow  
May you heal with kindness  
May you follow your callings  
May you raise kind children  
May you know Inner Peace (Oneness)  
May you cherish the Gift of Nature  
May you honor the Spirit of Freedom

Thank you in advance for your time and attention. Let us hear from you! We welcome your advice and ideas. Contact Dr. Post directly at [StephenGPost@gmail.com](mailto:StephenGPost@gmail.com) or 216-926-9244 (cell), **and if you have a whole lot of money, feel free to contribute to an endowed chair within the Institute.**

Stephen G. Post, Ph.D., President

----- Mail with your support-----

- ☐ **Yes!** For my donation please send me a signed copy of either Dr. Post's:
  - ☐ *Why Good Things Happen to Good People* or his *Dignity for Deeply Forgetful People*
- Mail my book to:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

- **Support by check** - Checks are appreciated for ease of response. Enclosed is my gift of \$\_\_\_\_\_

Make your check payable to:  
Institute for Research on Unlimited Love  
PO Box 1516 – Stony Brook, NY 11790

- **Support by online giving** - You can give securely via Pay Pal online, 24/7 at [www.unlimitedloveinsititute.org](http://www.unlimitedloveinsititute.org)