

CHUNG HUONG INSTITUTE®

ANNUAL REPORT

2024



LETTER FROM THE DIRECTOR



Dear Friends and Supporters,

I would personally like to start by saying thank you to the Triple Gem, our Lineage, my Root Teacher, our board of directors, volunteers, donors, and YOU.

As we reflect on this past year, we find ourselves in a state of deep gratitude and inspiration. The community came together many times to support the integration of Buddhist Teachings with contemporary psychological frameworks. We thank our partners, volunteers, donors, and anonymous supporters. We also want to thank The Mindful Collective (Towson, MD) for giving CHI our first space to develop and grow. At the end of 2024, we began our expansion to the Spanish Peak Mountains of Colorado.

We have seen increased engagement throughout the year in our online programs and an evolving interest in in-person sessions, which will be implemented in the second quarter of 2025.

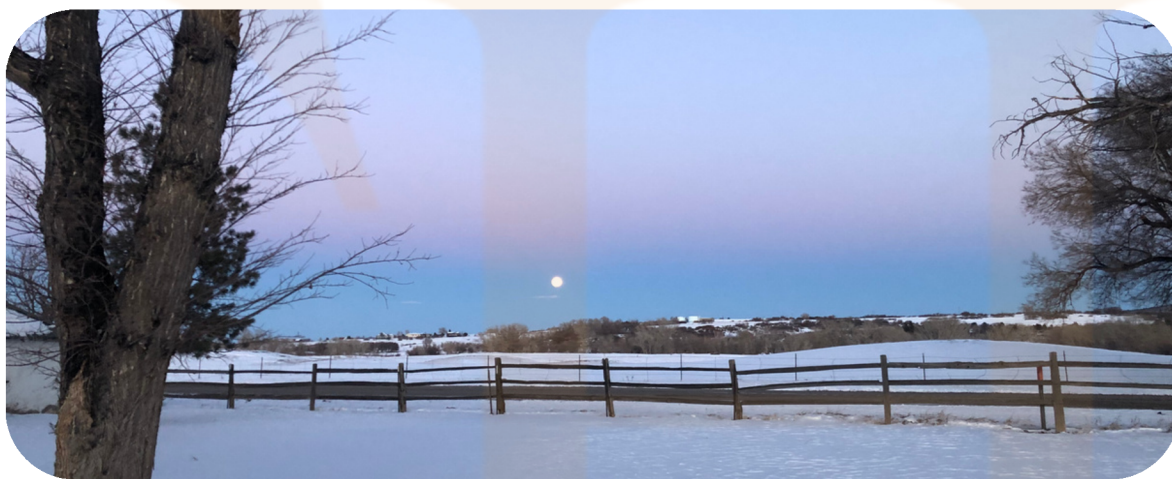
We look forward to your continued support as we actively take steps to expand our reach, deepen our impact, and foster greater community connections between Buddhism and modern science. Together, we will continue to build a community rooted in mindfulness, loving-kindness, compassion, and shared wisdom, contributing to the well-being of individuals and society.

With Sincere Gratitude,
Sucandra



About Us

Chung Huong Institute® (CHI) forges a transformative bridge between the ancient wisdom of Buddhism and the empirical insights of psychology and neuroscience. We are dedicated to empowering individuals and communities through mindful education and compassionate practices informed by scientific understanding. Our inclusive approach invites a global dialogue, fostering personal growth and a deeper collective consciousness. We are steadfast in our commitment to serving people of all backgrounds, focusing on uplifting marginalized populations who have historically been denied such opportunities for growth and learning.



CHI integrates science and Buddhist practice. Scholars worldwide can visit, study, and contribute to the greater well-being of the human experience to serve all communities, including the marginalized communities that do not have a chance to study such topics to receive an education in mindfulness, compassion, contemplative practices, and growth through Buddhist practice.



WHERE BUDDHISM MEETS SCIENCE

Common Humanity, loving-kindness, compassion and contemplative pedagogy are at the forefront of our work. Every tradition, faith, race, class, gender, nation, and individual is welcome here.

VISION

Blend the reflective insights of Buddhism with the curious rigor of science to create a space where independent thought is encouraged and celebrated. We want people to trust their own minds—questioning, exploring, and forming their own views rather than being boxed in by any doctrine or narrative. Our vision is a community where spiritual wisdom meets scientific inquiry, inspiring each person to think deeply, live authentically, and shape their own path forward, free from suffering.

MISSION

- Deliver a transformative educational experience that is embodied and inspires lifelong learning.
- Encourage integral inquiry and pioneer research that addresses real-world challenges through Wisdom Traditions.
- Create opportunities for collaboration that enrich our cultural and social societies.

COMMUNITY INVOLVEMENT

Compassion Cultivation Training (CCT)

The CCT program was launched three times and supported mental health professionals and physicians navigate challenges within their work-life relationships.

California Institute of Integral Studies (CIIS)

CHI had the opportunity to launch a mindfulness program through the CIIS Wellness Center. Twice per week, CHI led 75-minute mindfulness sessions for university students.

CHI Podcast

Toward the end of the year, CHI launched its podcast which brings together diverse voices from every corner of the globe—scholars, community leaders, spiritual seekers, and everyday changemakers. CHI Podcast unites us in a shared journey toward compassion, wisdom, and collective progress.



DHARMA PROGRAMS

- COMPASSION CULTIVATION
TRAINING (THREE TIMES IN 2024)
- WEEKLY MINDFULNESS
MEDITATION
- MORNING CHANTING &
MEDITATION
- LEARN TO BREATHE: PRĀṆĀYĀMA
TRAINING (BASICS)
- SANSKRIT LANGUAGE (L1)
- GENTLE KRIPALU YOGA
- CREATING A SĀDHANĀ
- CHI PODCAST

2,619

Visitors

8,421

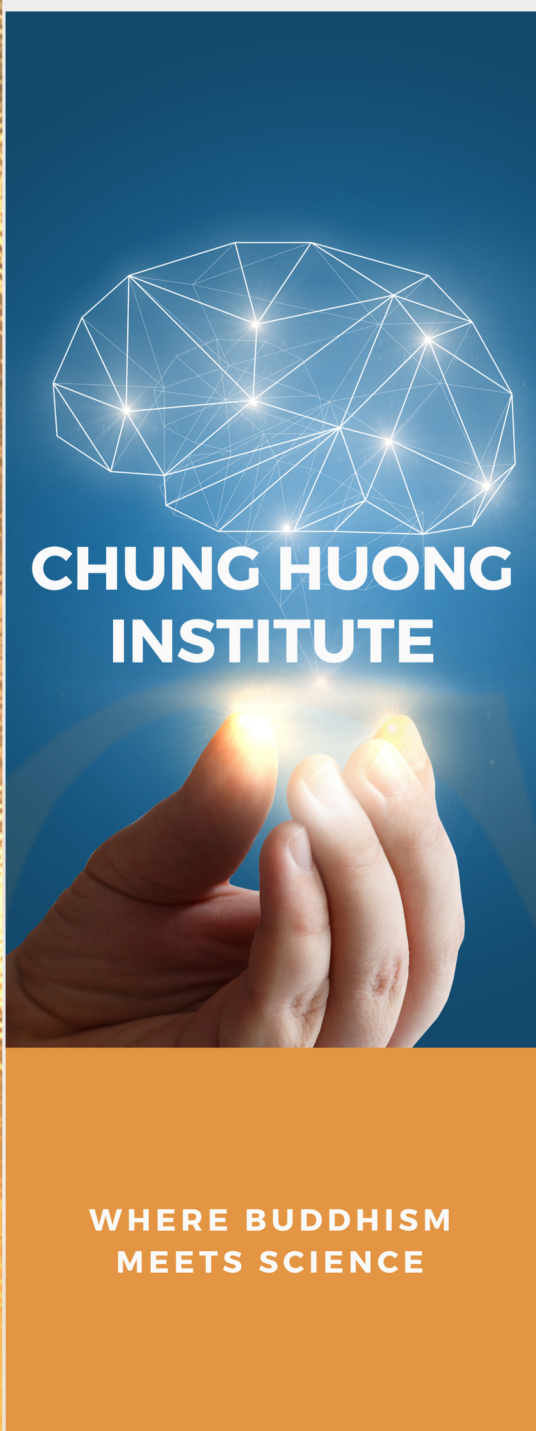
Views

93%

Visitor Increase

Please Note: For the online participants' privacy, we intentionally chose not to share detailed information (including names and photographs) about who joins our online programs unless they disclose it themselves. We value transparency in our activities and encourage you to visit our LinkedIn page to view past public events and attendee information. All 2024 Programs were held virtually. Also, regarding our financial report and benefactors, you can contact our Admin through our webpage for the complete copy.

Additional Highlights



QUARTER 1

- CHI was approved as a 501(c)3
- Website design complete (online presence development initiated)
- In-kind donations recieved from Google and Microsoft

QUARTER 2

- Partnered with CIIS to teach Mindfulness Studies
- Began first fundraising campaign
- Registered as a charity in Maryland

QUARTER 3

- Secured a physical space in Towson, MD
- First cards and brochures printed and distributed
- LinkedIn and Instagram following grew (L: 300; IG: 1,000)

QUARTER 4

- Registered in CO
- CHI began offering meditations through Insight Timer and grew by 25 followers
- Secured a physical location in Colorado

DONATE



JOIN A CLASS



LOOKING FORWARD

2025 PROGRAM OUTLOOK

- Monthly Dharma Tea (In-person)
- Weekly Mindfulness Sessions (Online & in-person)
- Essentials of Buddhism (Online & in-person)
- Summer Weekend Retreat (In-person)
- Compassion Cultivation Training (Online & in-person)
- Online Retreat

...& More

INNOVATION

In 2025, CHI is opening its doors in the Spanish Peak Mountains for in-person programs. CHI is currently in the process of potentially acquiring another location in Walsenburg, CO. We will seek funding so that we can maintain one of Southern Colorado's most historic locations and bring Dharma teachings with science to the local community. This would include a library for people to study wisdom traditions and science alongsides a space for researchers to come together and work on groundbreaking research. CHI is additionally in the process of manufacturing an academic journal, which we hope will be fully available within the next few years. We seek to increase partnerships and funding to expand into a bigger historic space in Walsenburg so that more people can participate in the Buddhadharma through a contemplative and scientific lens. CHI is in the process of expanding its outreach and develop a membership program. CHI will continuously host programs that are available on a donation basis. Nobody will be turned away from study or practice regardless of funds. Scholarships are available. CHI will continue working on translation projects, research, publications, podcasts, and sharing contemplative practices in 2025.



In loving memory of Venerable Heng-Ching Shih

1943-2024

Venerable Heng-Ching Shih supported the full ordination of the Western Buddhist Monastic Sangha. She bridged traditions and ensured education and practice were integrated. Venerable Heng-Ching Shih greatly supported and helped our Sangha here at CHI. Her work fostered understanding, compassion, and inclusivity. Venerable Heng-Ching Shih demonstrated a profound commitment to sharing the Dharma with remarkable generosity, kindness, and humility. Her efforts went beyond formal teachings, as she provided mentorship, encouragement, and unwavering support to ordained and lay practitioners, striving to deepen their understanding and realization of the Path. Her tireless dedication and heart-felt teachings remain with us. Our gratitude is insurmountable to Venerable Heng-Ching Shih.





Thank You

Please Visit Soon



WHERE BUDDHISM MEETS SCIENCE
www.chunghuonginstitute.org

	Phone Number: 608.520.0746		Email Address: info@chunghuonginstitute.org
	Website: www.chunghuonginstitute.org		Location: La Veta, CO & Towson, MD (USA)
	EIN: 93-4977637		CO Entity ID: 20248096541 MD Registration Number: 52213