to appreciate and understand the practical applications of interpersonal neurobiology. And make it mainstream. And not make it stigmatized, because it's devalued across the board. It's either devalued or it's neglected.

Kirke: That's quite a mission for the next few years.

Gene: That's my mission. My mission is really public and professional education about relationships and mental health. I think that's where I'm taking this and many others are taking this. But there's a long way to go.

Kirke: The nice thing that we have now is that there's so much more research behind it, valid research behind the importance of relationships, that wasn't there before. It makes it easier that we have more solid stuff to stand on. That's thanks a lot really to Dan and a handful of other synthesizers.

Gene: I agree. I agree. I think Dan has done a particularly phenomenal job in bringing the research together, and it adds much more credibility to what we're dealing with, day by day. But even with his research, I can tell you the stigma of anything "mindful," "mental," and "interpersonal" is still huge. Maybe the research will be the thing that helps make it much more credible, giving us a much greater leg to stand on.

Kirke: All right. So maybe another hope, a prediction for our future is that there will be less of a stigma.

Gene: I hope so.

Kirke: I hope so too.

Meditation is not to escape from society, but to come back to ourselves and see what is going on. Once there is seeing, there must be acting. With mindfulness, we know what to do and what not to do to help.

-Thich Nhat Hanh