



the
wisdom dojo



IMPACT REPORT

2024

OPENING TESTIMONY

“The Wisdom dojo saved my life. It has made me a better husband, father and friend. It has all around made me a better person. Instead of instantly thinking of self-harm when I am overly stimulated from TBI / PTSD, I now have tools to self-regulate my moods and emotions. And I am doing this while being on no prescription medications. I am able to live a fully functional life again. **Plant medicine followed by the Wisdom dojo gave me my life back. This is the future of mental health treatment. I can’t thank The Wisdom dojo enough.**”

- Veteran, Wisdom dojo community member



FROM OUR FOUNDERS

The Wisdom dojo filed its 501(c)(3) nonprofit request with the IRS on January 5th, 2024. We were granted our tax exempt status on January 18th, 2024, a mere two weeks later.

This is, in a word, NUTTY. Highly irregular. And yet, this remarkable turn marks the auspicious start of the work we've done this year at the dojo - enriching veteran lives by delivering a singular meditation training that integrates, deepens, and stabilizes the radical healing delivered by entheogenic medicines.

This year's magic drops us into *the* mystery. With this enchanted beginning, The Wisdom dojo awakens. Most of our veterans were members of "tip of the spear" units, trained and called upon to perform dangerous missions demanding extraordinary bravery and adaptation.

Post-transition and all its challenges, this same mindset took these warriors to plant medicine. Now dojo veterans are at the cutting edge once again, leading the way in saving lives through the courageous mission of sitting in deep meditative practice with themselves and others. In our battle for veteran wholeness, this is truly a worthy calling.

To our warrior community: a heartfelt thanks for taking a chance on silence, peace and love as the ultimate integration. Committing to this radical expression of compassion in community demonstrates how a life actively lived in relationship fundamentally transforms the world. The Wisdom dojo is uniquely positioned to support powerful healing. As simple as silence, peace and love may seem, striking this note rings exquisitely true in these times. Welcome, once again, to the pointy end of the spear, where we stand together in service to our family, friends and community.

To our veteran trainers: a humble thanks for dedicating your time and energy to the dojo community and for daring to lead us on the path. You, *yourself*, are a beacon to others walking the journey not just in what you do but in how you do it - with honesty, humility, and kindness. Good fortune and blessings to all of us in the dojo as we witness and take inspiration in the selfless work that is YOU as you walk this earth today.

To our funders, partners and contributors: deep gratitude for providing the means - financial and otherwise - that empower The Wisdom dojo's activities. As you know, the revolutionary possibilities of plant medicine grab the headlines but it's the hard work of integration that ultimately grounds the return to wholeness. Supporting our training and retreats brings the veteran journey full circle and provides the broader culture a clear vision of what holistic healing looks like. Delivered in a community bound by purpose, humility and kindness, our warriors lead once again.

Entheogenic Medicine SHOWS, it brings forward a powerful look at truth.

Meditation REVEALS, it brings home the truth of love and peace at the heart of being.

May The Wisdom dojo community continue to shine the light with equanimity, kindness, compassion and joy.

Mark J. Williams

As The Wisdom dojo prepares for 2025, I can't help but feel immensely proud of the astounding healing journeys our veterans have undertaken—and continue to undertake—post psychedelic-assisted therapy. It's been an honor to walk with these heroes as they gather the tools necessary to return to their lives, families, friends, community and country with a renewed sense of well-being. As lead instructor, I have witnessed remarkable success stories throughout 2024. The bottom line is that our meditation integration program enhances and revives the lives of the very people who have protected and served our country with their bodies, hearts and minds.

Our integration program is never static—we are always committed to transforming the dojo's offerings to match participant feedback, current academic research and cutting-edge contemplative standards. In 2025 we will continue serving our heroes with increased integration offerings through bespoke meditation instruction. And, as you know, none of this is possible without your sustained belief in and support of our crucial work.

Bill Filter





WISDOM DOJO

Mission: Create and grow a sustainable, community-driven organization delivering the highest quality meditation training to veterans who have undergone psychedelic-assisted therapy.

WHAT WE DO

The Wisdom dojo supports integration for psychedelic-assisted therapy by teaching meditation specifically tailored to special operations veterans.

The Wisdom dojo offers 1:1 & group meditation training, group meditation retreats and a veteran instructor training program that allows graduates to train their peers.

Graduates consistently report increased levels of resilience, peace and life satisfaction.

Sources

1: [*Defense Casualty Analysis System, U.S. Active Duty Military Death By Year & Manner \(2023\)*](#)

2: [*U.S. Department of Veteran Affairs, 2024 National Veterans Suicide Prevention Annual Report \(2024\)*](#)

WHY IT MATTERS

Key Facts: 2001 - 2022

US Active Duty death by hostile action: 5,458¹

Veteran death by suicide: 140,436²

Veterans 26x more likely to die by suicide

Alternative treatments are needed to support veteran mental health. As psychedelic-assisted therapy continues to be researched and show efficacy, the need for post-intervention integration and care has never been higher.

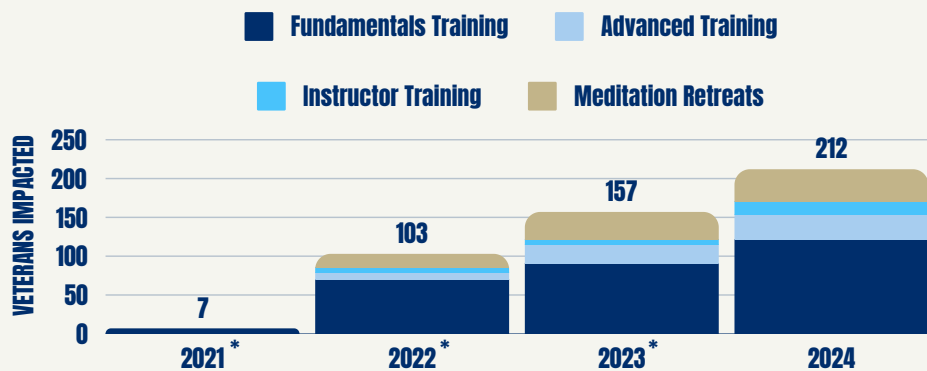
The Wisdom dojo meets that need.

DOJO IMPACT

2021 - 2024



479
VETERANS
IMPACTED



* From 2021 - 2023, our meditation program operated within Veteran's PATH 501(c)(3). 2024 is The Wisdom dojo's first operational year offering meditation training as a standalone 501(c)(3).



OUR 2024 GOALS

1

Establish The Wisdom dojo as a stand alone 501(c)(3)

Status: Success

Context: Formerly a part of Veteran's PATH 501(c)(3), The Wisdom dojo established itself as a standalone organization and received 501(c)(3) nonprofit status in 2024.

3

Grow the community while offering high-quality programs

Status: Success

Context: The Wisdom dojo saw year-over-year growth in meditation training (33%), retreat participation (17%), and instructor training (143%), while maintaining quality and exceptional program feedback from our community.

2

Build streamlined organizational infrastructure that promotes long-term growth

Status: Success

Context: We have a lean & experienced management team leveraging assorted tech solutions to operate efficiently. This allows us to focus resources on program delivery, accounting for 79% of our expenses in 2024. Next year, direct program spending will stabilize above 80% of total expenses.

4

Explore non-grant revenue opportunities to stabilize cash flow

Status: In Progress

Context: Grant funding made up 87% (\$421,017) of our revenue in 2024. Over the next three years, we will strategically supplement grant income through partnership income, Board-driven event fundraising, and grassroots community campaigns. Diversified income streams will support our long-term sustainability.



MEDITATION TRAINING

Program Overview

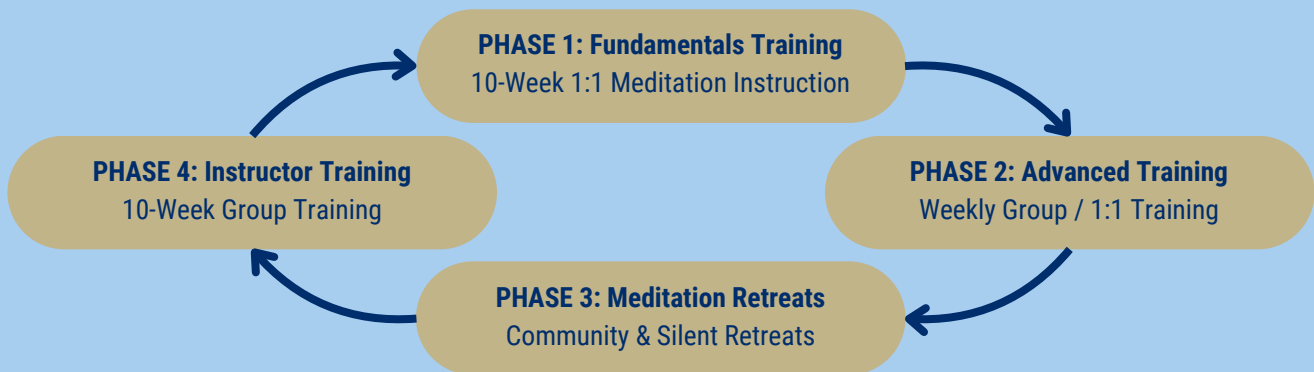
The Wisdom dojo’s meditation program was developed by veterans for veterans and brings together traditional meditation methods, military high performance instructional pedagogy, and elite level athletic training program design. Veterans advance as in a martial arts dojo, learning the skills of self-awareness, self-regulation and self-compassion to help sustain lasting, positive change.

Virtuous Cycle

The Wisdom dojo’s learn-then-lead instruction method allows veterans who become advanced meditators to train fellow veterans by getting checked out as meditation instructors. The Wisdom dojo has 31 veteran meditation instructors who teach 86% of Phase 1 Training. In 2024, \$81,415 was paid to dojo veterans involved in this meaningful work.

Exceptional Program Success

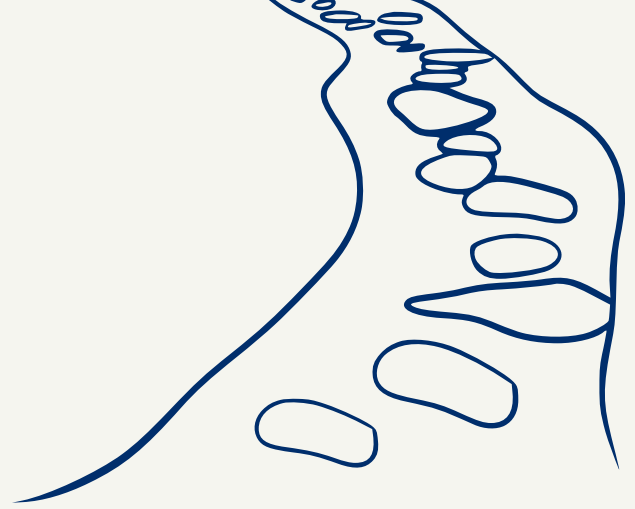
The dojo’s 95% completion rate for 2024 Fundamentals training improved upon our already best-in-class 94% overall completion rate.



Veteran Participation	2023	2024	YoY Growth
Fundamentals Training	91	121	33%
Advanced Training	24	33	38%
Meditation Retreats	35	41	17%
Instructor Training	7	17	143%



MEDITATION RETREATS



Meditation retreats are the culmination of The Wisdom dojo’s meditation training. In 2024, the dojo held one five-day community retreat and one nine-day silent retreat, serving 41 veterans. Retreats combine the power of practice and community to provide a strong foundation which deepens and roots the benefits of meditation.

Practice

Retreats provide the opportunity to settle into contemplation and meditation practice free from the distractions of daily life, allowing for deeper meditation and self-reflection. Immersive practices help cultivate a heightened awareness which facilitates integrating psycho-spiritual insights and the growth from old, destructive habits to a new, peaceful way of being.

Community

Venturing into the uncharted territory of one’s healing journey can be both isolating and daunting. Meditation retreats offer an opportunity to be surrounded by like-minded individuals on the same path, creating a sense of community, shared experience, and the fostering of a supportive atmosphere for personal transformation.

“This has, by far, been the most profound experience I’ve had in the past 15 years in terms of treating my post traumatic stress. The VA and medications have not been nearly as effective as these 5 days with The Wisdom dojo.”

- Wisdom dojo Retreatant, Spring 2024

ACCESS SPRING 2024 RETREAT REPORT [HERE](#)

ACCESS WINTER 2024 RETREAT REPORT [HERE](#)



COMMUNITY TESTIMONIALS

"This is the best thing I have ever been a part of! Please don't stop. The world needs this."

"The best part of the winter retreat is the peaceful, joyful mind I brought back to my family for Christmas. I really feel the best I've ever felt in my life."

"I'd recommend the course because it works. I went from zero understanding of how to meditate and what it does for you to being able to meditate anywhere any time. I feel better. I'm emotionally better. I'm healthier. I'm more present and my work and personal life has improved."

"I am extremely grateful to be a part of this course / community and have the opportunity to attend. The instructors are changing lives for the better and their work is greatly appreciated."

"I would recommend this course to anyone who is ready to change their lives for the better. It has given me invaluable tools for self improvement and self discovery."

"Simply put, my life is better today than six months ago. I credit The Wisdom dojo for the difference."

"These meditation retreats heal veterans on a deep level I have not seen before. The connectedness felt through our weekly online meditations shines forward when we meet in person. This is a much-needed paradigm shift from the past hunting trips and barbecues routinely held for veterans. Veterans need love, support, and a connected community that cares for its members and gives a shit about how they are feeling. Meditation is that anchor."

"How much would someone pay for peace of mind? There is no number. This course has helped me tremendously."

"The Wisdom dojo changed my life for the better. It's one of the best things that I have been able to do. A truly invaluable experience for me. I don't know where I would be if it were not for the dojo."

"I feel meditation is the single most important thing that I have implemented and maintained in my life since my plant medicine experience."

"The Wisdom dojo allows me to be the best version of myself. This brings me closer to my wife, children, parents and friends. It also positively benefits my life decisions and profession. Operating in the present with an open heart and sunny disposition has positive effects on every interaction and experience of my life going forward."

"The winter retreat provided perspective I couldn't have gotten anywhere else or by any other means. It showed me what truly matters in this world. It gave me a better understanding of who I am and what I am. I finally know true internal peace."

"I've only felt this level of peace once outside of a dojo retreat. The dojo helped me realize I am able to produce that feeling of peace from within myself and hold it for a duration of time. That's a superpower."



WISDOM DOJO PARTNERS



HEMERA
FOUNDATION



ASSURED
GUARANTY®



HEROIC
HEARTS
PROJECT



BLAZING MOUNTAIN
RETREAT CENTER

TOGETHER WE'RE BUILDING AN ECOSYSTEM OF ORGANIZATIONS DEDICATED
TO SUPPORTING VETERANS THROUGH THEIR HEALING JOURNEY.



FINANCIALS

2024

PROFIT AND LOSS | JANUARY - DECEMBER 2024

INCOME

Grants - Unrestricted	\$355,852
Grants - Restricted	\$65,165
Contributions - Corporations	\$13,000
Contributions - Individuals	\$44,592
Civilian Training Income	\$4,987
Other Income	\$450

Total Income **\$484,046**

EXPENSES

Program (Meditation Training, Retreats & Program Personnel)	\$335,988
General & Administrative	\$87,363

Total Expenses **\$423,351**

NET OPERATING INCOME **\$60,695**

This year, 79% of expenses were direct program expenditures. With a solid foundation in place, our model projects the dojo's programs to comprise 81% of expenses over the next three years.



**THANK
YOU**

“Well executed business practices along with an open-hearted, community approach that brings people together in a meaningful way.”



THE WISDOM DOJO

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