

# Mind Fitness & Personal Mastery Research

## Exploring the Frontiers of Mind-Science & ExtraOrdinary Human Performance

### WEBSITES OF INTEREST



From Dr. Joel & Michelle Levey

**WisdomAtWork.com**

*"The greatest thing in all education  
is to make the nervous system our ally  
instead of our enemy."*

William James

We invite you to explore the following websites in order to deepen your understanding of the profoundly practical applications of mind fitness disciplines in enhancing the health, vitality, wisdom, and wonder we can bring to our lives, work, and relationships.

~Highlighted sites are favorites to explore~

- **American Sports Institute:** *"Sports is an art, a humanity, a science that brings forth the human spirit. In so doing, sports plays a vital role in the evolutionary development of humankind toward a higher state of consciousness.... The human spirit comes forth when a commitment is made to a common vision that transcends the self and is pursued with passion."* <http://www.amersports.org>
- **Attention article in Scientific American** Coming to Attention: How the brain decides what to focus conscious attention on  
<http://www.sciammind.com/article.cfm?articleID=00001590-CDCC-14C7-8DCC83414B7F0000>
- **Balancing Educating the Mind with Educating the Heart, Happiness and Stress as Determinants of Mental Health; Connecting for Change: Corporate and Social Leaders in Dialogue** at University of British Columbia and Dalai Lama Center for Peace & Education with Desmond Tutu, Reb Zalman, Dalai Lama, leading researchers, social activists, and business leaders. A treasury of on-line video posted at:  
<http://events.onlinebroadcasting.com/dalailama/042004/index2.php?page=launch> and  
<http://dalailamacenter.org/multimedia/index.php>
- **Biofeedback, Neurofeedback, & Cyberphysiology:** See Association for Applied Psychophysiology & Biofeedback an International Society for Mindbody Interactions in Research, Education, & Health Care <http://www.aapb.org>
- **Center for Mindfulness in Medicine, Health Care, and Society** at the University of Massachusetts Medical School <http://www.umassmed.edu/cfm/> See Jon Kabat-Zinn video "Coming to Our Senses" at University of San Diego Center for Mindfulness at UCSD Dept. of Psychiatry  
<http://video.google.com/videoplay?docid=7087701367339203398&q=mindfulness>

- **Center for Contemplative Mind in Society:** [www.contemplativemind.org](http://www.contemplativemind.org)  
See also: *A Powerful Silence: The Role of Meditation & Other Contemplative Practices in American Life & Work*  
<http://contemplativemind.org/programs/cnet/APS.pdf>
- **Center for the Neural Basis of Cognition Exploring the Emergence of Mind from Brain** For well over a century, scientists have recognized that all the wonders of the mind are the province of the brain. Perception, attention, emotion, planning and action, learning and memory, thinking, language and all other aspects of cognition all take place in the brain. <http://www.cnbc.cmu.edu/Research/>
- **Collective Wisdom Initiative** Remarkable archives of research and practical wisdom related to the rapidly expanding field of "Collective Intelligence."  
<http://www.collectivewisdominitiative.org> You could explore this site for months!  
*"We believe there exists a field of collective consciousness — often seen and expressed through metaphor — that is real and influential, yet invisible. When we come into alignment with this field, there is a deeper understanding of our connection with others, with life, and with a source of collective wisdom. We are calling into awareness this field of collective consciousness and invite you to join us in building this discipline of collective wisdom, its study and practice."*  
[http://www.collectivewisdominitiative.org/files\\_index/declaration.htm](http://www.collectivewisdominitiative.org/files_index/declaration.htm)
- **Contemplative Studies Initiative: Brown University:**  
[http://www.brown.edu/Faculty/Contemplative\\_Studies\\_Initiative/rationale.html](http://www.brown.edu/Faculty/Contemplative_Studies_Initiative/rationale.html)
- **Consciousness and Cognition:**  
<http://www.sciencedirect.com/science/journal/10538100>
- **Del.icio.us Mind Sciences Listing (2500 listings)**  
[http://del.icio.us/search/?fr=del\\_icio\\_us&p=mind+science&type=all](http://del.icio.us/search/?fr=del_icio_us&p=mind+science&type=all)
- **Dialogue On Leadership** Sponsored by McKinsey and the Society of Organizational Learning, it contains interviews of 25 contemporary leaders who have woven a variety of personal mastery disciplines into the core of their lives as inspired leaders <http://www.dialogonleadership.org>
- **Esalen Archives of Extraordinary Human Functioning at the Esalen Center of Theory and Research.** An extra-ordinary source of insight and research. and [http://www.esalenctr.org/db1/archives\\_001.cfm](http://www.esalenctr.org/db1/archives_001.cfm) and <http://www.esalenctr.org/display/links.cfm>
- **Global Mind-Shift** An inspiring and insightful site that expands our view of our place in universal time and space <http://www.global-mindshift.org>
- **Institute of Noetic Sciences.** Excellent source of research and integration of contemplative principles and practices in science, medicine, business and other domains of contemporary life: [www.noetic.org](http://www.noetic.org) See also *The Physical and Psychological Effects of Meditation: A Review of Contemporary Research*  
[http://www.noetic.org/research/medbiblio/ch\\_intro1.htm](http://www.noetic.org/research/medbiblio/ch_intro1.htm) See also the Noetic Science Learning Center: <http://knowledgecenter.com/ions/>
- **Investigating the Mind: The Science & Clinical Applications for Meditation**  
<http://investigatingthemind.org/>

- **Investigating the Impacts of Mind at a Distance** – Distant Intentionality and Healing: Assessing the Evidence by Marilyn Schlitz and William Braud, from J. of Alternative Therapies – an excellent & compelling article.  
<http://meded.ucsd.edu/groups/hi-med/Schlitz%20&%20Broad%20-%20Distant%20Intentionality%20&%20Healing.pdf#search=%22William%20G.%20Braud%20Marilyn%20J.%20Schlitz%20%20Conscious%20Interactions%20with%20Remote%20Biological%22>
- **Harvard: Center for Brain, Mind, & Behavior Education:** <http://mbb.harvard.edu/> and <http://isites.harvard.edu/icb/icb.do?keyword=mbe&pageid=icb.page635>
- **Journal of Consciousness Studies** <http://www.imprint.co.uk/jcs.html>
- **Lab for Affective Neuroscience** Richard Davidson et al's pioneering research portal from University of Wisconsin. <http://psyphz.psych.wisc.edu/web/index.html>
- **Max Planc Institute for Brain Science Department of Neurophysiology**  
<http://www.mpih-frankfurt.mpg.de/global/Np/eindex.htm>
- **Meditation and The Brain - MIT Technology Review** Reflections on the Investigating the Mind Conference at MIT. The McGovern Institute, cosponsor of the conference, has no small mission: it seeks to ultimately understand the biological basis of all higher brain function in humans. This, it believes, will in turn foster better ways of communicating at all levels of society-both nationally and internationally.  
[http://www.technologyreview.com/read\\_article.aspx?id=13453&ch=biztech](http://www.technologyreview.com/read_article.aspx?id=13453&ch=biztech)
- **Mind Hacks** has collected a list of favourite internet resources for mind and brain sciences students to help with getting yourselves ashore.  
[http://www.mindhacks.com/blog/2005/10/essential\\_sites\\_for\\_.html](http://www.mindhacks.com/blog/2005/10/essential_sites_for_.html)
- **MIT Department of Brain & Cognitive Science** MIT Courseware 'Brain and Cognitive Sciences'\_MIT put all the documentation for their academic courses online. This is their mind and brain collection. <http://ocw.mit.edu/OcwWeb/Brain-and-Cognitive-Sciences/>
- **MIT Press Zen-Brain Reflections**  
<http://mitpress.mit.edu/catalog/item/default.asp?ttype=2&tid=10764>
- **Monastic Interreligious Dialogue** Excellent site for accessing information about contemplative inner-science traditions and dialogue between different faith traditions about contemplative practice. <http://monasticdialog.com/links.php>
- **Proceedings of National Academy of Science** Seminal article on effect of long term meditation on increasing the coherence and power of the brain  
<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=526201>
- **Princeton Engineering Anomalies Research (PEAR) Scientific Study of Consciousness-Related Physical Phenomena. Engineering and Consciousness:**  
[www.princeton.edu/~pear/](http://www.princeton.edu/~pear/) See also: **PEAR Global Consciousness Project**  
<http://noosphere.princeton.edu/> (Explore this site and the links to other mind-research projects at bottom of this page.)
- **Sheldrake Online – Rupert Sheldrake's fascinating website** exploring a variety of on-line mind-science experiments that you can interact with. A wealth of audio and written materials that will stretch your mind to new dimensions from a respected leader in mind-science research. <http://sheldrake.org>

- **Stanford School of Medicine Neuroscience Symposium** with Dalai Lama and leading neuroscientists. This is a very inspiring conference! Video posted at: <http://dalailama.stanford.edu/video/>
- **The Mind and Life Institute.** Excellent source of research and insights: [www.mindandlife.org](http://www.mindandlife.org)
- **University of Arizona Center for Consciousness Studies:** Excellent source of latest current scientific research on consciousness: [www.consciousness.arizona.edu](http://www.consciousness.arizona.edu)
- **West Point Military Academy Center for Enhanced Performance** An impressive program for promoting mind fitness, personal mastery, and peak performance. <http://www.dean.usma.edu/cep/default.htm>
- **Your Amazing Brain** Explore your brain, take part in real-life experiments and test yourself with games, illusions and brain-benders. <http://www.youramazingbrain.org.uk/default.htm>

#### Also of Interest:

- **Alex Grey – Visionary artist** whose work helps us to envision the many dimensional human being and our highest potentials. <http://AlexGrey.com>
- **Imaginify** A collaborative exploration connecting creative movements and magnifying grassroots solutions – regularly posting information related to mind sciences from a variety of sources. <http://Imaginify.org> See Evolutionary Nexus <http://www.communitywiki.org/odd/EvolutionaryNexus/LinksBin>