

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>
- **The Center for Conscious Creativity (c3)** is dedicated to inspiring emergent consciousness through the exploration and synergy of creativity, technology, media, the arts, philosophy, consciousness research, the sciences, and future studies. We support and present work and events that celebrate a more unified and enlightened humanity.
<http://www.consciouscreativity.com/1/>

- **Center for Contemplative Mind in Society:** 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 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. See Widening the Circle: Mindfulness in the World - http://www.umassmed.edu/uploadedFiles/cfm2/AnnualReport_07_CFM_UMass_MEDIUM.pdf <http://video.google.com/videoplay?docid=7087701367339203398&q=mindfulness>
- **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
- **Compassionate Leadership Cultivating the Leaders of Tomorrow** hosted by the Research Center for Leadership in Action at NYU Wagner Institute. This heartfelt, dynamic, insightful dialogue between three beloved leaders of our times - Queen Noor, Sakyong Rinpoche, and Rabbi Irwin Kula at New York University (NYU). It is most precious - and timely dialogue in that it speaks directly to many of the most pressing and widely shared concerns and issues of these oh so uncertain times in our lives, country, and world. Video posted: <http://vivapeace.org> more videos at <http://www.vivapeace.org/video.html>
- **Contemplative Studies Initiative: Brown University:** http://www.brown.edu/Faculty/Contemplative_Studies_Initiative/rationale.html
- **Consciousness and Cognition:** <http://www.sciencedirect.com/science/journal/10538100>
- **Consciousness and Healing Bibliography:** Excellent list of articles: http://www.noetic.org/research/ch_book/files/biblio.pdf
- **The Association for Contemplative Mind in Higher Education** is an initiative of [the Center for Contemplative Mind in Society](http://www.contemplativemind.org), which has provided resources and practical directions for bringing about an "education *par excellence*" for the past ten years. Promoting the emergence of a broad culture of contemplation in the academy by connecting a network of leading institutions and academics committed to the recovery and development of the contemplative dimension of teaching, learning and knowing. <http://www.acmhe.org/>

- **Council on Spiritual Practices** is a collaboration among spiritual guides, experts in the behavioral and biomedical sciences, and scholars of religion, dedicated to making direct experience of the sacred more available to more people. There is evidence that such encounters can have profound benefits for those who experience them, for their neighbors, and for the world. CSP has a twofold mission: to identify and develop approaches to primary religious experience that can be used safely and effectively, and to help individuals and spiritual communities bring the insights, grace, and joy that arise from direct perception of the divine into their daily lives. <http://www.csp.org/> See also fascinating and informative list of web references regarding Religion and the Use of Entheogenic Sacraments: <http://www.csp.org/development/development.html> and <http://www.csp.org/practices/entheogens/entheogens.html>
- **Del.icio.us Mind Sciences Listing (2500 listings)**
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>
- **Educating the Heart and Mind: A Path to Universal Responsibility at Emory University.** Inspiring web-video archive of First Emory Summit on Religion, Conflict, and Peacebuilding. <http://www.dalailama.emory.edu/gallery/>
- **Erowid Archives** A pharmacologically unique informative site providing access to reliable, non-judgmental information regarding psychoactive plants, entheogens, and related issues. Erowid works with academic, medical, and experiential experts to publish new resources, as well as to improve and increase access to already existing resources. They imagine a world where people treat psychoactives with respect and awareness; where people work together to collect and share knowledge in ways that strengthen their understanding of themselves and provide insight into the complex choices faced by individuals and societies alike. <http://www.erowid.org/general/about/about.shtml>
- **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 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>
- **Greater Good Science Center** The Greater Good Science Center at UC Berkeley is an interdisciplinary research center devoted to the scientific understanding of happy and compassionate individuals, strong social bonds, and altruistic behavior. http://greatergood.berkeley.edu/sciabout_landing.html
- **Institute for Ethics and Emerging Technologies:** Promoting Ethical Use of technology to expand human capabilities. Interesting video on **Cognitive Science and Meditation** – from Google University: <http://ieet.org/index.php/IEET/more/goldin20080306/> See also good list of websites there at: <http://ieet.org/index.php/IEET/cyborgbuddha>
- **Institute for Health & Religion** founded by Texas Medical Center. The Institute offers a wide range of programs that support healthcare provider wellness, promote compassionate health care, and provide a nurturing environment for

collaborative education and research relevant to health, healing and spirituality.
<http://www.religionandhealth.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 and <http://shiftinaction.com>
 See also *The Physical and Psychological Effects of Meditation: A Review of Contemporary Research* 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/>
- **Institute for Research on Unlimited Love:** The unique mission of the Institute for Research on Unlimited Love is: (1) to study the benefits of benevolent love for those who give it and for those who receive it (2) to bring the results of research to the wider public in understandable and practical format (3) to sustain an international dialogue around the possibility of global human enhancement through the application of a new science of love. (4) to encourage discussion within spiritual traditions about love for a shared humanity, rather than for some small fragment of humanity. (5) to develop an ongoing dialogue between spirituality, theology, and science around the idea of unlimited love as the ultimate ground of reality. <http://www.unlimitedloveinstitute.org/welcome/index.html>
- **Institute for Spirituality and Psychology** - ISP's mission is to ease suffering, promote peace and support spiritual awakening by bringing together the wisdom traditions of spirituality and psychology. ISP presents an ongoing series of dialogues on spirituality and psychotherapy, co-sponsored by Spirit Rock, where most of the lectures take place. Established in 2005, this lecture series features premier teachers, practitioners, scientists and thinkers in the areas of spirituality and psychology.
<http://instituteforspiritualityandpsychology.com/> Excellent selection of recorded lectures posted at <http://www.instituteforspiritualityandpsychology.com/mp3s/audio.html>
- **The Intention Experiment** hosts a series of web-based experiments with leading scientists around the world to test the power of our thoughts to change the physical world.
<http://theintentionexperiment.ning.com/>
- **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://www.noetic.org/research/dh/research/DistantIntentionality.pdf>
- **Harvard: Center for Brain, Mind, & Behavior Education:** <http://mbb.harvard.edu/> and <http://isites.harvard.edu/icb/icb.do?keyword=mbe&pageid=icb.page635>
- **Healing Presence: A Bibliography of Recommended Materials**
http://www.omic.ca/Provincial_Conf_2008/Healing_Presence_2008.pdf
- 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>
- **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>

- **LifeWeb** Exploring the profoundly inspired and insightful work of evolutionary biologist and futurist, Elisabet Sahtouris <http://www.sahtouris.com/>
- **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
- **Meditation Essential Guidelines for Contemplative Practice from Joel & Michelle Levey.** Detailed instructions and guidelines on the varieties of meditation practice. Useful for both personal and clinical use. Feel free to share this widely.
<http://web.mac.com/levey1/iWeb/Meditation/Meditation%20Guidelines.html>
- **Mindful Awareness Research Center at UCLA.** Our mission is to foster mindful awareness through education and research to promote well-being and a more compassionate society <http://www.marc.ucla.edu/>
- **Mind Body Awareness Project (MBA Project)** – Noah Levine, co-Founder The MBA Project is a non-profit organization dedicated to teaching essential life skills through the practices of meditation and yoga to at-risk youth in juvenile halls, high schools and group homes. This helps prevent them from heading down the road to substance abuse, crime and violence. <http://www.mbaproject.org/>
- **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
- **The Mind and Life Institute.** Excellent source of research and insights! Purpose: To promote the creation of a contemplative, compassionate, and rigorous experimental and experiential science of the mind which could guide and inform medicine, neuroscience, psychology, education and human development. To contribute to the epistemological revolution which is taking place through modern physics as well as philosophy, in order to extend our understanding of knowledge to one that integrates the diverse dimensions of our world, www.mindandlife.org ~ <http://mindandlife.org/past.conf.html> ~ <http://www.mindandlife.org/current.news.html#sa06>
- **Mind Science Foundation** is dedicated to solving one of the most major questions of modern science - the puzzle of human consciousness - by funding leading edge scientific research and education focused on the mind/brain.
<http://www.mindscience.org/index.cfm> Mind Science Researchers - Consciousness Researcher Database offers backgrounds on many of the leading researchers of human consciousness. <http://www.mindscience.org/resources/crd.cfm>
- **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>
- National Center for Complementary and Alternative Medicine review of scientific research on meditation practices for health. <http://nccam.nih.gov/health/meditation/> - and - <http://www.ahrq.gov/downloads/pub/evidence/pdf/meditation/medit.pdf>
- Neuroscience of Compassion** Audio program on the web with Dr. Richard Davidson, Dr. Dan Siegel, Dr. John Phillips, and Dr. Pilar Sanjuan on their research on meditation and the neuroscience of compassion:
<http://www.goodradioshows.org/peaceTalksL61.htm#transcript>
- **Peter Russell** The crisis facing humanity today is, at its root, a crisis of consciousness. We are being called to put into practice the perennial wisdom of the ages... This site is offered as a stepping stone in that direction. <http://www.peterrussell.com/TV/index.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/ 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.)
- **Psychophysiological Effects of Yoga:** An extensive annotated bibliography (165 pages!) from the International Association of Yoga Therapists. <http://iayt.org/>
http://iayt.org/research_Vx2/summaries.htm?AutoID=&UStatus=&ProfileNumber=&LS=&AM=&Ds=&CI=&AT=&Return=
- **Quirkology** Professor Richard Wiseman is perhaps best known for his “gorilla video” which illustrates selective attention. He has spent twenty years exploring the backwaters of the human mind and going to places where mainstream scientists fear to tread. He has an unusual understanding of “attention” and these two sites are rich in articles and experiments that will expand your mind.
<http://www.quirkology.com> <http://richardwiseman.com>
- **Science of Love and the Future of Women** with Anthropologist Helen Fisher
<http://ieet.org/index.php/IEET/more/fishe2008/>
- **Science of Peace** Mission is to introduce cutting-edge information and technology from leading scientists who are uncovering the real causes of conflict and the tools for peace. To inspire, uplift, and enroll people to use these tools, and to engage people all over the world to unite in an unprecedented world peace experiments. <http://scienceofpeace.com>
also list of organizations whose mission focus on peace:
<http://scienceofpeace.com/peace.html>
- **Association for the Scientific Study of Consciousness -ASSC - at Cal-Tech** promotes research within cognitive science, neuroscience, philosophy, and other relevant disciplines in the sciences and humanities, directed toward understanding the nature, function, and underlying mechanisms of consciousness. <http://www.assc.caltech.edu/index.htm>
- **Seeds of Compassion** A historic event with Dalai Lama and other luminaries dedicated to understanding how to nurture and support the development of compassion within

developing children, adults, and society. Video of all events posted at:

<http://www.seedsofcompassion.org/webcast/index.html> Abundant resources and links posted throughout the site <http://Seedsofcompassion.org>

- **Self Compassion Research:** This website provides information about self-compassion, and is intended for students, researchers, and the general public.
<http://www.self-compassion.org/>
- **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/>
- **University of Arizona Center for Consciousness Studies:**
University of Arizona Center for Consciousness Studies, promoting open, rigorous discussion of all phenomena related to conscious experience.
<http://www.consciousness.arizona.edu/>
- **Visionary Art of Alex Grey** (former medical illustrator at Harvard) Lucidly precise and inspiring views of the many dimensions of the human body. <http://AlexGrey.com>
- **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>
- **Wisdom Commons** The Wisdom Commons is interactive website that seeks to elevate our shared moral core, sometimes called **universal ethics**. It is a place to find and discuss information about virtues that human beings generally agree are important like generosity, compassion and courage. As a user or member, you can search or input quotes, proverbs, meditations, stories, and essays from many traditions.
<http://WisdomCommons.org>
- **WiseBrain** *A great site with excellent readings* bringing you skillful means for happiness, love, effectiveness, and wisdom - from the fertile common ground of psychology, neurology, and contemplative practice. <http://WiseBrain.org/articles.html>
- **WiserEarth** A source of inspiring listing inspired people and organizations who are transforming the world. It is a community directory and networking forum that maps and connects non-governmental organizations and individuals addressing the central issues of our day; climate change, poverty, the environment, peace, water, hunger, social justice, conservation, human rights and more. <http://www.wiserearth.org/>
- **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>