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Faculty Announced for 2018 Mind & Life Summer Research Institute. The 2018 Mind & Life Summer Research Institute, June 2-8 in Garrison, New York, brings together a diverse group of contemplatives, scholars, and scientists to explore the theme “Engaging Cultural Difference and Human Diversity.” The Mind & Life Institute is a US-registered, not-for-profit 501(c)(3) organization founded in 1991 to establish the field of contemplative sciences. Richard J. Davidson (born December 12, 1951) is professor of psychology and psychiatry at the University of Wisconsin–Madison as well as founder and chair of the Center for Healthy Minds. The Experience of Insight Joseph Goldstein. The Four Foundations of Mindfulness U Silananda. The Heart of Buddhist Meditation Nyanaponika Thera. In This Very Life: The Liberation Teachings of the Buddha, Train Your Mind Change Brain How A New Science Reveals Our Extraordinary Potential To Transform Ourselves Sharon Begley.

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