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no common
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where each of
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which a person

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seeking their

collective

wisdom can find

answers to some

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such as, What is

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here? How do we

know things, how

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of ourselves?

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mind? What makes

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a mind healthy
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importantly:

What is the
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interactions we have with one another shape our mental world. Yet as any neuroscientist will tell you, the mind is shaped by the firing patterns in the brain. And so how can we reconcile

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concepts of the
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Many fields have
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nature of mental
life from

psychology to
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no common
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where each of these important perspectives can be honored and integrated with one another has been created in which a person seeking their collective wisdom can find answers to some basic questions, such as, What is

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the purpose of
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including
relationships of
childhood,
adulthood, and
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milieu change
aspects of the
structure of the
brain and
ultimately alter
the mind.

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can illuminate
the unique ways
that group
processes
collaborate with
and enhance the
brain's natural
developmental
and repairing

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for those of us
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in bringing
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so that, through
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they may better
understand and
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own deeper mind
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Scientists,
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clinicians, and
mindfulness
teachers discuss
training the
mind to bring
more health and
resiliency to
our lives. Here,
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nature and
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