Dear Colleague,

On behalf of my colleagues and me, I wish you a bright, joy-filled New Year and welcome you to participate in our 5th annual scientific conference experience more definitively, they almost always say something like the following: “While the science is rigorous this Conference feels much more open, a lot less ego-driven and competitive.”

If this is so, I believe it is because we as the Conference organizers and you as the community of mindfulness-oriented professionals know something about those “two kinds of intelligence.” While there is much learning to acquire, information to gather and knowledge to be assimilated through the medium of the Conference proceedings, these always reside within the larger context of this other intelligence that is already complete and residing within each of us.

The intention of the 5th Conference we’ve hosted is to embody this view through our presence and programming. Submissions to present were received from around the globe. In response, our scientific and clinical review teams did all of us a tremendous service in carefully weighing each submission. As a result of their efforts, we have assembled 90 presenters offering more than 75 presentations including keynote addresses, research forums, pre and post-program institutes, a full-day symposium focused on the Neural Mechanisms of Mindfulness, a host of presentation dialogues, and welcome you to fully participate in our global mindfulness community. I invite you to take your time with these words, allowing them to touch within you that which the poem is reminding you of.

Two Kinds of Intelligence

There are two kinds of intelligence. One acquired, as a child in school memorizes facts and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences. With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in retaining information. You stroll with this intelligence “out of fields of knowledge, getting always more marks on your preserving tablets.”

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springs. A freshness in the center of the chest. This other intelligence does not turn yellow or stagnate. It’s fluid, as it isn’t born from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out. *

The poem speaks directly to the primary intention of the Conference, to be held in Worcester, Massachusetts, April 7-11, 2010.

Year after year, the most consistent feedback we receive from Conference participants can be paraphrased like this: “I go to a lot of scientific conferences but none of them are like this. This Conference feels more open, a lot less ego-driven and competitive.” When we ask participants to speak about their experiences more definitively, they almost always say something like the following: “While the science is rigorous this Conference feels much more open, a lot less ego-driven and competitive.”

As always, we will continue to integrate mindfulness practice into all aspects of the Conference. We will offer early morning meditation and yoga sessions, a dedicated quiet room continuously available to you and, as well, Philippe Goldin will, as co-chair of the Research Symposium, lead us through the conduits of plumbing-learning.

Tim Ryan.

A Summary of the 2009 Conference

"It was an extraordinary Conference," said one of the 2009 Conference participants. "While the science is rigorous this Conference feels much more open, a lot less ego-driven and competitive." As always, we will continue to integrate mindfulness practice into all aspects of the Conference. We will offer early morning meditation and yoga sessions, a dedicated quiet room continuously available to you and, as well, Philippe Goldin will, as co-chair of the Research Symposium, lead us through the conduits of plumbing-learning.

Our primary intention in hosting this scientific meeting is to create an environment that reminds all of us of our innate capacity to embody these two intelligences. Not forsaking one for the other, but instead, enlarging our view of what it means to be a human being. Your presence lends itself to strengthen this remembrance and realization in all of us. I look forward to seeing you in April.

Sincerely,

Saki F. Santorelli, EdD, MA
Conference Chair

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2. Click for video of Philippe Goldin speaking about the Research Symposium.