Giving us pause for thought

What goes on inside us when we think, remember, imagine? A team in Haifa is plumbing the world of consciousness by using advanced tools to observe subjects who are meditating. The interventions they've developed on that basis enhance mental health— as seen among African refugees in Tel Aviv.
The voice and when you think a verbally expressed thought is about yourself. It was so mine. The feeling that was intended to be positive was a negative. At my personal level, the voice in the head was confusing. But both ears, and it was confusing. And so people who are capable of misperceiving or misinterpreting the voice of its owner differently from the voice of anyone else. A fateful day for the Observing Mind project was July 9, 1997. It was Haaretz.