

Curriculum Vitae

Clifford D. Saron, Ph.D.

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Education

- B.A. Harvard University, Biology (1976)
- M.S. Albert Einstein College of Medicine, Neuroscience (1992)
- Ph.D. Albert Einstein College of Medicine, Neuroscience (1999)

Additional Training

- 1985-86 Visiting Student, University of Wisconsin – Madison: graduate statistics (Psychology) and neuroanatomy (Medicine)
- 1990 Fellow, McDonnell Summer Institute in Cognitive Neuroscience (perception, language)
- 1991 Fellow, Cold Spring Harbor Summer Course (learning, memory)
- 1995 Fellow, Cold Spring Harbor Summer Course (human brain mapping)

Professional Positions

- 2017 Faculty member, Mind and Life Summer Research Institute (<https://www.mindandlife.org/summer-research-institute/sri-2017/>)
- 2015 Faculty member, European Mind and Life Summer Research Institute (<http://esri.mindandlife-europe.org/faculty/faculty-overview/>)
- 2015- Research Scientist (equivalent rank to Full Professor), Center for Mind and Brain, University of California at Davis.
- 2015-16 Adjunct Faculty, Department of Psychology, Wright State University

- 2012- Associate Research Scientist, Merit Increase to step 3, Center for Mind, University of California at Davis.
- 2010-12 Associate Research Scientist, step 2, Center for Mind, University of California at Davis.
- 2010- Lecturer without pay, Department of Psychology, University of California at Davis.
- 2010- Member, Perception, Cognition, and Cognitive Neuroscience Graduate Group, Department of Psychology, University of California at Davis.
- 2008- MIND Institute Autism Research Training Program Lecturer
- 2008-10 Assistant Research Scientist, Merit Increase to step 5, Center for Mind, University of California at Davis
- 2007- Faculty member in Human Electrophysiology, MIND Institute, University of California Davis Medical School
- 2006-08 Assistant Research Scientist, Merit Increase to step 4, Center for Mind, University of California at Davis
- 2006-9,11 Faculty member, Mind and Life Summer Research Institute. Garrison, NY.
- 2004- Chief of Human Electrophysiology, Center for Mind and Brain, University of California at Davis
- 2002-06 Assistant Research Scientist Step 3, Center for Mind and Brain, University of California at Davis
- 2001-02 Visiting Scientist, Cognitive Neuroscience and Schizophrenia Program, Nathan Kline Institute for Psychiatric Research, Orangeburg, NY
- 1999-02 See "Consulting"
- 1989-99 Graduate Student, Laboratory of Dr. Herbert Vaughan, Jr., Department of Neuroscience, Sue Golding Graduate Division of Biomedical Science, Albert Einstein College of Medicine, Bronx, NY. Thesis title: "Spatiotemporal electrophysiology of intra- and interhemispheric visuomotor integration: relations with behavior." Qualifying Exam grade: honors, Thesis grade: honors, no revisions.
- 1985-89 Researcher and Instrumentation Innovator, Psychophysiology Laboratory (Dr. Richard J. Davidson, Director), Department of Psychology, University of

Wisconsin--Madison. Continuation of responsibilities from position at SUNY Purchase. Additional responsibilities included graduate student and post-doctoral fellow supervision in research design, technical implementation and data analysis. Designed 32 channel PC-based psychophysiology teaching laboratory.

- 1977-85 Research Associate, Laboratory for Cognitive Psychobiology; Adjunct instructor, Division of Natural Sciences, SUNY, Purchase, New York. Was responsible for the technical implementation of experimental designs, the design and fabrication of original laboratory instrumentation, and the design, installation and maintenance of our psychophysiology laboratory. Research responsibilities included all features of experimental design, conduct of experimental sessions, and specification of software design for laboratory control, electrophysiological data acquisition and analysis. Teaching responsibilities included the close technical supervision of all laboratory projects and the supervision of a full-time research assistant, as well as formal courses.
- 1982-83 Lecturer in Psychology, State University of New York at Purchase, Purchase, New York. Course: Concepts and Methods in Human Psychophysiology
- 1978-79 Lecturer in Film Studies, State University of New York at Purchase, Purchase, New York. Course: Film Sound Design and Audio Recording Techniques
- 1976-77 Research Assistant, Professor David McClelland, Department of Psychology and Social Relations, Harvard University, Cambridge, Massachusetts. Conducted an auditory ERP study of augmenting and reducing, salivary immune measures, and stress responses.

Professional Societies

Society for Neuroscience

Cognitive Neuroscience Society

International Society for Autism Research

Scientific or Other Advisory Boards, Conference and Review Committee Memberships

- 2017- Advisory Board, Courage of Care Coalition www.courageofcare.org
- 2017- Board Member, Autistry Studios, San Rafael, CA
<http://www.autistrystudios.com/>

- 2017-18 Co-director. Putting the Buddhism/Science dialogue on a new footing. A 10-day transdisciplinary Institute held at the Mangalam Research Center, Berkeley, CA. July 17-26, 2017
<https://www.mangalamresearch.org/summer-institute-buddhism-science/>
- 2016 Abstract review committee, 2016 International Symposium of Contemplative Studies. <https://www.eiseverywhere.com/ehome/iscs-2016/>
- 2016- Member, Advisory Steering Committee, Mind and Life Institute www.mindandlife.org.
- 2016- Chair, Program Planning Committee – Mind & Life Institute Dialogue with His Holiness the Dalai Lama – Botho/Ubuntu: A Dialogue with the Dalai Lama on Spirituality, Science, and Humanity. Botho University, Gaborone, Botswana, Aug 17-19, 2017
<https://www.youtube.com/playlist?list=PL0afJ4rP1PHxi0QN0pOJblZzwSyuggE8>
- 2015 Admission Review Committee, Mind and Life Europe 2015 Summer Research Institute
- 2014-15 Chair, Organizing Committee, *Perspectives on Mindfulness: The Complex Role of Meditation Research*. Annual research summit. UC Davis Center for Mind and Brain, Davis, CA. May 21, 2015.
<http://cmbmindfulnesssummit.faculty.ucdavis.edu>;
<https://www.youtube.com/playlist?list=PL4ij2LNSJxJd7nIbEU5f9A3EoCX07K2Lz>
- 2014 Abstract submission review committee, 2014 International Symposium for Contemplative Studies.
- 2012-13 George Greenstein Institute Scientific Advisory Board
- 2011 Organizing Committee, *Practical Challenges in the Integration of Laboratory Research and Clinical Practice.*, an academic meeting with H.H. the Dalai Lama at Rockefeller University in New York, October, 2012.
- 2010 Steering Committee, First International Symposium on Contemplative Studies, Denver, April 2012
- 2009- MIT Dalai Lama Center for Ethics and Transformative Values Advisory Board (www.thecenter.mit.edu)
- 2009-12 Mind and Life Institute Program and Research Council (www.mindandlife.org)
- 2009-12 Baumann Foundation Scientific Advisory Board

<http://www.thebaumannfoundation.org>)

Awards and Honors

Received the Inaugural Templeton Prize Research Grant from the John Templeton Foundation, November 2012 (In honor of the 2012 Templeton Prize winner, H. H. the Dalai Lama)

Selected as a 2011 Poptech senior science fellow (www.poptech.org) (1 of 10 nationally, across all fields of science).

Mind and Life Fellow (2009-)

Consulting Experience

2007-12 Scientific Consultant to Dr. Mark Pfeiger, Signal Source Imaging, San Diego, California. Responsible for data interpretation and collaborative discussions regarding development of new methods of modeling event-related potentials and their relation to changes in behavior derived from data collected in my lab.

2006-07 Technical Consultant, Dr. Nathan Fox, Department of Psychology, University of Maryland at College Park, College Park, MD. (Design of high-density EEG/ERP laboratory and acoustic, lighting, electrical and floor-plan input to remodel.)

2004-06 Technical Consultant, Dr. Mingzhou Ding, Department of Biomedical Engineering, University of Florida, Gainesville, FL. (complete design of high-density ERP lab and remodel)

2004-06 Technical Consultant, Dr. Mark McCourt, Department of Psychology and Vision Science Center, North Dakota State University, Fargo, ND (acoustical and mechanical engineering for high-density ERP lab remodel)

2002 Technical Consultant, Dr. Char Davies, Immersence Corporation, Montreal, CA, <http://www.immersence.com> (human breathing interface for virtual reality artwork)

2001-08 Technical Consultant, Dr. Akaysha Tang, Department of Psychology, Univ. of New Mexico, Albuquerque, NM (complete design and instrumentation integration of DARPA-funded high-density ERP lab and remodel and graduate student and faculty training in ERP recording methods)

2001 Technical Consultant, Dr. David Becker, Department of Anesthesiology, UCSF, San Francisco, CA (interfacing experimental control instrumentation to

- Neuroscan ERP system)
- 2001 Technical Consultant to multimedia artist Mariko Mori for SFMOMA exhibit (initial design of EEG recording system for WaveUFO public art installation)
 - 1999-02 Scientific member, IRB for Abratech Corporation (Dr. Don Jewett), Sausalito, CA
 - 1999-00 Technical Consultant, Dr. Cindy Yee-Bradbury, Department of Psychology, UCLA, Los Angeles, CA (setup and training of Neuroscan 128 channel ERP system)
 - 1999-00 Technical Consultant, Dr. Paul Ekman, Department of Psychiatry, UCSF, San Francisco, CA (computer and graphic processing support)
 - 1999 Technical Consultant, Dr. Herbert Vaughan, Department of Neurology, Albert Einstein College of Medicine, Bronx, NY (developed methods of animating ERP topographical maps)
 - 1990-04 Technical consultant and Producer, Mind and Life Institute, Boulder, CO (archival audio and multi-camera video documentation of meetings between scientists and H.H. the Dalai Lama, see www.mindandlife.org)
 - 1990-94 Project Coordinator and researcher, Mind and Life Institute, Boulder, CO (field research project investigating the effects of Tibetan Buddhist mental training on measures of brain function)
 - 1989-92 Technical Consultant, Dr. Richard J. Davidson, Department of Psychology, University of Wisconsin, Madison, WI (laboratory training and documentation)
 - 1989-91 Technical Consultant, Dr. Andrew Tomarken, Department of Psychology, Vanderbilt University, Nashville, TN (psychophysiology/EEG laboratory design and integration, training in recording methods)
 - 1981-89 Technical Consultant, Dr. Nathan Fox, Department of Human Development, University of Maryland, College Park, MD (infant/child EEG laboratory design, instrumentation integration and recording and data analysis training)
 - 1984-85 Technical Consultant, Dr. Louis Cooper, Department of Pediatrics, St. Luke's-Roosevelt Hospital, NY (video coding system design, implementation and training for mother/infant interaction studies)
 - 1983-84 Technical Consultant, Dr. Harold Sackheim, Department of Biological Psychiatry, NYS Psychiatric Institute, New York City (interfacing EEG recording with ECT delivery)
 - 1983-84 Technical Consultant, Dr. Michael Lewis, Department of Pediatrics, Rutgers Medical College, New Brunswick, NJ (design of infant/child psychophysiology laboratory and instrumentation integration)

- 1980-81 Technical Consultant, Laboratory of Neurosciences, National Institute on Aging, National Institutes of Health, Baltimore, MD (initial design for portable psychophysiology laboratory used in conjunction with early PET studies)
- 1978-81 Technical Specialist to Drs. Michael Lewis and Nathan Fox, Educational Testing Service, Princeton, NJ Developmental Disabilities Unit, Roosevelt Hospital, New York City (infant/child psychophysiology laboratory design, instrumentation integration, data recording and analysis training)

Technical and Scientific Advising (gratis)

- 2014-15 UC Davis Medical Center (UCDMC) MIND Institute NIH-funded IDDRRC (Intellectual Developmental Disabilities Research Center) human EEG lab design consulting
- 2009-11 UCDMC MIND Institute (space planning and design of core ERP/EEG laboratory for Translational Research Building)
- 2004-07 Falk Minnow Services, www.easycap.de (design of next generation EEG recording caps)
- 2004-05 UCDMC Imaging Research Center Equipment Committee (in-bore stimulus presentation, simultaneous fMRI and EEG recording)
- 2003-05 Dr. Cameron Carter, Department of Psychiatry, UC Davis Medical School (EEG/ERP laboratory design and EEG hardware specification)
- 2002-06 UC Davis Center for Mind and Brain Tennant Improvement Projects (all aspects of research infrastructure creation, including a state-of-the-art EEG/ERP teaching laboratory) <http://mindbrain.ucdavis.edu>
- 2002-06 Dr. G. Ron Mangun, Center for Mind and Brain, UC Davis (EEG/ERP laboratory design)
- 2002-04 Dr. Tamara Swaab, Department of Psychology, UC Davis (dual ERP/EEG laboratories: design, remodel, implementation, graduate and post-graduate training)
- 1995-05 Dr. Michael Scherg, Megis Corp www.bese.de (alpha/beta testing EEG source localization software)
- 1994 Dr. James Gross, Department of Psychology, Stanford University (psychophysiology laboratory design advice)
- 1991-99 Dr. Paul Ekman, Human Interaction Laboratory, UCSF (computer and graphic processing support)

- 1990-02 Neuroscan Corp. www.neuro.com (design input to EEG / ERP recording and analysis hardware and software)
- 1989-99 Dynamic Brain Imaging Laboratory, AECOM (Dr. H. G. Vaughan, Jr., EEG/ERP laboratory design and training).
- 1983-02 James Long Company www.psychophysiology.com (hardware and software product creation for psychophysiological research)

Formal Teaching Experience (non MOOC)

- 2017 Building a World from Uncertain Inputs: Sensory processing and integration in ASD MIND Institute Autism Research Training Program (ARTP) lecturer
- 2015 *Building a World from Uncertain Inputs: Sensory processing and integration in ASD*, May. MIND Institute (ARTP)
- 2013 *Making the World Whole: Sensory Processing and Multisensory Integration Deficits in Children with Autism Spectrum Disorders*, July. ARTP.
- 2011 *Building a World from Uncertain Inputs: Sensory Processing and Integration in ASD*, October. ARTP.
- 2009 *Electrophysiology of Sensory Processing in Autism*, April. ARTP.
- 2006 *Toward Neuroelectric Neuroimaging: EEG and Event Related Potentials – the Good, the Bad, and the Ugly*, June. ARTP.
- 2008 Discussion leader, UC Davis neuroscience graduate student neuroimaging journal club, February, December.
- 2007- NIH-funded ERP Boot Camp Consulting Faculty at Center for Mind and Brain, (Steve Luck, PI)
- 2005 UC Davis Psych 290: *Methods in Cognitive Neuroscience*, (1 lecture/3 lab lecture/demos). Course director: Dr. Tamara Swaab.
- 2002 Formal graduate student, post-doc, faculty, and laboratory personnel technical training sessions at UW Madison (1985-1991), AECOM (1989-1991), and UC Davis, 2002-)
- 1985-1987 *Concepts and Methods in Psychophysiology*, Department of Psychology, UW- Madison (co-taught with Dr. Richard J. Davidson)
- 1977-1985 *Concepts and Methods in Psychophysiology*, Department of Psychology, SUNY

Purchase, (co-taught with Dr. Richard J. Davidson). Taught independently, 1982.

1977 *10-week Tutorial in Advanced Digital Logic Programming*, SUNY Purchase.

Mentorship

Postdoctoral Fellows

- 2016- Rosanna De Meo, PhD. Center for Mind and Brain (supported by a Swiss Government Mobility Postdoctoral Grant)
- 2015-16 Alexander Norman, PhD. Center for Mind and Brain, UC Davis. Now a lecturer at the University of Western Sydney, Sydney Australia
- 2013-14 Jen Pokorny, Ph.D. Center for Mind and Brain. UC Davis. Now an Assistant Project Scientist in my lab.
- 2013-16 Chivon Powers, Ph.D. Center for Mind and Brain, UC Davis. Now a data scientist at Acxiom Corporation, Redwood City, CA.
- 2012-14 Iman Mohammadrezazadeh, Ph.D. Center for Mind and Brain, UC Davis. Now a staff scientist at HRL Laboratories, Malibu, CA.
- 2007-11 Baljinder Sahdra, Ph.D. Center for Mind and Brain and Department of Psychology, UC Davis (co-mentor with Phillip Shaver). Now a Research Lecturer at the Institute for Positive Psychology and Education, Faculty of Health Sciences, Australian Catholic University, Strathfield Campus, Sydney, Australia
- 2007-10 Tonya Jacobs, Ph.D. Center for Mind and Brain, UC Davis.
- 2007-09 Yukari Takarae, Ph.D. Center for Mind and Brain, UC Davis. Now an Assistant Professor in the Department of Psychiatry at UT Southwestern Medical Center.
- 2007 Shiri Lavy, Ph.D. Center for Mind and Brain, UC Davis. Now at the Department of Behavioral Sciences, Ariel University Center, Israel.

Graduate Student Thesis and other Committees

- 2015-16 Jennifer Baumgartner, MS, Department of Psychology, Human Factors & Industrial/Organizational Psychology, Wright State University Dayton, OH (Qualifying Exam Committee)
- 2015- Quinn Conklin, BA – (mentor of record, Dept. of Psychology, UC Davis)

- 2014- Alea Skwara, BA – (mentor of record, Dept. of Psychology, UC Davis)
- 2011-13 Anahita Hamadi, BA (Co-mentor with Ron Mangun, Center for Neuroscience, UC Davis)
- 2010- Brian Hurley, MA (Advisory Committee and Thesis Committee member, Department of Psychology, UC Davis)
- 2010- Brandon King, MA (Mentor of Record; Department of Psychology, UC Davis)
- 2010- Anthony Zanesco, MA (Mentor of Record; Department of Psychology, UC Davis)
- 2008-13 Stephen Aichele (Co-mentor with Emilio Ferrer & Phil Shaver), Department of Psychology, UC Davis). Now a postdoctoral fellow, University of Geneva.
- 2007-11 Manish Saggat (Co-mentor with Risto Miikkulainen, Department of Computer Science, University of Texas Austin). Thesis title: *Computational Analysis of Meditation*. Now an Assistant Professor in Computational Neuropsychiatry, Department of Psychiatry, Stanford University Medical School, Palo Alto, CA.
- 2006-08 Constanza Colombi, Ph.D. (Co-mentor with Susan Rivera and Sally Rogers; Department of Human Development, UC Davis) Thesis title: *Mirror Neuron System Activation in Autism in Response to Transitive and Intransitive Actions*. Now Research Assistant Professor, University of Michigan, Department of Psychiatry, Ann Arbor, MI.
- 2004-09 Katherine A. MacLean (Co-mentor with Ron Mangun; Department of Psychology, UC Davis). Thesis title: *Training attention through intensive meditation: Improvements in sustained performance and response inhibition*. Following Positions: Post doctoral researcher and then Instructor, Department of Psychiatry, Johns Hopkins School of Medicine, Baltimore, MD. Now independent speaker and author.

Junior Specialist Supervision

- 2016-17 Sevan Harootonian
- 2013-15 Quinn Conklin (promoted to Asst. Specialist 2014, see grad students)
- 2014-16 Sarah Huffman
- 2013-16 Kezia Wineberg
- 2010-11 Ryan Hubbard (now a graduate student in Department of Psychology, Beckman Institute, University Illinois, Champaign-Urbana, IL.)

- 2010-11 Sarah Abedi (now a medical student at UC Irvine)
- 2010 Saloni Mathur
- 2007-09 Margarita Beransky
- 2008-9 Lindsey Marcelino (now a lawyer at Morgan Lewis, San Francisco, CA)
- 2007-10 Anthony Zanesco (see grad students)
- 2007-10 Brandon King (see grad students)
- 2006-07 David Bridwell (now a Research Scientist at the Mind Research Network in Albuquerque, New Mexico)
- 2006-08 Stephen Aichele (see grad students)
- 2004-6 David Horton (now product designer/programmer at NEST at Google)

Undergraduate Thesis Supervision at Davis

- 2012-14 Tucker Fisher, B.A. *Sub-Phenotyping Autistic and Typically Developing Toddlers by Relative Relationship of Brain Response to 50dB, 60dB, 70dB, 80dB tones.* Senior Honor Thesis. Grade: Highest Honors. Currently a PhD student in neuroscience at Stanford University.
- 2006-07 Margarita Beransky, B.A. *Multisensory Integration of Auditory, Visual, and Somatosensory Cues in Children and Adults: A Behavioral and Electrophysiological Analysis.* Grade: Highest Honors.

Undergraduate Research Assistant Training

- 2006- More than 70 undergraduates have been involved in research conducted in my lab, supervised by lab personnel and myself.

Other Technical training at Davis

- 2003-06 Technical lab skill training and mentoring in EEG and ERP recording and data analysis: CMB visiting graduate students Felix Kramer, Dorothee Heipertz (Magdeburg University, Germany), Sean Fannon (Duke University); visiting Post-Doctoral Scholars Dr. Eveline Crone and Eveline Bekker (Radboud University Nijmegen, the Netherlands), UC Davis biomedical engineering graduate student Niki Ziai, and junior specialists Traften Drew, Jocelyn Sy and Santani Tang.

Peer Reviewed Publications (under review, in press, published)

- Schmalzl, L., Powers, C., Zanesco, A. P., Yetz, N., Groessl, E. J. & Saron, C. D. (under review). The effect of movement-focused and breath-focused yoga practice on stress parameters and sustained attention.
- Zanesco, A. P., King, B. G., MacLean, K. A. & Saron, C. D. (under review). Cognitive Aging and Long-term Maintenance of Attentional Improvements Following Meditation Training.
- Conklin, Q. A., King, B. G., Zanesco, A. P., Lin, J., Hamidi, A. B., Pokorny, J. J., Álvarez-López M. J., Cosín-Tomás, M., Huang, Kaliman, P., Epel, E., and Saron, C. D. (under review). Insight Meditation and Telomere Biology: The Effects of Intensive Retreat and the Moderating Role of Personality.
- Van Dam, N. T., van Vugt, M. K., Vago, D. R., Schmalzl, L., Saron, C. D., Olendzki, A., Meissner, T., Lazar, S. W. Kerr, C. E., Gorchov, J., Fox, K. C. R., Field, B. A., Britton, W. B., Brefczynski-Lewis, J. A. & Meyer, D. E. (2017). Mind the Hype: A Critical Evaluation and Prescriptive Agenda for Research on Mindfulness and Meditation. *Perspectives in Psychological Science*. Sept 1:1745691617709589. <https://doi.org/10.1177/174569161770958>
- Pokorny, J. J., Norman, A., Zanesco, A. P., Bauer-Wu, S., Sahdra, B. K., & Saron, C. D. (2017). Network Analysis for the Visualization and Analysis of Qualitative Data. *Psychological Methods*. Advance online publication. <http://dx.doi.org/10.1037/met0000129>
- Zanesco, A. P., King, B. G., MacLean, K. A. Jacobs, T. L., Aichele, S. R. Wallace, B. A., Smallwood, J., Schooler, J. W. & Saron, C. D. (2016). Meditation Training Influences Mind Wandering and Mindless Reading. *Psychology of Consciousness: Theory, Research, and Practice*, 3(1):12-33. <http://dx.doi.org/10.1037/cns0000082>
- Lutz, A, Jha, A. P., Dunne, J. D., & Saron, C. D. (2015) Investigating the Phenomenological and Neurocognitive Matrix of Mindfulness-related Practices. *American Psychologist*, 70(7), 632-658. <http://dx.doi.org/10.1037/a0039585>
- Saggar, M., Zanesco, A. P., King, B. K, Bridwell, D. A., MacLean, K. A., Aichele, S. A., Jacobs, T. L., Wallace, B. A., Saron, C. D., & Miikkulainen, R. (2015) Mean-field thalamocortical modeling of longitudinal EEG acquired during intensive meditation training. *Neuroimage*, 114, 88-104. <http://dx.doi.org/10.1016/j.neuroimage.2015.03.073>
- Rosenberg, ER, Zanesco, A.P. King, B.G., Aichele, S. A., Jacobs, T. L., Bridwell, D. A., MacLean, K. A., Shaver, P. R., Ferrer, E., Sahdra, B. K., Lavy, S., Wallace, B. A., & Saron, C. D. (2015) Intensive meditation training influences emotional responses to suffering. *Emotion*, 15(6), 775-90. doi: 10.1037/emo0000080
- MacCoon, D. G., MacLean, K. A., Davidson, R. J., Saron, C. D., & Lutz, A. (2014). No Sustained Attention Differences in a Longitudinal Randomized Trial Comparing

Mindfulness Based Stress Reduction versus Active Control. *PloS One*, 9(6), e97551. doi:10.1371/journal.pone.0097551

- Garrison KA, Scheinost D, Worhunsky PD, Elwafi HM, Thornhill TA 4th, Thompson E, Saron C, Desbordes G, Kober H, Hampson M, Gray JR, Constable RT, Papademetris X, Brewer JA. (2013). Real-time fMRI links subjective experience with brain activity during focused attention. *Neuroimage*, 81, 110-8. doi: 10.1016/j.neuroimage.2013.05.030.
- Zanesco, A.P, King, B. G., MacLean, K. A. & Saron, C. D. Executive Control and Felt Concentrative Engagement Following Intensive Meditation Training. (2013) Special issue of *Frontiers in Human Neurosciences* on neurophenomenology. *Frontiers in Human Neuroscience*. Sep 18;7:566 DOI: 10.3389/fnhum.2013.00566
- Jacobs, T. L., Shaver, P. R., Epel, E. S., Zanesco, A. P., Aichele, S. R., Bridwell, D. A., Rosenberg, E. L., King, B. G., Maclean, K. A., Sahdra, B. K., Kemeny, M. E., Ferrer, E., Wallace, B. A., & Saron, C. D. (2013). Self-reported mindfulness and cortisol dynamics during a Shamatha meditation retreat. *Health Psychology*, 32(10):1104-9. DOI: 10.1037/a0031362
- Saggar, M., King, B. G., Zanesco, A. P., MacLean, K. A., Aichele, S. R., Jacobs, T. L., Bridwell, D. A., Shaver, P. R., Rosenberg, E. L., Sahdra, B. K., Ferrer, E., Tang, Akaysha, T. C., Mangun, G. R., Wallace, B. A., Miikkulainen, R., & Saron, C. D. (2012). Intensive training induces longitudinal changes in meditation state-related EEG oscillatory activity. *Frontiers in Human Neuroscience*. 6:256. DOI: 10.3389/fnhum.2012.00256
- Jacobs, T. L., Epel, E. S., Lin, J. Blackburn, E. H., Wolkowitz, O. M., Bridwell, D. A., Zanesco, A. P., Aichele, S. R., Sahdra, B. K., Maclean, K. A, King, B. G., Shaver, P. R., Rosenberg, E. L., Ferrer, E., Wallace, B. A. & Saron, C. D. (2011). Intensive meditation training, immune cell telomerase activity, and psychological mediators. *Psychoneuroendocrinology* 36, 664-681.
- Sahdra, B. K., MacLean, K. A., Shaver, P. R., Ferrer, E., Rosenberg, E., Jacobs, T. L., Zanesco, A., Aichele, S., King, B., Bridwell, D., Lavy, S. Mangun, G. R., Wallace, B. A., & Saron, C. D. (2011). Enhanced response inhibition during intensive meditation predicts improvements in self-reported adaptive socioemotional functioning. *Emotion*, 11(2), 299- 312.
- MacLean, K. A., Ferrer, E., Aichele, S. R., Bridwell, D. A., Zanesco , A. P., Jacobs, T. L., King, A. G., Rosenberg, E. L., Sahdra, B. K., Shaver, P. R., Wallace B. A., Mangun, G. R., & Saron, C. D. (2010). Intensive meditation training leads to improvements in perceptual discrimination and sustained attention. *Psychological Science*, 21, 820-830.

- Nakano, H., Saron, C., & Swaab, T. Y. (2010). Working memory capacity alters the integration of thematic role information in simple spoken sentences. *Journal of Cognitive Neuroscience*, *12*, 829-839.
- MacLean, K. A., Aichele, S. R., Bridwell, D. A., Mangun, G. R., Wojciulik, E., & Saron, C. D. (2009). Interactions between endogenous and exogenous attention during vigilance. *Attention, Perception, and Psychophysics*, *71*, 1042-1058.
- Fannon, S. P., Saron, C. D., & Mangun, G. R. (2008). Baseline shifts do not predict attentional modulation of target processing during feature-based visual attention. *Frontiers in Neuroscience, March, Article 7*, 1-14.
- Shaver, P. R., Mikulincer, M., Saron, C. D., & Lavy, S. (2007). Social foundations of the capacity for mindfulness: An attachment perspective. *Psychological Inquiry*, *18*, 264- 271.
- Saint-Amour, D., Saron, C. D. Schroeder, C. E., & Foxe, J. J (2005). Can whole brain nerve conduction velocity be derived from surface-recorded visual evoked potentials? A re- examination of Reed, Vernon, and Johnson (2004). *Neuropsychologia*, *43*, 1838-1844.
- Foxe, J. J., Simpson, G. V., Ahlfors, S. P., & Saron, C. D. (2005). Biasing the brain's attentional set: I. Cue driven shifts of intersensory selective attention. *Experimental Brain Research*, *166*, 370-392.
- Saron, C. D., Schroeder, C. E., Foxe, J. J., & Vaughan, H. G., Jr. (2001). Visual activation of frontal cortex: Segregation from occipital activity. *Cognitive Brain Research*, *12*, 75-88.
- Davidson, R. J. & Saron, C. D. (1992). Evoked potential measures of interhemispheric transfer time in reading disabled and normal boys. *Developmental Neuropsychology*, *8*, 261-277.
- Cohen B. H., Davidson, R. J., Senulis, J.A., Saron, C. D., & Weissman, D. R. (1992). Muscle tension patterns during auditory attention. *Biological Psychology*, *33*, 133-156.
- Davidson, R. J., Ekman, P., Saron, C. D., Senulis, J., & Friesen, W. (1990). Emotional expression and brain physiology I: Approach/withdrawal and cerebral asymmetry. *Journal of Personality and Social Psychology*, *58*, 330-341.
- Davidson, R. J., Leslie, S. C., & Saron, C. D. (1990). Reaction time measures of interhemispheric transfer time in reading disabled and normal children. *Neuropsychologia*, *28*, 471-485.
- Saron, C. D. & Davidson, R. J. (1989). Visual evoked potential measures of

interhemispheric transfer time in humans. *Behavioral Neuroscience*, 103, 1115-1138.

Davidson, R. J., Mednick, D., Moss, E., Saron, C. D., & Schaffer, C. E. (1987). Ratings of emotion in faces are influenced by the visual field to which affective information is presented. *Brain and Cognition*, 6, 403-411.

Davidson, R. J., Schaffer, C. E., & Saron, C. D. (1985). Effect of lateralized presentation of faces on self-reports of emotion and EEG asymmetry in depressed and normal subjects. *Psychophysiology*, 22, 353-364.

Moss E., Davidson, R. J., & Saron, C. D. (1985). Cross-cultural differences in hemisphericity: EEG asymmetry discriminates between Japanese and Westerners. *Neuropsychologia*, 23, 131-135.

Schaffer, C., Davidson, R. J., & Saron, C. D. (1983). Frontal and parietal EEG asymmetries in depressed and non-depressed subjects. *Biological Psychiatry*, 18, 753-762.

McClelland, D. C., Davidson, R. J., Saron, C. D., & Floor, E. (1980). The need for power, brain norepinephrine turnover, and learning. *Biological Psychology*, 10, 93-102.

Davidson, R. J., Saron, C. D., & McClelland, D. C. (1981). Effects of personality and semantic content of stimuli on augmenting and reducing in the event-related potential. *Biological Psychology*, 11, 249-255.

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Book Chapters

Skwara, A. C., King, B. G., & Saron, C. D. (2017). Studies of training compassion: what have we learned; What remains unknown? In: *The Handbook of Compassion Science*. E. M. Seppälä, E. Simon-Thomas, S. L. Brown, M. C. Worline, C. D. Cameron, & J. R. Doty (Eds.). Oxford University Press.

Saron, C. D. (2017). Clifford Saron. In: *The Promise of Beauty and Why it Matters*. Shakti Maira. Harper Collins India. Pp. 236-250.

Saron, C. D. (2013). The Shamatha Project Adventure: A Personal Account of an Ambitious Meditation Study and its First Results. In: *Compassion: Bridging Theory and Practice*. T. Singer and M. Bolz (Eds). Munich, DE: Max Planck Society. A free eBook available at <http://www.compassion-training.org/>

Saron, C. D. (2013) Training the Mind—The Shamatha Project. In: *The Healing Power*

of Meditation. Fraser, A. (Editor). Boston, MA: Shambhala Publications pp. 45-65.

- Mangun, G. R., Fannon, S. P., Geng, J. J., & Saron, C. D. (2009). Imaging brain attention systems: Control and selection in vision. In: *fMRI techniques and protocols*; M. Filippi (Editor), Humana Press, Inc. Pp. 353-378.
- Mangun, G. R., Saron, C. D. and Walsh, B. J. (2009). Integration of conflict detection and attentional control mechanisms: Combined ERP and fMRI studies. In: *The Cognitive Neurosciences IV*. Gazzaniga, M.S. (Editor), Cambridge, MA: MIT Press, 251-258.
- Saron, C. D., Foxe, J. J., Simpson, G. V., & Vaughan, H. G., Jr. (2003). Interhemispheric visuomotor activation: spatiotemporal electrophysiology related to reaction time. In: *The Parallel Brain: The Cognitive Neuroscience of the Corpus Callosum*. E. Zaidel & M. Iacoboni (Eds.). Cambridge, MA: MIT Press. Pp. 171-219.
- Saron C. D, Foxe, J. J., Schroeder, C. E., & Vaughan, H. G., Jr. (2003). Complexities of interhemispheric interaction in sensory-motor tasks revealed by high-density event-related potential mapping. In: *The asymmetrical brain*. K. Hugdahl & R. J. Davidson, Eds. Cambridge, MA: MIT press. Pp. 341-408.
- Houshmand, Z., Harrington, A., Saron, C. D., & Davidson, R. J. (2001). Training the mind: First steps in a cross-cultural collaboration in neuroscientific research. In: *Visions of compassion - Western scientists and Tibetan Buddhists examine human nature*. R. J. Davidson & A. Harrington, Eds. New York: Oxford University Press. Pp. 3-17.
- Saron, C. D., Foxe, J. J., Simpson, G. V., & Vaughan, H. G., Jr. (2000). Electrophysiological indices of interhemispheric visuomotor interaction [translated to Italian]. In: Proverbio, M. and Zani A. (Eds.), *Psicofisiologia Cognitiva: Le basi neuro-funzionali delle mente umana [Cognitive Psychophysiology: The neurofunctional substrates of the human mind]*, Carocci Editore: Roma, Italy. Pp. 381-440.
- Saron, C.D. & Davidson, R. J. (1997). The brain and emotions. In: *Healing emotions: conversations with the Dalai Lama on mindfulness, emotions and health*, D. Goleman, Ed. Boston: Shambala, Pp. 67-88.

Invited Addresses, Workshops, Presentations, and Colloquia

- Saron, C. D. *Considering context in the scientific study of psychological and physical health-related effects of intensive contemplative practice in the Buddhist tradition*. Mind-Body Health in Tibetan Medicine: Crossing the Great Divide. Harvard Medical School, Boston, MA. October 6-7 2017 <https://www.tibetanmedicineconference.org>
- Saron, C. D. *There are no beginners, it only seems so*. Faculty Webinar, Search Inside Yourself Leadership Institute Engage Training. Sept 20, 2017

<https://siyli.org/programs/engage#what-is-engage>

- Saron, C. D. *Toward contemplative science: further issues and models in the scientific investigation of contemplative practice*. Faculty presentation. Putting the Buddhism – Science Dialogue on a New Footing, Templeton-funded transdisciplinary institute held at the Mangalam Research Center, Berkeley, CA. July 26, 2017.
- Saron, C. D. *Inchoate Reflections on Transdisciplinarity*. Invited talk at the 2017 Mind and Life Summer Research Institute. Garrison, New York. June 9, 2017
- Saron, C. D. *Overlapping Magesteria: Contemplating the Scientific Study of Meditation*. Invited panel talk at Towards Sustainable Societies: Interreligious, Interdisciplinary Responses, a conference sponsored by The Graduate Theological Union & Gtu Mira & Ajay Shingal Center For Dharma Studies. Berkeley, California. April 28, 2017
- Saron, C. D. *Contemplating the Scientific Study of Meditation*. Invited Honors College Convocation Speaker, Texas Christian University. April 20, 2017
- Saron, C. D. *Issues, Findings and Models in the Scientific Study of Meditation*. Invited talk, Martinos Center for Neuroimaging, Harvard University. Boston, MA. Host: Dr. Gaelle Desbordes. February 1, 2017.
- Saron, C. D. *Issues, Findings and Models in the Scientific Study of Meditation*. Invited colloquium sponsored by the George Washington University Mind-Brain Institute. January 27, 2017
- Saron, C. D. *Toward contemplative science: issues, models and findings in the scientific investigation of contemplative practice*. Invited talk, Osher Center for Integrative Medicine, University of California Medical Center, San Francisco, CA. January 13, 2017
- Saron, C. D. *Minding Mindfulness: Issues, Models, and Findings in the Scientific Study of Meditation*. Invited Master Lecture. 2016 International Symposium of Contemplative Studies. San Diego, CA. November, 2016
<https://www.youtube.com/watch?v=uZuhVAGmOv0&list=PLOafJ4rP1PHx3puZGREFM8quSnVaDLrdG&index=10>
- Saron, C. D. *Some tales toward now*. Psych 200 PCCN graduate seminar faculty presentation. Center for Mind and Brain, UC Davis October 13, 2016
- Saron, C. D. *Minding Mindfulness: Issues, Models, and Findings in the Scientific Study of Meditation*. Invited presentation as part of a public weekend seminar on the Art of Stillness at the Banff Centre for Arts and Creativity, Banff, CA. October 1, 2016 <https://www.banffcentre.ca/stillness-weekend>
- Saron, C. D. *The Scientific Investigation of Intensive Contemplative Practice: Issues and*

- Experience*. Invited webinar to the WISER Neuro reading group at the University of Witwatersrand, Johannesburg, South Africa. August 23, 2016
- Saron, C. D. *The Scientific Investigation of Intensive Contemplative Practice: Issues and Experience*. Invited talk to the staff and management of Interaxon Corporation, Toronto, Canada. August 4, 2016.
- Saron, C. D. *The Scientific Investigation of Contemplative Practice: The Baby and the Bathwater*. Seven-hour in-depth workshop presentation at Tuning Your Instrument: The Buddha, the Brain and Bach, Esalen Institute, Big Sur, CA. July 17-22, 2016.
- Saron, C. D. *The Scientific Investigation of Contemplative Practice: The Baby and the Bathwater*. Invited address to the full community and staff of the Fetzer Institute, Kalamazoo, MI July 13, 2016
- Saron, C. D. *The Scientific Investigation of Contemplative Practice: The Baby and the Bathwater*. Invited talk at 2016 mindfulness facilitators retreat, Spirit Rock Meditation Center, Woodacre, CA. June 23, 2016
- Saron, C. D. *An Effort To Translate Contemplative Theory into the Language of Scientific Psychology*. Invited break-out group presentation. 2016 Mind and Life Summer Institute, Garrison, NY. June 16, 2016
- Saron, C. D. *Considering VR as an “Engine of Empathy” - Training the Mind of the Viewer*. Invited lecture in Deep Research into Wellness and Learning session at XTECH2016, the Experiential Technology & NeuroGaming Conference and Expo, San Francisco, CA May 18, 2016.
- Saron, C. D. *Sensory Processing and Multisensory Integration in Autism: Electrophysiological and Behavioral Evidence*. Invited Colloquium, Marcus Autism Center at Children’s Healthcare of Atlanta and Emory University School of Medicine. February 26, 2016.
- Saron, C. D. *Mindful Mindfulness: Findings, Models, and Issues in the Scientific Investigation of Intensive Meditation Training and Practice*. Invited Public Lecture, Emory-Tibet Partnership, Emory University, Atlanta, GA. February 25, 2016.
- Saron, C. D. *Making The World Whole: Sensory Processing in Children with Autism*. A public lecture sponsored by Autism Okanagan and the ENSO Foundation. Kelowna, BC, Canada. February 6, 2016.
- Saron, C. D. *Training the Mind, Opening the Heart: A Public Lecture Findings and Lessons from the Scientific Study of Meditation*. Sponsored by the ENSO Foundation for Contemplative Engagement, Kelowna, BC, Canada. February 5, 2016.
- Saron, C. D. *Compassionate Practice: Toward a Greater Capacity for Engaging with the*

Suffering of Self and Others. Guest lecture, Health Living Interest Group for Medical Students, University of California at Davis Medical Center, Sacramento, CA. November, 16, 2015

- Saron, C. D. *Compassionate Practice: Toward a Greater Capacity for Engaging with the Suffering of Self and Others*. Plenary Talk at CENTILE 2015: International Conference to Promote Resilience, Empathy, and Well-Being in Health Care Professions. Georgetown University, October 18-21, 2015. See more at: <http://www.centileconference.org/speakers#sthash.Um2ku60I.dpufCentile>
- Saron, C. D. *Telomeres and Meditation Retreats*. Data Blitz presentation at the 3rd meeting of the Mindfulness Research Working Group (MRWG) at the University of Miami. Coral Gables, FL. October 8 – 9, 2015.
- Saron, C. D. *Longitudinal Effects of Intensive Meditation Training on Sustained Attention, Response Inhibition, and Emotional Provocation*. Invited Presidential Symposium Presentation, Annual meeting of the Society for Psychophysiological Research, Seattle, WA. Oct 2, 2015
- Saron, C. D. *Minding Mindfulness: Findings, Models, and Issues in the Scientific Investigation of Contemplative Practice*. Invited colloquium, Department of Psychology, Universitat de les Illes Balears, Mallorca, Spain. Sept. 17, 2015.
- Saron, C. D. *Constituents of a compassionate response: Can contemplative mind training foster our capacity to engage with suffering?* Invited colloquium, Studio Olafur Eliasson (<http://olafureliasson.net>), Berlin, Germany. Sept. 4, 2015.
- Saron, C. D. *Minding mindfulness: Findings and issues in the scientific study of meditation*. Faculty presentation, 2015 European Mind and Life Summer Institute. Chiemsee, Germany. 28 August – 3 September 2015
- Saron, C. D. *Minding Mindfulness: Findings and Issues in the Scientific Investigation of Contemplative Practice*. Keynote address at “Mindfulness and Compassion: The Art and Science of Contemplative Practice,” annual meeting of the Consciousness, Mindfulness & Compassion International Association. San Francisco, CA. June 6, 2015. <http://www.cmc-ia.org/mcc2015/>
- Saron, C. D. *From personal experience to longitudinal multidisciplinary research on intensive meditation: The Shamatha Project*. Invited talk, Inaugural conference of the Social Science Institute of the University of California at Davis. April 24, 2015. <http://socialscience.ucdavis.edu/events/2015-iss-conference/2015-ISS-conference-series- full-schedule>
- Saron, C. D. *Minding Mindfulness: Issues, Theory, and Findings in the Scientific Study of Intensive Meditative Practice*. 90 minute guest lecture in Dr. Angela Harris’ course Mindfulness and the Law. UC Davis Law School. April 15, 2015.

- Saron, C. D. *Training the mind, opening the heart: scientific studies of meditation in relation to teacher formation*. Invited international speaker in dialogue with His Holiness the Dalai Lama, at Science, Ethics and Education: Transformative Pedagogies, a conference sponsored by the Prof D.S. Kothari Centre for Science, Ethics and Education at the University of Delhi, Delhi, India. Prof. Meenakshi Thapan, conference organizer. March 24 & 25, 2015.
- Saron C. D. *Healthy Bodies, Healthy Minds: The Neuroscience of Contemplative Practice*. Invited public lecture at the Community School, Sun Valley, Idaho. Sponsored by the Flourish Foundation. February 12, 2015.
<https://www.youtube.com/watch?v=cCZKRiVm240>
- Saron C. D. *Minding Mindfulness: Findings and Issues in the Scientific Investigation of Contemplative Practice*. Second Annual Symposium for Mindfulness and Society. University of Oregon. February 9, 2015
<http://commonreading.uoregon.edu/symposium-for-mindfulness-and-society/>
- Saron, C. D. *The Fractal Nature of Context: Neuroscientific Studies that Inform Ways to Examine the Effects of Contemplative Practice*. Invited faculty presentation. Zen Brain – The Embedded Mind: Perspectives from Buddhism and Cognitive Science. Upaya Zen Center, Sante Fe, NM. Feb 5-8, 2015. Podcast to be uploaded.
<http://www.upaya.org/programs/event.php?id=1274>.
- Saron, C. D. *Scientific Investigation of Contemplative Practice: What Can We Capture and What Does the World Make of It?* Invited talk, Consciousness Hacking Meetup, San Francisco. Held at the California Institute of Integral Studies. San Francisco, CA. December, 2014 <http://www.meetup.com/Consciousness-Hacking-San-Francisco/events/218696968/>
- Saron, C. D. *Compassionate Empathy: what children with autism can teach us about their world by entering theirs*. Bay Area TEDx event. San Francisco, CA. December 6, 2014
- Saron, C. D. *Training the Mind, Opening the Heart: Findings from the longitudinal study of intensive meditation*. Psychology Department Colloquium. University of California, San Diego. November, 2014
- Saron, C. D. *Training the Mind, Opening the Heart: Findings from the longitudinal study of intensive meditation*. Center for of Integrated Medicine, University of California, San Diego Medical School. November, 2014
- Saron, C. D. *Making The World Whole: Sensory Processing and Multisensory Integration Differences in ASD*. Invited Speaker – “Scientist’s Night” – Autistry Studios, San Rafael, CA. November 8, 2014.
- Saron, C. D. *Scientific Investigation of Contemplative Practice: What can we capture and what does the world make of it?* Public Talk sponsored by the Center for Mindfulness. University of Virginia, Charlottesville, VA. November 2014.

- Saron, C. D. *Approaches to the scientific study of contemplative practice*. Lecture in the MOOC Buddhist Meditation and the Modern World. David Germano and Kurtis Shaeffer, course directors. <https://www.coursera.org/course/meditation>
- Saron, C. D. *Behind the gray matter: Misconceptions about in research on meditation*. Invited panel talk. 2014 Annual Meeting of the Religion Newswriters Association. September 2014. www.rna.org.
- Saron, C. D. Keynote talk, *Commonsense contemplation - findings and issues in the scientific investigation of meditative practice*. 1st National South African Conference on Mindfulness, University of Stellenbosch, SA. September 4-5, 2014 <http://www.mindfulness.org.za/mindfulness2014/conference/>
- Saron, C. D. *Promises and Pitfalls in Scientifically Assessing the Impact of Contemplative Practice: Lessons from a Decade of Work*. Workshop presentation – Fine Tuning Your Instrument: the Buddha, the Brain and Bach. Esalen Institute, Big Sur, CA, July 2014. <http://www.esalen.org/workshop/week-july-6-11/fine-tuning-your-instrument-buddha-brain-and-bach>
- Saron, C. D. *Beholding the space of the brain*. Workshop presentation – Fine Tuning Your Instrument: the Buddha, the Brain and Bach. Esalen Institute, Big Sur, CA, July 2014. <http://www.esalen.org/workshop/week-july-6-11/fine-tuning-your-instrument-buddha-brain-and-bach>
- Saron, C. D. *Scientific Investigation of Contemplative Practice: What can we capture And what does the world make of it?* Invited talk during Mark Coleman, Diana Winston, and Bob Stahl’s retreat for mindfulness facilitators. Spirit Rock Meditation Center, Woodacre, CA. June 26, 2014.
- Saron, C. D. *Contemplating a Way Forward: Meditation Research Unnaturalized but not Unnatural*. Keynote Address at: Buddhism, Mind, and Cognitive Science conference sponsored by the Center for Buddhist Studies, UC Berkeley. April 25, 2014. <http://buddhiststudies.berkeley.edu/events/>
- Saron, CD. Guest lecture, *Issues and Findings from the Longitudinal Study of Intensive Shamatha Meditation*. Consciousness: Buddhist and Neuroscientific Perspectives (L&S 124), Undergraduate course, University of California at Berkeley. April 8, 2014.
- Saron, C. D. *Training the mind, opening the heart*. Music, transcendence and spirituality, the 2014 symposium on Music and the Brain, Stanford University, Palo Alto, CA. February 2014. <http://www.ustream.tv/recorded/44129913>
- Saron, C. D. *A fast introduction to the Shamatha Project*. Graduate student recruitment blitz. Perception, Cognition, and Cognitive Neuroscience Area Group, UC Davis. February, 2014. Davis, CA.

- Saron, C. D. *Training the Mind, Opening the Heart: Findings from the Longitudinal Study of Intensive Shamatha Meditation*. Invited address. UCLA Classical Mindfulness Conference (spon: UCLA Center for Buddhist Studies). Los Angeles, CA. January, 2014 <http://web.international.ucla.edu/buddhist/events/10311>
- Saron, C. D. *Training the Mind, Opening the Heart: Findings and Lessons from the Longitudinal Study of Intensive Meditation*. Invited guest speaker. Marin County Wednesday Morning Dialogue Group, San Rafael, CA. December, 2013.
- Saron, C. D. *The effects of Long-term Intensive Meditation Practice on Physiological and Psychological Processes Central to Well-being, Attention, Emotion Regulation and Health*. Invited public talk. Mind and Life: 26 years of Contemplative Studies and Research. Dharma Drum Buddhist College, New Taipei City, Taiwan. November, 2013. http://www.mindandlife.org/wp-content/uploads/2013/10/MLI_DDTW_Public_talk_flyer.jpg
- Saron, C. D. *The effects of Long-term Intensive Meditation Practice on Physiological and Psychological Processes Central to Well-being, Attention, Emotion Regulation and Health*. Invited public address. Cultivating a Resilient Mind. University of Hong Kong, Hong Kong. November, 2013. http://www.mindandlife.org/wp-content/uploads/2013/10/MLI_Cultivating_HKU_poster.jpg
- Saron, C. D. *The effects of Long-term Intensive Meditation Practice on Physiological and Psychological Processes Central to Well-being, Attention, Emotion Regulation and Health*. Invited public address. Mindfulness: What's the Buzz. National University of Singapore. Singapore. November, 2013. http://www.mindandlife.org/wp-content/uploads/2013/10/MLI_NUS-Greater-Good-Series1.pdf
- Saron, C. D. *Training the Mind, Opening the Heart: Findings from the Shamatha Project, a Longitudinal Study of Intensive Meditation*. Invited address. The Future of Education: Contributions of Contemplative Practices and Perspectives. A public conference sponsored by Thanyapura, Phuket, Mahidol University, and the Mind and Life Institute. Phuket Thailand. November, 2013. <http://www.thanyapura.com/event/future-education-conference>
- Saron, C. D. *Training the Mind, Opening the Heart: Findings and Lessons from the Longitudinal Study of Intensive Meditation*. Invited address to clinical staff, Children's First India, New Delhi, India. Host: Dr. Dr. Kavita Arora <http://www.childrenfirstindia.com/>. October, 2013
- Saron, C. D. *Making The World Whole: Sensory Processing and Multisensory Integration Deficits in Children with Autism Spectrum Disorders*. Invited address to clinical staff, Children's First India, New Delhi, India. Host: Dr. Dr. Kavita Arora <http://www.childrenfirstindia.com/>. October, 2013

- Saron, C. D. *Making The World Whole: Sensory Processing and Multisensory Integration Deficits in Children with Autism Spectrum Disorders*. Invited address. Host Nandini Chatterjee, National Brain Research Centre (NBRC) Manesar, Haryana, Gurgaon Dist. India. October, 2013
- Saron, C. D. *Training the Mind, Opening the Heart: Findings and Lessons from the Longitudinal Study of Intensive Meditation*. Invited address. Host Nandini Chatterjee, National Brain Research Centre (NBRC) Manesar, Haryana, Gurgaon Dist. India. October, 2013
- Saron, C. D. *Making The World Whole: Sensory Processing and Multisensory Integration Deficits in Children with Autism Spectrum Disorders; Making Parents Whole: Contemplative approaches toward development of calm, open hearted, focused attention in all the moments of life*. Bay Club Family Wellness Day to benefit Oak Hill School, Bay Club, Corte Madera, CA. October, 2013.
- Saron, C. D. *Training the mind: continuing insights from the Shamatha Project*. [tentative title] New Dialogs Between Buddhism And Science: Researching the Effects of Meditation and Compassion on Health and Well-Being, Ligmincha Institute, Shipman, VA. October, 2013. <http://serenityridge.ligmincha.org/retreats-and-programs/55-buddhism-and-science.html>
- Saron, C. D. *When the stars come out inside: an experiential session on the commonsense benefits of meditation supported by scientific research*. A featured presentation at: The Vail Living Well Summit, September, 2013. <http://www.vaillivingwell.org/>
- Saron, C. D. *Toward a Compassionate Stance: Intensive Meditation Alters Responses to Human Suffering*. A contribution to a workshop on Creativity, Compassion and Peacebuilding, organized by the Kroc Institute for International Peace Studies, University of Notre Dame. Seasons, Fetzer Institute, September, 2013.
- Saron, C. D. *Training the Mind, Opening the Heart*. Invited presentation to the UC Davis community as part of the Work Life Balance and Wellness Brown Bag Series. August 2013.
- Saron, C. D. *Intensive Meditation Training Alters Observed and Subjective Responses to Human Suffering*. Invited faculty presentation, inaugural Stanford CCARE Science of Compassion Summer Research Institute, Telluride, CO. July, 2013 <http://ccare.stanford.edu/event-registration/?ee=67>
- Saron, C. D. *Some Recent EEG and other studies relevant to Empathy and Compassion*. Invited faculty presentation, inaugural Stanford CCARE Science of Compassion Summer Research Institute, Telluride, CO. July, 2013 <http://ccare.stanford.edu/event-registration/?ee=67>
- Saron, C. D. *Intensive Meditation Training Alters Observed and Subjective Responses to Human Suffering*. Invited public presentation at “Science Of Compassion: ‘News From

- The Front by Distinguished Professors and Researchers" sponsored by the Telluride Institute and Stanford CCARE, Telluride, CO. July 2013.
<http://www.tellurideinstitute.org/compassion-2013-public-events.html>
- Saron, C. D. *The Shamatha Project*. Workshop presentation – Tuning Your Instrument: the Buddha, the Brain and Bach. Esalen Institute, Big Sur, CA, July 2013.
<http://www.esalen.org/workshop/weekend-july-12-14/tuning-your-instrument-buddha-brain-and-bach>
- Saron, C. D. *Beholding the space of the brain*. Workshop presentation – Tuning Your Instrument: the Buddha, the Brain and Bach. Esalen Institute, Big Sur, CA, July 2013.
<http://www.esalen.org/workshop/weekend-july-12-14/tuning-your-instrument-buddha-brain-and-bach>
- Saron, C. D. *Intensive Meditation Training Alters Observed and Subjective Responses to Human Suffering*. Invited talk, inaugural conference of the Northern California Consciousness Meeting. Center for Mind and Brain, University of California at Davis, Davis, California. June 2013. <http://ncc2013.weebly.com/>
- Saron, C. D. & Sahdra, B. K. *Glimpses from a multi-disciplinary study of intensive meditation for the transcultural examination of meditation*. Invited talk at the 2013 Advanced Study Institute in Transcultural Psychiatry: *Mindfulness in Cultural Context*, Division of Social & Transcultural Psychiatry, McGill University, Montréal, Québec June 2013
<http://www.mcgill.ca/tcpsych/training/advanced/2013>
- Sadhra, B. K. & Saron, C. D. *Lessons from a multi-disciplinary study of intensive meditation for the transcultural examination of meditation*. Invited talk as part of the public conference associated with: *Mindfulness in Cultural Context*. 2013 Advanced Study Institute Division of Social & Transcultural Psychiatry, McGill University, Montréal, Québec June, 2013.
http://www.mcgill.ca/tcpsych/sites/mcgill.ca.tcpsych/files/asi_conference_program_2.pdf
- Saron, C. D. *Cultivating Concern for Others: Scientific and 1st-person Perspectives on the Benefits of a Trained Mind*. 4th International Meditation Forum: Compassion and Medicine. Lareb Ling, Roqueredonde, France. June 2013.
<http://2013.buddhismandmedicine.org/en/>
- Saron, C. D. *Training the Mind, Opening the Heart: Findings and Lessons from the Longitudinal Study of Intensive Meditation*. Invited colloquium, INSERM, Lyon, France. May 2013.
- Saron, C. D. *Common Sense Contemplation*. Opening keynote address - Heart-Mind 2013: How mindfulness helps children thrive. Dalai Lama Center for Peace and Ethics at the University of British Columbia. May 2013. Video at: <http://dalailamacenter.org/heart-mind-2013-helping-children-thrive/heart-mind-2013-presenters/clifford-saron>

- Saron, C. D. *Personal and Scientific Experience with Intensive Meditation: findings and implications*. Invited course presentation, GSBGEN 524: Compassion and Leadership, Graduate School of Business, Stanford University, Palo Alto, CA. May 2013.
- Saron, C. D. *Making The World Whole: Sensory Processing and Multisensory Integration Deficits in Children with Autism Spectrum Disorders* Grand Rounds in Psychiatry, Jordan Research & Education Institute (REDI), Alta Bates Summit Medical Center, Berkeley, CA. May, 2013
- Saron, C. D. *Combining the Senses to Make The World Whole: Multi-Sensory Integration Deficits in ASD*. Bay Area Autism Lecture Series. Marin County Office of Education, San Rafael, CA. March, 2013.
- Saron, C. D. *Combining the Senses to Make The World Whole: Multi-Sensory Integration Deficits in ASD*. Peninsula & South Bay Autism Lecture Series. Wings Learning Center, Redwood City, CA. March, 2013.
- Saron, C. D. *Training the mind, Opening the heart, Holding the space: Scientific findings from the study of intensive meditation with implications toward best practices in educational contexts*. Faculty presentation webinar as part of year-long course in mindfulness in education sponsored by the Mindful Education Institute in Oakland, CA. <http://www.mindfuleducationinstitute.com/> February, 2013.
- Saron, C. D. *The Science of Mindfulness. Or: Training the mind, opening the heart: Scientific findings from the study of intensive meditation – implications for the learning and practice of the law*. Seminar in the UC Davis Law School Mindfulness Initiative. February, 2013.
- Saron, C. D. *Training the mind, opening the heart: Scientific findings from the study of intensive meditation*. Keynote address, 18th Annual College Celebration, Dean's donor acknowledgement dinner. February, 2013.
- Saron, C. D. *Training the mind, opening the heart: Scientific findings from the study of intensive meditation*. A Center for Mind and Brain presentation to the Sacramento chapter of Entrepreneurs Organization (EO), <http://www.eonetwork.org/>. Sacramento, CA. January, 2013.
- Saron, C. D. & Sahdra, B. K. *The Inaugural Templeton Prize Research Grant*. Featured presentation, Templeton Prize session, American Academy of Religion Annual Meeting. Chicago, Ill. November, 2012.
- Saron, C. D. *Cognitive, Emotional, Neurobiological and Physiological Effects of Intensive Buddhist Shamatha Meditation Training*. Invited talk. Contemplative Practice and Health: Laboratory Findings and Real World Challenges. A Mind and Life dialogue with H.H. the Dalai Lama. Rockefeller University, October 2012.

- Saron, C. D. *Brain, Body and Mind: Positive Psychological and Physiological Effects Of Meditation*. Living at Your Peak: a Vail Symposium Event. Sept. 2012
- Saron, C. D. Panelist. Directions in Research on Compassion at: *The Science of Compassion, Origins, Measures and Interventions*. A Stanford University CCARE conference. Telluride, CO. July 2012.
- Saron, C. D. *Halifax Model of Compassion: Three Interdependent Dimensions of Principled Compassion*. Telluride Institute Compassion Festival, Telluride, CO. July 2012
- Saron, C. D. *What can we say about compassion and neuroplasticity from the scientific study of intensive meditation training?* Telluride Institute Compassion Festival, Telluride, CO. July 2012
- Saron, C. D. *Training the mind, opening the heart: Scientific findings from the study of intensive meditation*. Public talk at Tibet House California, Sacramento, CA July 2012
- Saron, C. D. *Training the mind, opening the heart: A longitudinal investigation of intensive meditation, attention, emotion, and physiology*. Workshop Talk at: Tuning Your Instrument: The Buddha, the Brain, and Bach. A day long benefit for Spirit Rock Meditation Center. Woodacre, CA. June 2012.
- Saron, C. D. *Holding the Space of the Brain*. Workshop Talk at: Tuning Your Instrument: The Buddha, the Brain, and Bach. A day long benefit for Spirit Rock Meditation Center. Woodacre, CA. June 2012.
- Saron, C. D. *Training the mind, opening the heart: A longitudinal investigation of intensive meditation, attention, emotion, and physiology*. Seminar presentation at Google, Inc. Mountain View, CA. June 2012.
- Saron, C. D. *The Majesty of the Present*. UC Davis TEDx Event: The Power of Perspective. May 19, 2012. http://www.youtube.com/watch?v=d88Q-15W_AI
- Saron, C. D. *Intensive meditation practice: Longitudinal effects on perception, attention, emotion, and physiology*. Colloquium presentation, Department of Psychology, Northwestern University. Chicago, IL. May 2012.
- Saron, C. D. *Understanding unusual responses to everyday environments: Brain and behavioral measures of sensory processing and integration in children with ASD*. Keynote address. Marin Autism Collaborative Annual Meeting. Buck Institute, Novato, CA. May 2012.
- Saron, C. D. *Meditation, Neuroscience and Contemplative Experience*. Master Lecture. First International Symposium on Contemplative Studies. Denver, CO. April 2012.
- Saron, C. D. *Insights into meditation: Making the most of the time we have*. 2 hour course for

- seniors, Osher Lifelong Learning Center, UC Davis Extension, Davis, CA. April 2012.
- Saron, C. D. *Toward a Framework Regarding Relations of Brain, Mind, and Behavior*. Cervello, Mente E Coscienza: Esiste Una Relazione Causale, an International Meeting sponsored by the Government of Italy. Rome, Italy. March, 2012.
- Saron, C. D. *A large-scale collaborative and multi-method longitudinal study of the effects of intensive meditation training*. Neuroscience and Psychiatry Seminar Series, Department of Psychiatry, UCSF Medical Center, San Francisco, CA. January, 2012.
- Saron, C. D. *Training the mind, opening the heart: Scientific findings from the study of intensive meditation*. World Festival of Science, Genoa, Italy. October, 2011.
- Saron, C. D. *Toward a science of compassion: Intensive meditation training effects increase active engagement with human suffering*. Keynote address, First Telluride Compassion Festival. July 2011.
- Saron, C. D. *The view from within studied from without: Adventures, findings, and issues in contemplative science*. Plenary lecture, 2011 Mind and Life Summer Research Institute, Garrison, NY. June 2011.
- Saron, C. D. *Ongoing electrophysiological studies of sensory processing in ASD: Loudness dependency; multisensory integration; and interhemispheric visuomotor integration*. Autism Working Group, Department of Psychiatry, Stanford University, Palo Alto, CA. May 2011
- Saron, C. D. *Toward a neuroscience of compassion: Research findings on the effects of intensive meditation*. Speaker at The First Sino-US Postmodern Psychology Forum: Process Visions for Psychology from East and West: Seeking a Deeper and Fuller Humanity. Claremont School of Theology, Claremont, CA. April 2011.
- Saron, C. D. *Interior Justice: Extrapolating from research findings on the effects of intensive meditation*. Symposium to Explore Mindfulness in Higher Ed, Antioch College, Yellow Springs, Ohio. April 2011.
- Saron, C. D. *The view from within studied from without: Adventures, findings, and issues in contemplative science*. Keynote speaker, Annual Scientific Conference, Center for Mindfulness in Medicine, Health Care and Society, University of Massachusetts Medical School, Worcester, MA. April 2011.
- Saron, C. D. *Intensive contemplative practice: Effects on perception, attention, emotion, and physiology*. Invited colloquia. Brown University Contemplative Studies Initiative, March 2011.
- Saron, C. D. *Mental Training of Attention and Emotion Regulation: Self-report, Behavioral and Electrophysiological Evidence*. Monthly OMNI neurology meeting. Center for

- Mind and Brain, UC Davis, Davis, CA. March 2011.
- Saron, C. D. *Training the Mind: Intensive meditation, attention and emotion-regulation*. Invited Colloquia. North Dakota State University Vision Sciences Center, Fargo, ND. March 2011.
- Saron, C. D. *Mind Training through Intensive Meditation: attention, emotion, and physiology*. Colloquium talk, Department of Psychiatry, Johns Hopkins Medical Center, Baltimore, MD. February, 2011
- Saron, C. D. *Training the mind: A longitudinal investigation of intensive meditation, attention, emotion, and physiology*. Colloquium talk, National Center for Complementary and Alternative Medicine, National Institutes of Health. Bethesda, MD. February, 2011
- Saron, C. D. *Training the mind, opening the heart: intensive meditation, attention, emotion, and physiology*. Colloquium talk, Department of Psychology, New York University, New York, NY. February, 2011.
- Saron, C. D. *Training the mind, opening the heart: intensive meditation, attention, emotion, and physiology*. Colloquium talk, Department of Psychology, New School University, New York, NY. February, 2011.
- Saron, C. D. *Training the mind, opening the heart: intensive meditation, attention, emotion, and physiology*. Colloquium talk in Mind/Body seminar series, Department of Health Psychology, UCSF Medical Center, San Francisco, CA. January 2011
- Saron, C. D. *We know more than we see and we see less than we think: Can meditation help?* Invited talk and workshop contribution at *Zen Brain: Consciousness and the Basic Nature of Mind: Perspectives from Buddhism, Neuroscience, and Philosophy*. Upaya Zen Center, Sante Fe, NM. January 2011.
- Saron, C. D. *Training the mind, opening the heart: intensive meditation, attention, emotion, and physiology*. Colloquium talk in Mind/Body seminar series, Department Health Psychology, UCSF Medical Center, San Francisco, CA. January 2011
- Saron, C. D. *Take a moment: Ongoing studies on the effects of meditation*. Invited address to fellows of the California Agricultural Leadership Program, Classes 40 and 41, UC Davis, Davis, CA. January, 2011.
- Saron, C. D. *Training the Mind: Attention, emotion, and intensive meditation*. Public Lecture at Exploratorium After Dark Lecture Series: Chill. Exploratorium, San Francisco, CA. January, 2011
- Saron, C. D. *The Shamatha Project: Training attention and emotion-regulation during the course of intensive meditation*. Invited lecture to the Buddhist community of Sacramento, CA. December 2010.

- Saron, C. D. *The Shamatha Project: first and third person perspectives on intensive contemplative practice*. Cortona-India, Hyderabad, India, November 2010.
- Saron, C. D. *Just follow the schedule and don't tell yourself stories: toward seeing (not to mention measuring) the effects of contemplative interventions*. Working group meeting on Mindfulness, University of Wisconsin, Madison, WI. October, 2010.
- Saron, C. D. *Training the Mind: Attention and emotion-regulation changes during the course of intensive meditation*. Max Planck Institute for Human Cognitive and Brain Sciences, Leipzig, GDR. October, 2010.
- Saron, C. D. *Intensive meditation training: Implications for mental training, psychological and physical health*. Invited talk at the Third International Forum on Buddhism and Medicine, Lerab Ling Institute of Wisdom and Compassion, Roqueredonde, France. October 2010.
- Saron, C. D. *Multisensory Integration in Autism Spectrum Disorders*. Invited colloquium, UCSF Autism Research Group, Langley Porter Neuropsychiatric Institute, University of California San Francisco. September, 2010.
- Saron, C. D. *An update on results from the Shamatha Project*. Invited private presentation to H.H. the Dalai Lama. Center for a Investigating Healthy Minds grand opening, Waisman Center, University of Wisconsin, Madison, WI. May 2010.
- Saron, C. D. *Training the Mind: Attention and emotion-regulation changes during the course of intensive meditation*. Invited Research Day Talk, 8th Annual International Scientific Conference for Clinicians, Researchers and Educators, University of Massachusetts Center for Mindfulness, Amherst, MA, April 2010
- Saron, C. D. *Training attention and emotion regulation through intensive meditation: The Shamatha Project*. Invited talk. Center for Compassion and Altruism Research and Education, Stanford University, Palo Alto, CA. April 2010.
- Saron, C. D. *Training attention and emotion regulation through intensive meditation: envisioning contemplative interventions in neurodevelopmental disorders*. Invited talk. Research Seminar Series, MIND Institute, UC Davis Medical Center, Sacramento, CA. January 2010.
- Saron, C. D. *Training attention: Longitudinal changes in cortical activity associated with intensive meditation*. Invited symposium talk. Human Vision and Electronic Imaging: The International Conference on Perception and Cognition in Electronic Media. San Jose, CA. January 2010.
- Saron, C. D. *The Shamatha Project: A longitudinal study of intensive meditation effects on attention and emotion regulation*. Grand Rounds in Neurology. UCLA Medical

School. Los Angeles, CA. December 2009.

- Saron, C. D. *Pathways to the study of prayerfulness: insights from contemplative neuroscience*. Consultation workshop on prayerfulness. Princeton University Center for the Study of Religion. Princeton, NJ. November 2009.
- Saron, C. D. *The Shamatha Project: A case study of scientific investigation of intensive meditation training*. Talk presented at the Dalai Lama Center for Ethics at MIT. Cambridge, MA. September 2009.
- Saron, C. D. *A longitudinal multi-method study of intensive training in meditative quiescence*. Invited research presentation to Unilever Corp. cognitive neuroscience group. Center for Mind and Brain, UC Davis. Davis, CA. June 2009.
- Saron, C. D. *Initial results from the Shamatha Project: a longitudinal multi-method study of intensive training in meditative quiescence*. Invited research presentation to the Meymandi Foundation, UC Davis Center for Mind and Brain. Davis, CA. April 2009.
- Saron, C. D. *Initial results from the Shamatha Project*. Invited presentation to H. H. the Dalai Lama as part of “Mind and Life XVIII: Dialogues between Buddhism and the Sciences -- Attention, Memory and Mind A Synergy of Psychological, Neuroscientific, and Contemplative Perspectives.” Mind and Life Institute (www.mindandlife.org) private conference. Dharamsala, India. April 2009.
- Saron, C. D. *The Shamatha Project: A longitudinal multi-method study of intensive training in meditative quiescence*. Invited talk to senior teachers, Spirit Rock Meditation Center. Woodacre, CA. March 2009.
- Saron, C. D. *The Shamatha Project: A longitudinal multi-method study of intensive training in meditative quiescence*. Project presentation to the Fetzer Institute Scientific Advisory Board. Kalamazoo, MI. March 2009.
- Saron, C. D. *The Shamatha Project: A longitudinal multi-method study of intensive training in meditative quiescence*. Invited talk at the Symposium on Contemplative Practices for Army Care Providers, National Cathedral. Washington, DC. February, 2009.
- Saron, C. D. *The Shamatha Project: A longitudinal multi-method study of intensive training in meditative quiescence*. Invited address as part of the annual staff retreat, UC Davis Extension Division. Davis, CA. January 2009.
- Saron, C. D. *Contemplating the brain: A talk in celebration of quiet awareness*. Invited teaching during Spirit Rock Center’s biannual 8 day Scientist’s Retreat. Woodacre, CA. January 2009.
- Saron, C. D. Rivera, S. M., Beransky, M., Marcelino L., Colombi, C., Horton, D., Riggins, T., Deprey L., Kenet, T., Rogers, S. J., & Sagar, M. *Loudness dependency of the*

- auditory event-related potential in autism spectrum disorders: Further investigation of initial subphenotypes.* Major data presentation to consortium researchers, Autism Phenome Project, MIND Institute, UCDCMC. Sacramento, CA. December 2008.
- Saron, C. D. *The Shamatha Project: A longitudinal study of intensive training in meditative quiescence and the four immeasurables -- initial findings.* Working group on meditation research inaugural conference, University of Toronto. Toronto, Canada. December 2008.
- Saron, C. D. *The Shamatha Project: Preliminary findings from a longitudinal study of the psychological, neural and physiological effects of 3 months of intensive meditation.* Invited talk presented to the Dean's Council of UC Davis. Davis, CA. October 2008. Saron, C. D. *The shamatha project: A longitudinal study of intensive training in meditative quiescence and the four immeasurables.* Invited campus-wide address, Saint Mary's College. Moraga, CA. October 2008.
- Saron, C. D. *The Shamatha Project: A longitudinal study of intensive training in meditative quiescence and the four immeasurables.* Invited presentation at "Neuroscience and Spirituality" an interdisciplinary conference at Claremont Theological Seminary. Claremont, CA. October 2008.
- Saron, C. D. *The Shamatha Project: Preliminary findings and research issues.* Faculty presentation at the 2007 Mind and Life Summer Research Institute, Garrison, NY. June 2008.
- Saron, C.D. *The Shamatha Project: A longitudinal study of intensive training in meditative quiescence and the four immeasurables.* Invited presentation to H. H. the Dalai Lama, Mind and Life Institute summit on meditation research. Ann Arbor, MI. April 2008.
- Saron, C. D. *Brain waves to mind waves: Sensory function and integration, hemispheric interaction, and action understanding in autism.* New Faculty colloquium at the MIND Institute, UCDCMC. Sacramento, CA. November 2007.
- Saron, C. D. *The Shamatha Project: A longitudinal approach to assessing changes in attention and emotion regulation with intensive meditation training.* Invited colloquium presentation, Laboratory of Dr. Charles Raison, Department of Psychiatry, Emory University Medical School. Atlanta, GA. October 2007.
- Saron, C. D. *The Shamatha Project: An ongoing wait-list controlled longitudinal study of intensive training in meditative quiescence and the four immeasurables.* Invited talk at the Working Group Meeting on Spirituality and Meditation, Indiana State University. Terra Haute, IN. October 2007.
- Saron, C. D. *Multisensory Integration: New electrophysiologic measures.* Talk presented at the 2007 meeting of the Society for the Study of Behavioral Phenotypes, MIND

- Institute, UCDMC. Sacramento, CA. October 2007.
- Saron, C. D. *The Shamatha Project: A report from the field regarding assessment of attentional and emotional training by intensive meditation*. Faculty presentation at the 2007 Mind and Life Summer Research Institute, Garrison, NY. June 2007
- Saron, C. D. *The Shamatha Project: an overview of the project*. Presentation to the staff of Shambhala Mountain Center. Red Feather Lakes, CO. May 2007.
- Saron, C. D. *The Shamatha Project: Longitudinal randomized wait-list controlled studies of effects of intensive meditation practice on attention, emotional regulation, and their neural correlates*. Detailed project presentation at a working group meditation research “summit” meeting the project hosted at the Center for Mind and Brain. Davis, CA. February 2007.
- Saron, C. D. *The Shamatha Project: Longitudinal randomized wait-list controlled studies of effects of intensive meditation practice on attention, emotional regulation, and their neural correlates*. Talk presented to the Fetzer Institute staff. Kalamazoo, MI. January 2007.
- Saron, C. D. *The Shamatha Project: can attention and emotion-regulation be trained by intensive meditation?* Talk presented at the UC Davis Chancellor’s Circle fund raising event hosted by the UC Davis Center for Mind and Brain. Davis, CA. November 2006.
- Saron, C. D. *Making states traits: A neuroscientific approach to the study of spiritual experience*. Symposium on Neuroscience and Religion, Center for the Study of Religion, Princeton University. Princeton, NJ. October 2006.
- Saron, C. D. *The Shamatha Project: Attentional and emotional training by intensive meditation*. Depression Center monthly grand rounds, Langley-Porter Psychiatric Institute, UCSF Medical Center. San Francisco, CA. September 2006.
- Saron, C. D. *The Shamatha Project: Attentional and emotional training by intensive meditation*. Laboratory Working Group of Drs. Elissa Epel and Owen Wolkowitz, Department of Psychiatry, UCSF Medical Center. San Francisco, CA. September 2006.
- Saron, C. D. *The training of attention and emotion regulation by intensive meditation*. “Attention, Awareness and Action” Exploring the Mind Conference sponsored by the UC Davis Center for Mind and Brain. Davis, CA. July 2006.
- Saron, C. D. *Bridging the hemispheres and binding the world: The electrophysiology of interhemispheric visuomotor communication in normal adults and multisensory integration in children with autistic spectrum disorders*. Colloquium talk at the UC Davis MIND Institute. Sacramento, CA. June 2006.
- Saron, C. D. *The Shamatha Project: An update on a randomized wait-list controlled*

- longitudinal study of the cognitive, emotional, and neural effects of sustained, intensive meditation training.* Faculty Presentation at the Mind and Life Summer Research Institute. Garrison, NY. June 2006.
- Saron, C. D. *Experimental approaches to the evaluation of long-term meditation practice.* Invited contribution to a small research summit on applying methods of cognitive and affective neuroscience to the study of long term meditation practitioners. Organized by Dr. Jonathan Cohen, Department of Psychology, Princeton University. Princeton, NJ. May 2006.
- Saron, C. D. and Wallace, B. A. *Toward a science of contemplative practice: Issues, findings, and experiential training in meditative quiescence.* A workshop as part of Tucson VII: Toward a Science of Consciousness, University of Arizona. Tuscon, AZ. April 2006.
- Saron, C. D. *Testing neurodynamics in the wind tunnel of the mind: cortical plasticity, multisensory integration, and physiological correlates of positive mental states.* Invited talk to a workgroup on “flow” and the design of motor vehicles to promote it. ResearchSalon de Nissan, Organized by Dr. David Spiegel, Department of Psychiatry, Stanford University Medical School. Palo Alto, CA. March 2006.
- Saron, C. D. *Sight, sound, and touch unbound: An ERP investigation of multisensory integration deficits in children with autism spectrum disorders.* Invited colloquium, Department of Psychology, University of Illinois. Urbana-Champaign, IL. March 2006.
- Saron, C.D. *A neuroscience perspective on happiness.* A commentary on His Excellency Lyonpo Jigme Thinley, Minister of Home and Cultural Affairs of Bhutan’s address on Gross National Happiness. International House, University of California at Berkeley. Berkeley, CA. January 2006.
- Saron, C.D. *The Shamatha Project: A longitudinal study of the cognitive, emotional, and neural effects of sustained, intensive meditation training.* Mind and Life Summer Research Institute senior fellow presentation. Garrison, NY. June 2005.
- Saron, C. D. *Visuomotor dynamics and interhemispheric integration: ERP case studies of intraindividual differences.* UC Davis Department of Psychology Annual Conference, May 2004.
- Saron, C. D. *Electrophysiological case studies: Using high-density ERPs to identify intra- and interindividual differences in sensorimotor integration.* UCDMC MIND Institute research seminar series. Sacramento, CA. January 2004.
- Saron, C. D. *A spatiotemporal view of simple reaction time: ERP correlates of visuomotor integration.* UC Davis Center for Neuroscience Annual Retreat. South Lake Tahoe, CA. September 2003.
- Saron, C.D. *Interhemispheric dynamics revealed by high-density ERP measures of*

sensorimotor control. Symposium talk at the tenth annual meeting of the Cognitive Neuroscience Society. New York, NY. March 2003.

Saron, C. D. *Visuomotor motor cortical activation: Simple reaction time is not so simple*. Laboratory of Don Jewett, Abratech Corporation. Sausalito, CA. December 2001.

Saron, C. D. *Spatiotemporal electrophysiology of visuomotor motor activation*. Laboratory of Richard Ivry, Department of Psychology, University of California at Berkeley. Berkeley, CA. February 2001.

Saron, C.D. *Motor cortex activation magnitude predicts reaction time*. Laboratory of Mark D'Esposito, Department of Psychology, University of California at Berkeley. Berkeley, CA. December, 2000.

Saron, C. D. *High-density electrophysiology of interhemispheric visuomotor integration: Relations with behavior*. Laboratory of Richard Davidson, Department of Psychology, University of Wisconsin-Madison. October 1999.

Saron, C. D. *Spatiotemporal electrophysiology of visuomotor activation in humans: correlations with behavior*. Public thesis defense colloquium, Department of Neuroscience, Albert Einstein College of Medicine. Bronx, N.Y. July 1999.

Saron, C. D & Davidson, R.J. *Emotion, brain activity and immune function*. A presentation of research findings to H. H. the Dalai Lama during Mind and Life III: Dialogues between Buddhism and the Sciences, a small conference held in Dharamsala, India, November, 1990. Published in *Healing Emotions* as Davidson & Saron, 1997.

Saron, C. D. *Electrophysiological indices of intra- and interhemispheric visuomotor interaction*. Major paper presented at the NATO-ASI The Role of the Human Corpus Callosum in Sensory/Motor Integration: Individual Differences and Clinical Applications. Il Ciocco, Lucca, Italy. September 1996. Published in *The Parallel Brain* as Saron et al. 2003.

Saron, C. D. *Mechanisms of cortical development*. Presented at Cortona V: Metamorphoses in Nature and Life, held in Cortona, Italy. April 1991.

Published Abstracts and Conference Presentations

Conklin, Q. A., Shebloski K. L., King, B. G., Zanesco, Bales, K. L., & Saron, C. D. Effects of meditation on peripheral oxytocin: considering practice contexts. Poster presentation at the American Psychosomatic Medicine 2017 Mid-year Conference, Berkeley, CA. October 20-21.

De Meo, R., Harootonian S. K., Rivera, S. M. & C. D. Saron. Age-related changes in Auditory Event-Related Potentials differ between typically developing toddlers and those with autism spectrum disorder. Poster presentation at the 2017 International Meeting for Autism Research, San Francisco, CA. May 10-13.

- Takarae, Y., Song, W. S. & Saron, C. D. Atypical laterality in visual sensory activation and interhemispheric transfer in Autism Spectrum. Poster presentation at the 2017 meeting of the Cognitive Neuroscience Society. San Francisco, CA. March 25-28.
- Zanesco, A. P., King, B. G., Powers, C., Wineberg, K., De Meo, R., & Saron, C. D. Modulation of Event-related Potential Markers of Sustained Response Inhibition in Intensive Meditation Training. Poster presentation at the 2017 meeting of the Cognitive Neuroscience Society. San Francisco, CA. March 25-28.
- De Meo, R., Haroontonian, S. K., Nordahl, C. W., Amaral, D. G., Rivera, S. M., & Saron, C. D. Differential altered auditory electrocortical responses in young children with and without megalencephaly on the autism spectrum. Poster presentation at the 2017 meeting of the Cognitive Neuroscience Society. San Francisco, CA. March 25-28.
- De Meo, R., Fisher, T. G., Takarae, Y., Rivera, S. M., & Saron, C. D. Electrophysiological response to sounds of different loudness in children on the autistic spectrum and typically developing children: an ERP study. Poster 212.06 presented at the 2016 annual meeting of the Society for Neuroscience. San Diego, CA. November.
- Takarae, Y., Vieira, F., Song, W., & Saron, C. Atypical laterality in visual sensory activation during simple sensorimotor tasks in Autism Spectrum Disorders. Poster 212.20 presented at the 2016 annual meeting of the Society for Neuroscience. San Diego, CA. November.
- Conklin, Q., Alvarez, M. J., King, B. G., Zanesco, A. P., Pokorny, J. J., Hamadhi, A., Tomàs, M., Lin, J., Epel, E. S., Kaliman, P., Blackburn, E. H. & Saron, C. D. The effects of intensive Insight meditation on telomeric regulation. Talk delivered at the 2016 International Symposium of Contemplative Studies. San Diego, CA. November.
- Mason, A., Saron, C., Gilbert, A., Coccia, M., Prather, A., & Epel, E. A tailored mindfulness intervention for parents: effects on daily interactions. Accepted paper for delivery at the 2016 International Symposium of Contemplative Studies. San Diego, CA. November.
- Skwara, A. C., King, B. G., Zanesco, A. P., Powers, C., Wineberg, K., & Saron, C. D. Resting EEG theta/beta ratios predict emotional experience in intensive meditation retreats. Talk delivered at the 2016 International Symposium of Contemplative Studies. San Diego, CA. November.
- Zanesco, A. P., King, B. G., Pokorny, J. J., & Saron, C. D. Considerations of mindfulness and meditation from a training perspective: issues and perspectives in research. Talk delivered at the 2016 International Symposium of Contemplative Studies. San Diego, CA. November.
- Saron, C. D., Powers, C. E., Zanesco, A. P., King, B.G., & Wineberg, K. R. Longitudinal training in meditation is associated with decreased prestimulus alpha during a

sustained attention task. Poster presentation, 2016 annual meeting of the Cognitive Neuroscience Society, New York, NY. April.

King, B. G., Zanesco, A. P., Shaver, P. R., Jacobs, T. L., Conklin, Q. C. & Saron, C. D. Patterns of cardiac responding following intensive meditation predict long-term encoding of emotional scenes. Poster presentation 2016 annual meeting of the Cognitive Neuroscience Society, New York, NY. April.

Zanesco, A. P., King, B. G., MacLean, K. A., Aichele, S. R. & Saron, C. D. Long-term Maintenance of Meditation-Training Related Improvements in Response Inhibition and Vigilant Attention. Abstract accepted for the 2016 annual meeting of the Cognitive Neuroscience Society, New York, NY. April.

Conklin, Q. A., King, B. G., Zanesco, A. P., Pokorny, J. J., Hamidi, A. B., Lin, J., Epel, E. S., Blackburn, E. H. and Saron, C. D. Telomere lengthening after three weeks of an intensive Insight meditation retreat. Poster presentation at the International Society of Psychoneuroendocrinology annual meeting, Edinburgh, Scotland. September 8-11, 2015

Conklin, Q. A., King, B. G., Zanesco, A. P., Hamidi, A. B., Pokorny, J. J., Weinstein, T. A. R., Bales, K. A., & Saron, C. D. Decreased Oxytocin Following Three Weeks of Intensive Insight Meditation. Poster presented at the 2015 Mind and Life Summer Research Institute, June 14-20, 2015. Garrison, NY.

Powers, C. E., Zanesco, A. P., Wineberg, K. R., King, B. G., MacLean, K. A., Aichele, S. R., Sagar, M., Bridwell, D. A., Jacobs, T. L. Wallace, B. A., & Saron, C. D. Longitudinal modulations of cortical responses during a visual continuous performance task: Effects of practice or intensive meditation training? Poster presented at the Society for Neuroscience annual meeting, Chicago, IL. October 2015

Skwara, A., King, B. G., Zanesco, A. P. Powers, C. E., Wineberg, K. R., Sagar, M., Aichele, S., Bridwell, D. A., Jacobs, T. L., MacLean, K. A., Sahdra, B. K., Ferrer, E., Wallace, B. A., & Saron, C. D. Resting EEG theta/beta ratios increase reliably over the course of intensive three-month meditation retreats. Poster presented at the 2015 Society for Neuroscience annual meeting, Chicago, IL. October, 2015

King, B. G., Zanesco, A. P., Shaver, P. R., Jacobs, T. L., Aichele, S. R., Bridwell, D. A., MacLean, K. A., Wallace, B. A. & Saron, C. D. Remote emotional memory for depictions of human suffering following an intensive meditation intervention. Talk presented at: *Mindfulness and Compassion: The Art and Science of Contemplative Practice*, a meeting of the Consciousness, Mindfulness & Compassion International Association. San Francisco, CA. June 3-7, 2015. <http://www.cmc-ia.org/mcc2015/wp-content/uploads/2014/09/MCC2015-Program-Guide.pdf>

Conklin, Q. A., King, B. G., Zanesco, A. P., Hamidi, A. B., Pokorny, J. P., Weinstein, T. A. R., Bales, K. A., & Saron, C. D. (2015). Decreased Plasma Oxytocin Levels Following

Three Weeks of Intensive, Silent Vipassana Practice. Talk presented at Mindfulness and Compassion: The Art and Science of Contemplative Practice, a meeting of the Consciousness, Mindfulness & Compassion International Association. San Francisco, CA. June 3-7. <http://www.cmc-ia.org/mcc2015/wp-content/uploads/2014/09/MCC2015-Program-Guide.pdf>

Conklin, Q. A., King, B. G., Zanesco, A. P., Jacobs, T. L., Pokorny, J. J., Aichele, S. R., Bridwell, D. A., Maclean, K. A. Bales, K. L. Shaver, P. R., Rosenberg, E. L., Wallace, B. A., Ferrer, E., Sahdra, B. K., and Saron, C. D. (2014). The effects of intensive meditation training on oxytocin, vasopressin, and attachment style. Poster presented at the meeting of the Society for Neuroscience. Washington, D.C. November.

Aschbacher, K., Saron, C. D., Gilbert, A., Arenander, Epel E. Effects of Early Adversity and Stress Vulnerability on Treatment Response to Mindfulness Based Stress Reduction. Poster presented at the Integrated Medicine and Health annual meeting. Las Vegas, Nevada. May, 2014

Lutz, A, Jha, A., Dunne, J. & Saron, C.D. Investigating the phenomenal and neurocognitive matrix of mindfulness-related practices. Panel to be presented at the 2014 International Symposium of Contemplative Studies (<http://www.iscs2014.org/>), Boston, MA. October 2014.

Zanesco, A. P., King, B. G., MacLean, K. A., Jacobs, T. L. Aichele, S. R. Wallace, B. A. Smallwood, J., Schooler, J. W. & Saron, C. D. The impact of meditation training on mind wandering while reading. Poster presented at the 2014 International Symposium of Contemplative Studies (<http://www.iscs2014.org/>), Boston, MA. October 2014.

Pokorny, J. J., Zanesco, A. P., Bauer-Wu, S. M., Whitworth, R., Wallace, B. A., Sahdra, B. K. & Saron C. D. Network analytic strategies for quantifying qualitative changes in personal meaning during intensive meditative training. Poster presented at the 2014 International Symposium of Contemplative Studies (<http://www.iscs2014.org/>), Boston, MA. October 2014.

Rezazadeh, I. M., Vieira, F. G., Takarae, Y., Schneider, A., Huynh, N. H., Colby, Colby, Huffman, S. G, O'neill, A, Isayeva, A., Rivera, S. M., Saron, C. D. Single trial event-related potential analyses in relation to behavioral measures of unisensory processing and multisensory integration in autism spectrum disorders. Presented at the 2013 Society for Neuroscience annual meeting, San Diego, CA. November. Session: 49.11

Takarae, Y, Mohammadrezadezah, I., Vieira, F. G. & Saron, C. D. Inhibitory control in autism spectrum disorders. Presented at the 2013 Cognitive Neuroscience Society meeting. San Francisco, CA April 2013.

Rosenberg, E. L., Zanesco, A. P., King, B. G., Aichele, S. R., Jacobs, T. L., Bridwell, D. A., MacLean, K. A., Shaver, P. R., Ferrer, E., Sahdra, B. K., Wallace, B. A., and Saron, C. Meditation and the plasticity of emotion: Facial expression and the unfolding of emotional responses to suffering. Invited symposium talk, American

Psychological Society Annual Meeting. Chicago, IL. May 2012.

- Jacobs T. L., Zanesco, A. P., Aichele, S. R., Bridwell, D. A., King, B. G., MacLean, K. A., Shaver, P. R., Epel, E. E., Kemeny, M. M., Sahdra, B. K., Rosenberg, E. L., Ferrer E., Wallace, B. A. and Saron, C. D. Effects of a Shamatha Meditation Retreat on Working Memory Span, Dehydroepiandrosterone-sulfate (DHEAS), and Their Association. To be presented at the First International Symposium on Contemplative Studies. Denver, CO. April 2012.
- Bauer-Wu, S., Sahdra, B. K., Whitworth, R., MacLean, K. A., Aichele, S. R., Jacobs, T. L., Zanesco, A. P., Bridwell, D. A., King, B. G., Rosenberg, E. L., Shaver, P. R., Ferrer, E., Mangun, G. R., Wallace, B. A., & Saron, C. D. The first-person experience of intensive meditation training and associations with third-person socio-emotional-cognitive data. Presented at the First International Symposium on Contemplative Studies. Denver, CO. April 2012. Online.
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Grants and other Support

- 2017-22 NIH 1P50HD093079-01 Center for the Development of Phenotype-Based Treatments of Autism Spectrum Disorder
PI: D. G. Amaral
Role on Project: Co-I
\$1,663,568 Direct.
- 2017-18 John Templeton Foundation Grant #60843. *Putting the Buddhism/Science Dialogue on a New Footing*. To Mangalam Research Center, Berkeley, CA. Role: Co-director.
\$217,000
- 2017 Baumann Foundation. *Supplemental funds for a graduate student*. \$10,000.
Supervisor: Saron, C. D.
- 2017 Jennifer and Scott Fearon. *Supplemental funds in support of analysis of sensory processing in autism*. \$15,000 PI: C. D. Saron
- 2017-19 Hershey Family Foundation. *Supplemental funds in support of the Shamatha Project and related work*. \$180,000 (90,00 obtained, 90,000 pledged) PI: C. D. Saron
- 2017 Anonymous. *Supplemental funds in support of the Shamatha Project and*

- related work.* 30,000. PI: C. D. Saron
- 2016-17 Robert Shoes Foundation. \$28,000 *in support of analysis of sensory processing studies in autism.* PI: C. D. Saron
- 2016 Tom & Nancy Driscoll. *Supplemental funds in support of the Shamatha Project and related work.* \$45,000 PI: C. D. Saron
- 2016 Hershey Family Foundation. *Supplemental funds in support of the Shamatha Project.* \$88,000 PI: C. D. Saron
- 2016 Anonymous Donor. *Supplemental funds in support of the Shamatha Project.* \$20,000. PI: C. D. Saron
- 2016 Tan Teo Foundation. *Supplemental funds in support of the Shamatha Project.* \$5000. PI: C. D. Saron.
- 2016 Yoga Science Foundation. *Supplemental funds in support of the Shamatha Project.* \$20,000. PI: C. D. Saron.
- 2016-18 Mind and Life Varela Grant: *Socio-emotional effects of Insight Meditation retreat participation on practitioners and their close others.* \$15,000. PI: Pokorny, J.; Saron, C. D. Co-I.
- 2015 Hershey Family Foundation: *Supplemental Funding for The Shamatha Project.* \$75,000. PI: C. D. Saron.
- 2013-16 NSF BCS 1339049 *Mechanisms of Willed Attention.* \$532,005 PI: Mangun, G.R. C. D. Saron, Co-I
- 2015 Anonymous Individual Donor; Supplemental funding for a graduate student. \$40,000. Supervisor: C. D. Saron
- 2015 Hershey Family Foundation: *Supplemental funding to undertake longitudinal study of psychobiological changes associated with one month of intensive vipassana meditation.* \$40,000. PI: C. D. Saron.
- 2013 Hershey Family Foundation: *Supplemental funding to undertake longitudinal study of psychobiological changes associated with one month of intensive vipassana meditation.* \$30,000. PI: C. D. Saron.
- 2013 Tan Teo Charitable Foundation: *Supplemental funding to undertake longitudinal study of psychobiological changes associated with one month of intensive vipassana meditation.* \$20,000 PI: C. D. Saron.

- 2013 Nancy and Tom Driscoll, Individual Donors: *Seed funding to undertake longitudinal study of psychobiological changes associated with one month of intensive vipassana meditation*. \$20,000. PI: C. D. Saron.
- 2013-16 John Templeton Foundation Grant 39970: *Quantifiable Constituents of Spiritual Growth*. Continuation of Shamatha Project Analysis including six-year follow-up data qualitative and quantitative data collection. \$1,996,353 direct. PI: C. D. Saron.
- 2012-15 National Science Foundation Predoctoral Fellowship: *Investigating Neural Mechanisms Underlying Sustained Attention with Meditation Training*. \$135,000. PI Anahita Hamadi. C. D. Saron Co-supervisor.
- 2012-13 Hershey Family Foundation grant: *Supplemental Funding for The Shamatha Project*. \$75,000. PI: C. D. Saron.
- 2011-12 Hershey Family Foundation grant: *Supplemental Funding for The Shamatha Project*. \$75,000. PI: C. D. Saron.
- 2011-14 Anonymous. Individual donor: *Supplemental Funding for The Shamatha Project*. \$75,000. PI: C. D. Saron.
- 2010-12 1 R21 MH086854-01A1. Multisensory integration in children with autism spectrum disorders. PI: C. D. Saron. \$275,000 direct.
- 2010-13 *The Shamatha Project: A Longitudinal, Randomized Waitlist Control Study of Cognitive, Emotional, and Neural Effects of Intensive Meditation Training*. Fetzer Institute grant #2191. Competing Supplement, \$121,800. PI: C. D. Saron.
- 2010-12 Baumann Institute: *Supplemental Funding for the Shamatha Project in support of graduate students*. \$52,000, PI: C. D. Saron.
- 2011-12 Grant Couch and Louise Pearson: *Supplemental Funding for The Shamatha Project*. \$5,000. PI: C. D. Saron.
- 2010-12 Tan Teo Charitable Foundation: *Supplemental Funding for The Shamatha Project in support of graduate students*. \$30,000 PI: C. D. Saron.
- 2010-11 Hershey Family Foundation grant: *Supplemental Funding for The Shamatha Project*. \$75,000. PI: C. D. Saron.
- 2010-11 Grant Couch and Louise Pearson: *Supplemental Funding for The Shamatha Project*. \$10,000. PI: C. D. Saron.
- 2010-14 NIH 1 K01 MH087720-02 Electrophysiological Correlates of Inhibitory Control and Error Monitoring in Autism Spectrum Disorders. Consulting mentor: C. D. Saron; PI: Yukari Takarae. \$626,679

- 2009-11 NIH 1R01 MH089626-01 *Interdisciplinary investigation of potential biomarkers of autism subtypes*. Co-I: C. D. Saron; Co-PIs: David Amaral, Sally Rogers, Judy Vanderwater. \$1.78 million direct costs.
- 2009-12 *The Relationship Between Cognitive Control and Affect in an Intensive Vipassana Retreat*. Varela Grant from the Mind and Life Institute. \$15,000. Supervising sponsor: C. D. Saron. (Student awardees: Brandon King and Anthony Zanesco.)
- 2009-14 NIH 5T32MH073124-05 *Interdisciplinary Training for Autism Researchers*. Training program lecturer: C. D. Saron. (PI: Sally Rogers). \$213,613
- 2009-13 *The Shamatha Project: A Longitudinal, Randomized Waitlist Control Study of Cognitive, Emotional, and Neural Effects of Intensive Meditation Training*. Fetzer Institute grant #2191. Competing Renewal, \$450,000. PI: C. D. Saron.
- 2009-10 Hershey Family Foundation grant: *Supplemental Funding for The Shamatha Project*. \$75,000. PI: C. D. Saron.
- 2009 Baumann Institute: *Supplemental Funding for the Shamatha Project*. \$20,000, PI: C. D. Saron.
- 2009 Jewish Community Endowment Fund Disbursements/Carolyn Ferris Philanthropic Fund. \$5000 to support the Shamatha Project.
- 2008-09 *White Matter Integrity in Autism: Electrophysiology of Interhemispheric Communication and Structure-Function Correlations of the Corpus Callosum*. MIND Institute Pilot Grant Research Program. PI: C. D. Saron. \$25,000.
- 2008-09 Hershey Family Foundation grant: *Supplemental Funding for The Shamatha Project*. \$70,000. PI: C. D. Saron.
- 2008-09 Yoga Research and Education Foundation: *Supplemental Funding for the Shamatha Project*. \$28,000, PI: C. D. Saron.
- 2008 *The Shamatha Project: A Longitudinal, Randomized Waitlist Control Study of Cognitive, Emotional, and Neural Effects of Intensive Meditation Training*. Fetzer Institute grant #2191. Competing Renewal, \$185,034. PI: C. D. Saron.
- 2007-10 *Laboratory start-up, salary, and personnel package to support studies of autism spectrum disorders*, MIND Institute. PI: C. D. Saron. \$525,000.
- 2007-08 Hershey Family Foundation grant: *Supplemental Funding for The Shamatha Project*.

- \$195,000. PI: C. D. Saron.
- 2007 *The Shamatha Project: A Longitudinal, Randomized Waitlist Control Study of Cognitive, Emotional, and Neural Effects of Intensive Meditation Training.* Fetzer Institute grant #2191. Competing Supplement, \$353,616. PI: C. D. Saron.
- 2007 Mental Insight Foundation grant: *Supplemental Funding for The Shamatha Project.* \$15,000, PI: C. D. Saron.
- 2006-07 *Mirror Neuron System Activation in Autism During Observation of Object Actions and Body Movements: An Interdisciplinary, Multilevel Pilot Study.* Tupin Award, UCDMC. \$50,000, Co-PI: C. D. Saron. (Sally Rogers, PI).
- 2006-07 Yoga Research and Education Foundation: *Supplemental Funding for the Shamatha Project.* \$45,000, PI: C. D. Saron.
- 2006-07 Tan Teo Charitable Foundation: *Supplemental Funding for The Shamatha Project.* \$60,000, PI: C. D. Saron.
- 2006-08 Santa Barbara Institute for Consciousness Studies. *Supplemental Funding for The Shamatha Project.* \$115,000, PI: C. D. Saron.
- 2006-08 *Supplemental Funding for The Shamatha Project.* Various donors (< \$5000 each). \$25,000, PI: C. D. Saron.
- 2006-07 *The Shamatha Project: A Longitudinal, Randomized Waitlist Control Study of Cognitive, Emotional, and Neural Effects of Intensive Meditation Training.* A Fetzer Institute invited research project, grant #2191. \$500,000, PI: C. D. Saron.
- 2005-10 *Electrophysiological indices of loudness dependency in ASD and typically developing toddlers.* A subproject of the Brain Structure and Function Group of the UC Davis MIND Institute Autism Phenome Project. \$310,000, PI: C. D. Saron; Co- PI: S. M. Rivera.
- 2006-09 *Brain Dynamics of Multisensory Integration in Autistic Spectrum Disorders.* Autism Speaks Foundation (formerly Cure Autism Now Foundation) Pilot Grant. \$120,000, PI: C. D. Saron; Co-PI: Susan Rivera.
- 2005-05 *Brain Dynamics of Simple Multisensory Integration in Autistic Spectrum Disorders.* Funded by an Investigator Initiated Award from the UC Davis MIND Institute. \$60,000, PI: C. D. Saron; Co-PI, Susan Rivera.
- 1992-94 *Training the Mind: A neuroscientific evaluation of exceptional mental abilities among Tibetan monks.* Funded by The Fetzer Institute, Kalamazoo, MI. \$120,000. PI: C. D. Saron; Co-PIs R. J. Davidson, F. J. Varela, B. A. Wallace, G. V. Simpson, and J. Cabezón.

1989-97 *Pre-Doctoral NRSA Training Grant in Neuroscience* awarded to Department of Neuroscience, Albert Einstein College of Medicine. \$16,000/year stipend.
Trainee.

Journal Reviews

Acta Psychologica, Autism Research, Behavior Research and Therapy, Behavior and Brain Function, Biological Psychiatry, Biomed Central Neuroscience, Brain Research, Brain Topography, Cerebral Cortex, Child Development, Clinical Neurophysiology, Clinical Psychology Reviews, Clinical Psychological Science, Cognitive and Affective Behavioral Neuroscience, Cognitive Brain Research, Cognitive Processing, Consciousness and Cognition, Emotion, European Journal of Neuroscience, Experimental Brain Research, Explore, Frontiers in Human Neuroscience, Human Brain Mapping (invited associate editor), International Journal of Psychophysiology, Journal of Cognitive Neuroscience, Journal of Neurophysiology, Journal of Neuroscience, Journal of Neuroscience Methods, Journal of Pediatric Psychiatry and Psychology, Journal of Personality and Social Psychology, Language and Linguistic Compass, Mindfulness, Neuroimage, Neuropsychologia, Neuroreport, Perceptual and Motor Skills, PlosOne, PNAS, Psychological Bulletin, Psychological Research, Psychological Review, Psychological Science, Psychonomic Bulletin and Review, Psychophysiology

Grant Reviews

2017 Social Science and Humanities Research Council of Canada – ad hoc reviewer.

2016 NIH NCCIH (National Center for Complementary and Integrative Health) Special Emphasis Panel.

2014 Dharma Drum Buddhist College, New Taipei City, Taiwan. External reviewer.

2012, 14 Welcome Trust external reviewer 2012, 2014

2012, 14 John Templeton Foundation external reviewer

2012 Research Grants Council of Hong Kong, China external reviewer

2011-12 NSF Cognitive Neuroscience Program (member of review panels)

2011 NIH NCCAM (National Center for Complementary and Alternative Medicine) Special Emphasis Panel

2010-11 NSF ad hoc reviewer (Cognitive Neuroscience Program)

- 2010 Reviewer for IRB, US Army Natick Soldier RD&E Center
- 2010 Fetzer Institute ad hoc reviewer
- 2009 NSF Cognitive Neuroscience Program (member of review panel)
- 2009-12 Mind and Life Institute Varela Award Reviewer
- 2009 NIH Challenge Grants – Internet Assisted Stage 1 Reviewer – BBBP study section
- 2009-10 Autism Speaks Foundation (member grant review panels)
- 2007 Cure Autism Now Foundation (ad hoc reviewer)
- 2006 Cure Autism Now Foundation (member grant review panel)
- 2003 NSF ad hoc reviewer (Cognitive Neuroscience Program)

Popular Media

Documentary Films

- 2017 *My Year of Living Mindfully* – a feature length documentary by Australian film maker and journalist Shannon Harvey – in production
- 2017 *At Full Mind* - A feature documentary about the collaboration between modern neuroscientists and Tibetan scholars. Makarampa Productions. In Production.
- 2017 *Mindfulness – a new therapeutic pathway?* A 52’ film by Benoit Laborde for ARTE, French/German TV network.
<https://www.contentsales.francetvdistribution.fr/content/show/1171079>
- 2013 *Raising Compassion* – a film by Tania Singer and Olafur Eliasson. Documentary of a meeting on compassion theory, research, and training held in 2011 at Studio Olafur Eliasson in Berlin. Features contributions by project PI Saron. 9/16/13.
www.vimeo.com/70395311
- 2010 *Stillness in Thought: The Science of Meditation, Integrative Therapies Series – Program 2.* Series Mission: To develop a practical, significant, evidence-based bridge between Eastern and Western therapeutic approaches to health and well-being. Intended

Audience: physicians and their patients. Information Television Network, Boca Raton, FL. (supported by Purdue Pharma).

2009 *Unlocking Autism*, a film by Monica Lange. Broadcast on Discovery Health, Premiere April 6.
http://media.mindinstitute.org/video/specials/UnlockingAutism_web.mov

2007 *Monks, In the Lab*, a film by Delphine Morel broadcast on Association Relative à la Télévision Européenne, January. <https://vimeo.com/52882347>

Radio and Podcasts

2017 *Meditation: Does it live up to the hype?* Science Vs., Gimlet Media
<https://gimletmedia.com/episode/meditation/> May 25.

2015 *Shrinkwrap Radio: #454 – Scientific Research on The Effects of Meditation with Clifford Saron PhD.* <http://shrinkrapradio.com/454-scientific-research-on-the-effects-of-meditation-with-clifford-saron-phd/>

2013 *Local Motion.* public affairs program on KVNF, Paonia, CO. Interview with news director in conjunction with the public event on the science of compassion in Telluride, CO.
<http://www.kvnf.org/post/local-motion-dr-clifford-saron>

2012 *Life Matters.* Australian Broadcast Company. Interview with presenter Natasha Mitchell as part of the Meditation Challenge series.
<http://www.abc.net.au/radionational/programs/lifematters/meditation-challenge-week-53a-what-the-science-says/4394692>

2010 Interview with Ted Meissner of The Secular Buddhist Association.
<http://secularbuddhism.org/2010/09/03/episode-28-cliff-saron-neuro-dharma/>

TEDx talks

2014 Saron, C. D. *Creative empathy -- What children on the Autism can teach us.* TEDxBayArea. <https://www.youtube.com/watch?v=TKEN2d517B8>

2012 Saron, C. D. *The Majesty of the Present.* TEDxUCDavis
https://www.youtube.com/watch?v=d88Q-15W_AI&feature=kp

Web Video Interviews

2013 Short background to my involvement in this work:
<http://www.whatmeditationreallyis.com/index.php/lang-en/home-blog/item/1599-clifford-saron-phd-practicing-meditation-and-doing-scientific-research.html>

2013 Relations between Buddhism and Science:
<http://blogs.mcgill.ca/tcpsych/2014/02/03/clifford-saron-on-the-shamatha-project/>

Book Mentions

- Goleman, D. & Davidson, R. J. (2017). *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body*. Avery: New York, NY.
- Kingsland, J. & Crossley. (2016). *Siddhartha's Brain: Unlocking the Ancient Science of Enlightenment*. William Morrow/Harper Collins: New York, NY.
- Blackburn, Elizabeth & Epel, Elissa. (2017). *The Telomere Effect*. Grand Central Publishing – The Hachette Book Group: New York, NY.
- Ricard, Matthieu (2015). *Altruism: The Power of Compassion to Change Yourself and the World*. Little Brown and Company: New York, NY.
- Jinpa, Thupten (2015). *A Fearless Heart: How the courage to be compassionate can transform our lives*. Hudson Street Press: New York, NY.
- Dorjee, Dusana (2014). *Mind, Brain, and the Path to Happiness: a guide to Buddhist mind training and the neuroscience of meditation*. Routledge: New York.
- Van Wanning, Adeline. (2014). *The Less Dust the More Trust: Participating in the Shamatha Project, Meditation and Science*. Mantra Publications: Hampshire, UK.
- Kamen, Paddy. (2013). *Better Brain Better Life: Tips and Tales from the Tantalizing World of Brain Science*. Better Brain Publishing: Kelowna, BC, Canada.
- Jackson, Donna (2013). *The Last Best Cure*. Penguin/Hudson Street Press. New York, NY.
- Zolli, Andrew. (2012). *Resilience: Why Things Bounce Back*. Free Press. New York, NY.
- Davidson, Richard and Begley, Sharon. (2012). *The Emotional Life of Your Brain*. Hudson Street Press. New York, NY.
- Herbert, Martha and Weintraub, Karen. (2012). *The Autism Revolution*. Ballantine Books.
- Singer, Thea. (2010). *Stress Less: The New Science That Shows Women How to Rejuvenate the Body and the Mind*. Hudson Street Press, a division of Viking/Penguin. New York, NY. 336 pp.
- Ellison, Katherine (2010). *BUZZ. A Boy, his Mother and a Year of Paying Attention*. Hyperion Books (a division of Harper Collins): New York, NY. 304 pp.
- Jackson, Maggie. (2008) *Distracted: The Erosion of Attention and the Coming Dark Age*.

Prometheus Books: New York, NY. 327 pp.

Begley, Sharon. (2007) *Train Your Mind, Change Your Brain*. Ballantine Books: New York, NY. 304 pp.

Press Releases, Newspaper and Magazine Articles and mentions, notable blogs

Epel, Elissa (2017). 5 Mind-body practices that treat your telomeres right. Blog. <http://www.elle.com/life-love/news/a43126/telomeres-mind-body-practices-and-cell-aging/> online 27 February.

Synder, Jennifer (2016). The benefits of wellness at work. Comstock Magazine. 14 July issue. <http://www.comstocksmag.com/web-only/benefits-wellness-work>

Hill, Georgina. (2015). Measurable benefits of meditation. Nouse. 17 November 2015 issue. <http://www.nouse.co.uk/2015/11/17/measurable-benefits-of-meditation/>

News release about the March 2015 meeting with HH the Dalai Lama as written on his official website: <http://www.dalailama.com/news/post/1253-science-ethics-and-education---second-day>

Lee, Damian. (2014). Neuroscientists Talk Benefits of Meditation, Mindfulness At Symposium. Eugene Weekly. 5 February 14 Issue. <http://www.eugeneweekly.com/20150205/news-briefs/neuroscientists-talk-benefits-meditation-mindfulness-symposium>

Ricard, M., Lutz, A. & Davidson, R. J. (2014). Neuroscience Reveals the Secrets of Meditation's Benefits. *Scientific American* cover story, November. <http://www.scientificamerican.com/article/neuroscience-reveals-the-secrets-of-meditation-s-benefits/>

Cullinan, K. (2014). Not simply adapting Buddha for suburbia. Health-e, the South African Health News Network <http://www.health-e.org.za/2014/09/29/adapting-buddha-suburbia/>

Popova, Maria. (2014). Rethinking the Placebo Effect: How Our Minds Actually Affect Our Bodies. *Brain Picking's Newsletter* June 23. <http://www.brainpickings.org/index.php/2014/06/23/nothing-jo-marchant-heal-yourself/>

Merchant, Jo. (2014). Heal Yourself by Harnessing Your Mind. *Discover Magazine* blog. <http://blogs.discovermagazine.com/crux/2014/05/23/heal-yourself-by-harnessing-your-mind/#.U4N9Zxbklqk>

Burton, K & Effinger, A. (2014). To Make a Killing on Wall Street, Start Meditating. *Bloomberg Pursuits*. May. <http://www.bloomberg.com/news/articles/2014-05-28/to-make-killing-on-wall-street-start-meditating>

- Cleaver, B. (2014). Thoroughly Modern Meditation. *Prevention Magazine Australia*. December/January issue. <http://www.preventionmag.com.au>
- Craft, C. (2013). Medical establishment ponders meditation for its health benefits. *Sacramento Bee*. Published April 1. <http://www.sacbee.com/2013/04/01/5306627/medical-establishment-ponders.html>
- Weintraub, K. (2013). Meditation can bring health benefits and aid function in aging brains research suggests. *Boston Globe*. April 13. <http://www.boston.com/business/personal-finance/living-longer/2013/04/13/meditation-can-bring-health-benefits-and-aid-function-aging-brains-research-suggests/ZUSlIiIDYWf5YH2iEaDviO/singlepage.html>
- AFP RELAXNEWS (2013). Mindfulness meditation lowers stress hormone cortisol. *New York Daily News*, April 2. <http://www.nydailynews.com/life-style/health/mindfulness-meditation-lowers-stress-hormone-cortisol-study-article-1.1305502>
- Huffington Post (2013) Mindfulness Meditation Could Lower Levels Of Cortisol, The Stress Hormone. March 31. http://www.huffingtonpost.com/2013/03/31/mindfulness-meditation-cortisol-stress-levels_n_2965197.html
- Worldhealth.Net (2013). April 9. <http://www.worldhealth.net/news/meditation-lowers-stress-hormone/>
- Fell, Andy. (2013). Mindfulness from meditation associated with lower stress hormone. March 27. http://www.news.ucdavis.edu/search/news_detail.lasso?id=10538
- Sutherland, S. (2013). Four part blog about the Shamatha Project on the website of the Shambhala Mountain Center. Beginning Feb 27. <https://www.shambhalamountain.org/the-shamatha-project-part-i/>
<http://www.shambhalamountain.org/the-shamatha-project-part-ii/>
<http://www.shambhalamountain.org/the-shamatha-project-part-iii-forging-ahead/> <http://www.shambhalamountain.org/the-shamatha-project-part-iv-background-far-reaching-implications/>
- Fell, Andrew. (2012). Templeton Foundation awards grand for meditation research. http://news.ucdavis.edu/search/news_detail.lasso?id=10420
- May, Meridith (2012). Stanford studies monks' meditation, compassion. Front page feature, *San Francisco Chronicle*. July 8. <http://www.sfgate.com/default/article/Stanford-studies-monks-meditation-compassion-3689748.php>
- Haederle, Michael. (2012). *Just Breathe: Confirming Meditation's benefits*. *Pacific Standard Magazine*. June 20. <http://www.psmag.com/health/just-breathe-42763/>

- Fraser, Andrew. (2011). The Shamatha Project. *View Magazine*, July Issue.
- Van Wanning, Adeline. (2011). Inside the Shamatha Project. *Buddhadharma Magazine*, Summer Issue.
- Merchant, Jo (2011). How meditation might ward off the effects of ageing. *The Guardian/Observer*, April 24.
<http://www.guardian.co.uk/lifeandstyle/2011/apr/24/meditation-ageing-shamatha-project>
- Bond, Michael (2011). Mind Gym: Putting meditation to the test. *New Scientist*, January 5.
- Szalavitz, Maia. (2010). Explaining why meditators may live longer. *Time.Com*
<http://healthland.time.com/2010/12/23/could-meditation-extend-life-intriguing-possibility-raised-by-new-study/>
- Cloud, John. (2010) Losing Focus? Studies Say Meditation May Help. *Time*.
<http://www.time.com/time/health/article/0,8599,2008914,00.html>.
- Wray, Herbert. (2010) New Meditation Research: Putting the Om in Chromosome. *Huffington Post*. http://www.huffingtonpost.com/wray-herbert/meditation-research_b_780525.html
- UC Davis News and Information Service*: Positive psychological changes from meditation training linked to cellular health.
http://www.news.ucdavis.edu/search/news_detail.lasso?id=9669
- UC Davis News and Information Service*: Visual perception heightened by meditation training. http://news.ucdavis.edu/search/news_detail.lasso?id=9487
- Parker, Clifton. Worth Contemplating. *UC Davis Magazine*, Fall 2010.
http://ucdavismagazine.ucdavis.edu/issues/fall10/worth_contemplating.html
- Ellison, K. Profile in "Vistas" a feature of the Bay Area Section, *New York Times*, April 17, 2010.
- Brands Ward, Nancy. Om mani padme hum. *Sacramento News and Review*. July 1, 2010.
- Perry, M. (2009). Are you tired of your stupid, good for nothing brain? *Sacramento News and Review*. September 24.
- Washington, K. (2009). Exploring the last great frontier: UC Davis's unique Center for Mind and Brain. *College Currents, the UC Davis College of Letters and Science Magazine*, September.
- Jackson, M. (2008). Attention class. *The Boston Globe*, June 29.

- Rojas-Burke, J. (2008). Meditation matters. *The Oregonian*, June 18.
- Ellison, K. (2008). Mind medicine. *California Magazine, the UC Berkely Alumni Magazine*. March/April.
- Begley, S. (2007). What the Beatles gave science. *Newsweek*, November 19.
- Touber, T. (2007). The wizard of om. *Ode Magazine*. August Issue. p. 80-81.
- Ellison, K. (2007). Giving meditation a spin. *The Washington Post*, January, 23.
- Ellison, K. (2006). Mastering your own mind. *Psychology Today*. September/October Issue.
- Talan, J. (2006). Spirituality. *Scientific American Mind*, February/March, 39-41
- Geirland, J. (2006). Buddha on the brain. *Wired*, 14(2), February.
- Pardy, J. (2005). The Shamatha Project. *Buddhadharma Magazine*, Fall Issue. p90.
- Peyton-Dahlberg, C. (2004). Meditation study aims to leap over mental barriers. *Sacramento Bee*. November, 29.
- Barinaga, M. (2003). Studying the well-trained mind. *Science*, 302, 44–46.