

Mass., he observed the psychiatric difficulties of the area's homeless population. He also encountered them while working in food service at Cambridge hospital.

"In low-income communities you always see a lot of untreated mental health disorders," said Santoyo, who meditates regularly and helps to lead a mindfulness group at Brown. He is pursuing a degree in neuroscience and contemplative science. "The perspective of contemplative theory is that we learn about the mind by observing experience, not just to tickle our fancy but to learn how to heal the mind."

It's a long path, perhaps, but Santoyo and his collaborators are walking it with progress.

Check this link:

http://www.sciencedaily.com/news/mind_brain/spirituality/

