

Your Brain is a River, Not a Rock


By Fred Travis

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Editorial Review

About the Author

Dr. Fred Travis received his Masters and PhD in Psychology from Maharishi University of Management in 1988. He had a two-year post-doctoral position at UC Davis and the VA Medical Center in Martinez, CA with Dr. Irwin Feinberg exploring brain changes during sleep. At the conclusion of his post-doctoral position in 1990, he returned to Maharishi University of Management to direct research at the Center for Brain, Consciousness and Cognition. Since 1990, he has authored 57 papers and conference presentations that investigate the relation between brain patterns, conscious processes, states of consciousness and meditation practice. His recent work has reported brain patterns of world class performers—athletes who have received gold medals in World Games, National Game or the Olympics; top-level managers; and professional musicians. He regularly teaches undergraduate and graduate courses, gives seminars, and speaks at conferences on brain development in children and across the lifespan.

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