

Jes H. Golden, Ph.D.

Curriculum Vitae

Employment

INDIANA UNIVERSITY, BLOOMINGTON

2025— Postdoctoral Fellowship, Center for Possible Minds

Education

UNIVERSITY OF CALIFORNIA, BERKELEY

2025 Ph.D., Philosophy, Fall 2025

Advisors: John Campbell, Alva Noë, Frédérique de Vignemont (external)

2025 Exchange Scholar at Massachusetts Institute of Technology (Spring 2025)

Advisor: Sally Haslanger

2023 Chateaubriand Fellow at CRNS/ENS Institut Jean Nicod, Fall 2023

Advisor: Frédérique de Vignemont

2022-23 Exchange Scholar at Harvard University

Advisor: Samantha Matherne

2021 Advanced to Candidacy (Committee: Niko Kolodny, Alva Noë, Jay Wallace, Judith Butler)

SUNY GENESEO

2017 B.A. Philosophy, *summa cum laude*

Minor in Women's & Gender Studies

2015 University of Oxford, New College (study abroad)

Areas of Specialization

Philosophy of Mind

Philosophy of Cognitive Science

Areas of Competence

Epistemology

Phenomenology

Philosophy of Emotion

Awards and Honors

FELLOWSHIPS AND AWARDS

2024-5 [Foundation for Philosophical Orientation Doctoral Fellowship](#), \$30,000

2024 UC Berkeley Summer Dissertation Writing Grant, \$6,000

2023 [Chateaubriand Fellowship, French Embassy of the United States \(HSS\)](#), €6,000

2023 [Diverse Intelligences Summer Institute](#) Fellow

2023 UC Berkeley Foreign Language & Area Studies Fellowship for French Study

2023 UC Berkeley [Teaching Effectiveness Award](#) (awarded to 0.5% of Berkeley GSIs)

2023 UC Berkeley Outstanding Graduate Student Instructor Award (<10% of GSIs)

2017 SUNY-wide Chancellor's Award (awarded to six graduating seniors)

2016 Phi Beta Kappa (early inductee)

2015 Leadership Alliance Mellon Initiative (Undergraduate Research Fellowship)

MISCELLANEOUS AFFILIATIONS AND TRAININGS

2026 Indiana University, Center on Religion and the Human, Affiliated Research Fellow

2026 Indiana University, Jewish Studies, Affiliated Postdoctoral Fellow

2024— [Meditation Research Program](#), Harvard Medical School, Affiliated Scientist

2025-28 Marbeh: Senior Jewish Mindfulness Teacher Fellowship, Institute for Jewish Spirituality

2023-25 Gates of Awareness: Jewish Meditation Teacher Training Program, Or HaLev

2023 Myisha Cherry's [Emotion & Society Lab](#), Graduate Fellow

2020-21 [USC Conceptual Foundations of Conflict](#), Affiliated Graduate Fellow

Unpublished Papers Under Review and in Preparation

Golden, J. “Intuition in the Bodily Mode” (**under review**)

Leckie, L., Bershad, A. K., **Golden, J.**, McClay, M., Rappe, S., & Foster, J. G.. [The content and structure of dreams are coupled to affect \(preprint\)](#). (**under review**)

Golden, J. “Embodied Intuition as Valence Asymmetry” (**available upon request**)

Golden, J., Sparby, T., and Sacchet, M.D. “Bodily Awareness in Advanced Meditation: A Three-Level Model of Interoceptive, Schematic, and Pacificatory Changes ([preprint available](#), under review)

Golden, J. & Sacchet, M.D. “Devekut as a Case Study for Trans-Traditional Models of Advanced Meditation” (**in preparation**)

Golden, J. & Sacchet, M.D. “Why Bracket the Self in Contemplative Phenomenological Research?” (**in preparation**)

Presentations

CONFERENCE PRESENTATIONS

- 2026 “Cleaving to the Divine: Devekut, Jewish Mysticism, and the Science of Advanced Meditation” (with M.D. Sacchet; **accepted for presentation**). *Annual Meeting of the American Academy of Religion*, Contemplative Studies Unit, “Whither the Future? Forward-looking Frameworks for Contemplative Research,” Denver, CO
- 2024 “How Gut Feelings Reorient Awareness” (invited)
Meeting for the 5th Anniversary of the Foundation for Philosophical Orientation, Nashville, TN
- 2023 “Gut Feelings, Oppression, and Justice”
Lisbon Feminist Philosophy of Mind Workshop, ArgLab, IFILNOVA, Lisbon, Portugal
- 2022 “The Horizons of Cultural Change: Lessons from Phenomenology”
APA Eastern Division, Baltimore, MD

WORKSHOPS

- 2026 “Selfhood in Emptiness and Relationality”
Center for Religion & the Human, Indiana University, Bloomington
- 2024 “The Role of Unexpected Valence in Gut Feelings” (invited)
PRISM (Perception, Representation, Imagination, Space, Memory) Seminar, Institut Jean Nicod, Paris, France
- 2023 “When Intuition Is Felt, Not Thought: Towards a Framework for Gut Feelings”
Myisha Cherry’s Emotions & Society Lab
- 2022 “Recognizing parts of ourselves”
Alva Noë’s Friday Group, Berkeley, CA
- 2018 “Gender, concepts and intuition”
Richard Wollheim Society, UC Berkeley

COMMENTS

- 2023 Invited Commentator, “Felt Senses of Self” by E. Anderson
Boston Phenomenology Circle, Boston, MA
- 2023 Commentator, “Toward a ‘Mental View’ of Sexual Difference” by J. McWeeny
APA Eastern Division, Montreal, CA
- 2022 Commentator, “Wisdom and KK Failure” by O. Nath
Berkeley-London Conference, London, UK

Teaching Experience

AS GRADUATE STUDENT INSTRUCTOR

2022	Plato	Vanessa de Harven
2022	Phil. of Race, Ethnicity, Citizenship	Timothy Crockett
2021	Philosophy of Mind	Alva Noë
2021	Moral Psychology	Kwong-loi Shun
2020	Ethical Theories	Timothy Crockett
2020	Theory of Knowledge	Jason Winning
2020	Modern Philosophy	Timothy Crockett
2019	The Nature of Mind	Geoffrey Lee

Service & Other Experience

DEPARTMENTAL & PROFESSIONAL SERVICE

2023	Corrupt the Youth High School Outreach Volunteer
2022	Instructor for Directed Reading Program, Feminist Philosophy
2021	Mentor Coordinator at Pre-College Summer Institute in Justice and Ethics SUNY Geneseo
2020	Graduate Student Researcher for Syllabus Diversification Project
2018-22	PhilGeM (Philosophy Gender Minorities) Organizer, UC Berkeley

Graduate Coursework

2025	Mind-Wandering (audited at Harvard)	Susanna Siegel
2023	Intermediate French (150 Hours)	Institute Linguistique Adenet
	Self-Knowledge and Reflection (audited at Harvard)	Richard Moran
	Inquiry (audited at Harvard)	Susanna Siegel & Selim Berker
2021	The Human Experience Within Art, Technology, and Data	E. Wymore, G. Niemeyer, C. Emanuele Cella
2020	Feminist Epistemology	Andreja Novakovic
	Crisis & Entanglement in Art and Science	Alva Noë
	Equality & Rule	Niko Kolodny
	Aristotle	John MacFarlane
2019	Philosophy of Perception	Alva Noë
	Hume	Michael Martin
	Teaching Seminar	Alva Noë
2017	Art, Nature & Experience	Alva Noë
	Wittgenstein's Rule-Following	Hannah Ginsborg
	First-Year Graduate Seminar	Kristin Primus & Seth Yalcin

Languages

French

Intermediate reading proficiency
Conversational speaking ability

References

Alva Noë

Professor of Philosophy
University of California, Berkeley
noe@berkeley.edu

Matthew D. Sacchet

Associate Professor of Psychiatry, Harvard Medical School
Director, Meditation Research Program, Massachusetts General Hospital
msacchet@mgh.harvard.edu

John Campbell

Willis S. and Marion Slusser Professor of Philosophy
University of California, Berkeley
jccampbell@berkeley.edu

Jacob Foster

Professor of Informatics and Cognitive Science
Indiana University, Bloomington
jacobf@iu.edu

Frédérique de Vignemont

Institut Jean Nicod / École Normale Supérieure
frederique.de.vignemont@ens.fr

Tim Crockett (teaching reference)

Lecturer
University of California, Berkeley
crickett@berkeley.edu

Dissertation

Title: *Gut Feelings and Embodied Epistemology*

While philosophers have largely studied philosophical intuitions, intuitions with a *bodily* mode of presentation—or gut feelings—are among the most common types of intuitions we have in our social and moral lives. They also raise a distinctly different set of questions than philosophical intuitions. I argue that the mode of presentation for intuition makes a difference: when we are presented with intuitions in the bodily mode, they have as their content valence which is common to both emotion and, as I argue, to gut feeling. While I argue that gut feelings have an epistemic signature that distinguishes them conceptually from emotion, I also spell out the ways that gut feelings have distinct epistemic and ethical concerns by virtue of being easily entangled with emotions and other bodily feelings. Epistemically, I argue that we can glean some degree of evidence of adaptive value from gut feelings where we have previously demonstrated reliability. More conservatively, gut feelings are a gateway to self-knowledge and to our embodied epistemology: our pre-reflective habits, dispositions, tendencies, and ways of being in the world. There is an imperative to use our gut feelings at minimum to cultivate a balance of spectatorial and introspective self-knowledge through which we can make better choices aligned with our values, aims, and ethics. Through this process there is—at best—the possibility of getting better at having gut feelings.