

buddha brain and neurophysiology pdf

Neuroplasticity, also known as brain plasticity, neuroelasticity, or neural plasticity, is the ability of the brain to change throughout an individual's life, e.g., brain activity associated with a given function can be transferred to a different location, the proportion of grey matter can change, and synapses may strengthen or weaken over time. . Research in the latter half of the 20th ...

Neuroplasticity - Wikipedia

A religious experience (sometimes known as a spiritual experience, sacred experience, or mystical experience) is a subjective experience which is interpreted within a religious framework. The concept originated in the 19th century, as a defense against the growing rationalism of Western society. William James popularised the concept.. Many religious and mystical traditions see religious ...

Religious experience - Wikipedia

Medytacja a zdrowie. Przegląd badań, dotyczących medytacji przeprowadzony w 2012 roku pokazał, że regularna praktyka popularnych form medytacji, takich jak vipassana czy medytacja transcendentna, wyraźnie wpływa na zdrowie i organizm człowieka. U medytujących silna poprawa następuje w obszarze relacji interpersonalnych oraz emocji (wyższa inteligencja emocjonalna, mniejszy stres ...

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