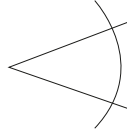


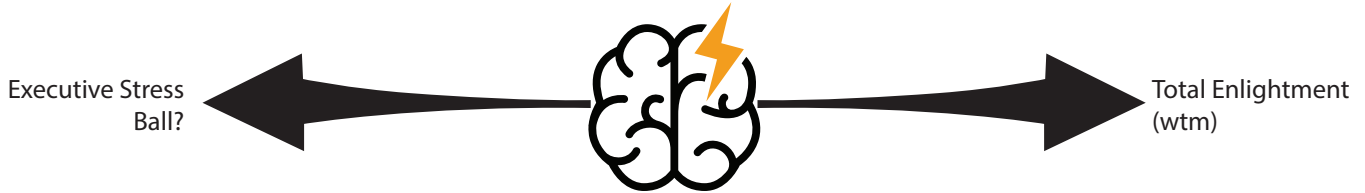
WHAT'S DIFFERENT ABOUT THIS?

Why a secular approach to self directed neuroplasticity is a better for both learning and results.

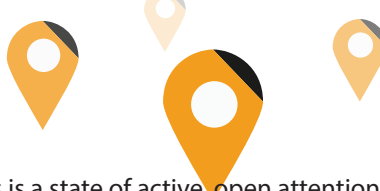


Neuroscience (anatomy and chemistry)
Cognitive Science (perception and learning)

WHAT IS MEDITATION?



MINDFULNESS

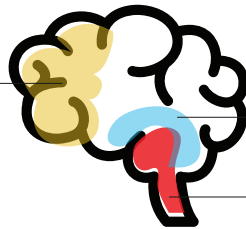


Mindfulness is a state of active, open attention on the present.
Question: Are you the thinker of your thoughts?

THE BRAIN AND NEUROPLASTICITY

Cortex (executive function)

- + focus
- + working memory
- + emotion
- + self discipline
- + abstract thought



Hippocampus (mammalian brain)

- + memory
- + emotion
- + social

Amygdala (lizard brain)

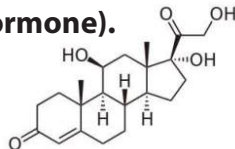
- + fight vs. flight
- + hunger

"As the amygdala shrinks, the pre-frontal cortex – associated with higher order brain functions such as awareness, concentration and decision-making – becomes thicker."

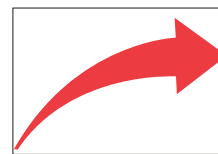
MEDITATION AS A MEANS OF SELF ACTUALIZATION

We can deliberately change the mind to change the brain to change the mind for the better.

CORTISOL (the stress hormone).

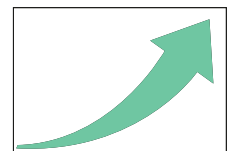


- + immune system
- + metabolism
- + sleep
- + cognitive function
- + blood pressure



Myth

vs.



Reality

Increased self-awareness, better physical health,
improvements to relationships, decision making and emotional maturity.