

Neural Imaging

Tibetan Buddhism, “pure loving kindness and compassion”, Davidson	Frontal (left) Thalamus Parietal
Zen Buddhism	None reported
Vipassana Meditation (Insight or Mindfulness) Lazar	Thicker right insula Thicker right frontal Thicker sensory
Transcendental Meditation technique, Newburg	Frontal (bilateral) Thalamus Parietal

