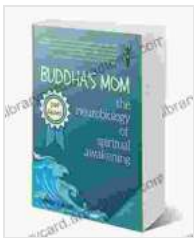


Buddha Mom: The Neurobiology of Spiritual Awakening

Have you ever wondered what happens to your brain when you meditate? Or how mindfulness can help you reduce stress and improve your overall well-being? In her groundbreaking book, Buddha Mom: The Neurobiology of Spiritual Awakening, Dr. Meagan Conoley explores the science behind spiritual awakening and shows how we can use this knowledge to cultivate a deeper connection to our spiritual selves.



Buddha's Mom: The Neurobiology of Spiritual Awakening by Alfred J. Ziegler

★★★★☆ 4.4 out of 5

Language : English
File size : 6248 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 668 pages
Lending : Enabled



Dr. Conoley is a neuroscientist and meditation teacher who has spent years studying the effects of meditation and mindfulness on the brain. In Buddha Mom, she shares her findings in a clear and accessible way, making this book a valuable resource for anyone who is interested in learning more about the science of spirituality.

One of the most important things that Dr. Conoley discusses in Buddha Mom is the concept of neuroplasticity. Neuroplasticity is the brain's ability to change and adapt over time. This means that our brains are not fixed entities, but rather are constantly being shaped by our experiences. This is good news, because it means that we can use meditation and mindfulness to change our brains for the better.

Meditation has been shown to increase activity in the prefrontal cortex, which is the part of the brain that is responsible for executive function, decision-making, and planning. Meditation has also been shown to decrease activity in the amygdala, which is the part of the brain that is responsible for fear and anxiety. This means that meditation can help us to become more calm, focused, and resilient.

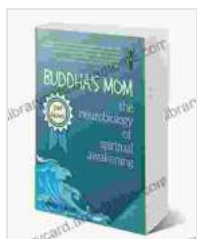
Mindfulness has also been shown to have a number of benefits for the brain. Mindfulness has been shown to increase activity in the insula, which is the part of the brain that is responsible for interoception, or the ability to sense our own internal states. Mindfulness has also been shown to decrease activity in the default mode network, which is the part of the brain that is responsible for mind wandering and self-criticism. This means that mindfulness can help us to become more aware of our present moment experience and less reactive to our thoughts and emotions.

The research on the neurobiology of meditation and mindfulness is still in its early stages, but the findings are promising. This research suggests that meditation and mindfulness can have a profound impact on our brains and our overall well-being. Buddha Mom is a valuable resource for anyone who is interested in learning more about the science of spirituality and using this knowledge to cultivate a deeper connection to their spiritual selves.

Free Download Your Copy Today

Buddha Mom is available now in paperback, hardcover, and e-book formats. Free Download your copy today and start your journey to spiritual awakening.

Free Download Buddha Mom on Our Book Library



Buddha's Mom: The Neurobiology of Spiritual Awakening by Alfred J. Ziegler

★★★★☆ 4.4 out of 5

Language : English
File size : 6248 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 668 pages
Lending : Enabled



Believing, Living, and Enjoying by the Word: Unlock the Power of God's Word for a Victorious Life

In a world filled with uncertainty and challenges, it can be difficult to find hope and direction. But there is a source of truth and power that can guide us...



Unveil the Extraordinary World of "The Alexiad": A Captivating Journey into Byzantine Splendor

Delve into the Heart of Byzantine History with Anna Komnene's Masterpiece Prepare to be captivated by "The Alexiad," a remarkable literary treasure that...