MATERIAL 1

MEDITATION? WHAT FOR?



> From the density of grey matter to neurotransmitters:
> meditation changes the brain. Emotions, attention and introspection,
> even compassion can be trained with its help, just like long jump or cycling.

Dr. Lenzen, Manuela: Die Neurowissenschaft der Meditation, Internetpublikation unter:
https://www.dasgehirn.info/handeln/meditation/die-neurowissenschaft-der-meditation