

God And Your Brain 3: Buddha, Jesus, and the Brain

written by Tim Jennings, M.D. | November 14, 2013



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Buddha and Jesus are the two individuals who have perhaps impacted more people with their ideas and examples than any others in history. This presentation will contrast the philosophical differences underpinning their teachings while examining what recent brain science reveals about Eastern vs Biblical meditation.

Objectives:

- Contrast the differences in philosophical underpinnings between the teachings of Buddha and Jesus.
- Examine the impact meditation has upon brain function and structure.
- Identify the physical health outcomes of meditation.

