Recent scientific research into meditation centers around the brains property of neuroplasticity. Both the brain and the nervous system can change structurally and functionally under the influence of the signals from the environment. Learning and memory are examples of plasticity.

Implicitly it follows that meditators are able to change some neural paths in the brain through meditation, and this can result in a dramatic change in your outlook on life events. This profound result of sustained practice, known for many centuries to meditation practitioners and has now been confirmed by scientific studies in the last two decades.

Although the meditations taught have their origins in Zen Buddhism this is a secular, evidence based, course that meshes well with everyday life. This course draws on the work of Jon Kabat-Zinn who is the father of secular Mindfulness in the West as well many other scientific studies.