

Le Cerveau De Bouddha

Rick Hanson,Christophe André,Richard Mendius

Le Cerveau de Bouddha Rick Hanson,Christophe André,Richard Mendius,2013 Notre cerveau se transforme toute la vie durant. Contrairement à ce qu'on a cru pendant des décennies, on sait aujourd'hui que le cerveau adulte peut changer et se développer pendant toute la vie. Au fil des apprentissages, notre cerveau met en place de nouveaux réseaux, et ce quel que soit notre âge. C'est ce qu'on appelle la plasticité cérébrale. Depuis une vingtaine d'années, grâce aux nouvelles techniques de l'imagerie médicale, les plus grands scientifiques ont étudié le cerveau des moines bouddhistes et ont constaté qu'il était tout à fait hors norme, comme le serait le corps d'un athlète comparé à celui d'un individu lambda. Ainsi, la méditation est-elle une sorte de gymnastique mentale qui développe de nouveaux câblages, modifie le fonctionnement électrique du cerveau et épaissit le cortex. Et nous ? Nous pouvons nous aussi agir sur nos capacités naturelles, stimuler les unes et éteindre les autres, afin d'avoir un cerveau de Bouddha. La méditation est une sorte de gymnastique mentale qui nous permet de recâbler notre cerveau pour plus de bien-être et de sérénité.

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