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March 10th, 2020 - science reveals how meditation changes your mind brain and body the idea that intense and prolonged meditation can profoundly alter the core of a person s very being has been largely unpublicized in his time as a science writer for the new york times goleman notes that of the more than 800 articles he wrote only a handful had anything to'

'postponed renowned neuroscientist richard unc asheville

June 4th, 2020 - richard j davidson ph d world renowned neuroscientist and co author of altered traits science reveals how meditation changes your mind brain and body will give a free public lecture at 7 p m on thursday feb 13 at unc asheville s lipinsky auditorium and a free public master class at 9 a m on friday feb 14 in the highsmith'

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June 4th, 2020 - finally as meditation practice stabilizes the changes are constant and enduring with no fluctuations they are our altered traits in the beginning nothing es in the middle nothing stays in the end nothing goes at the start of contemplative meditation practice little or nothing seems to change in us'

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