



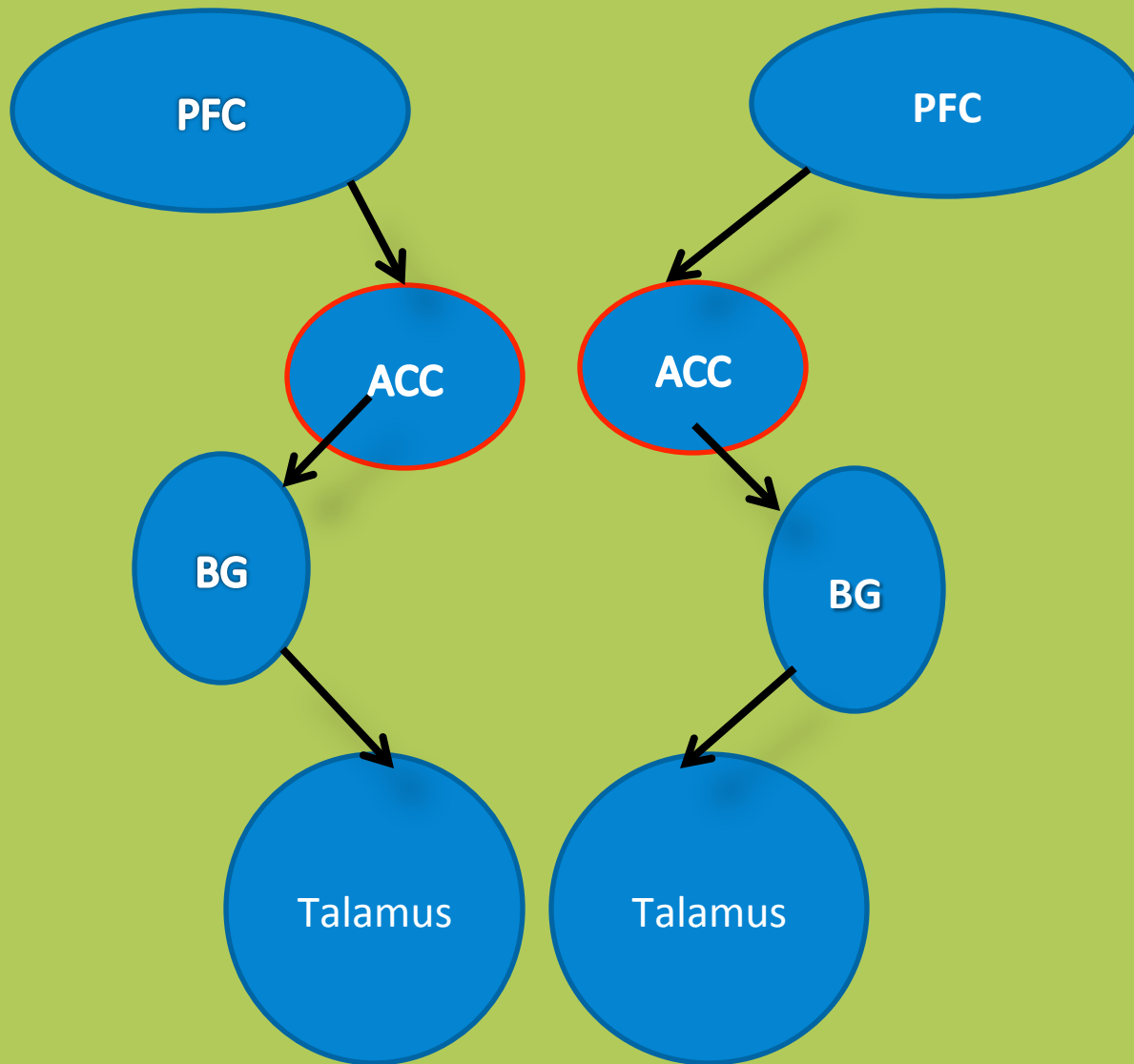
Manevi yařantılar ve Beyin

Prof.Dr.Nazan Aydın

İman
Sevgi
Hoşgörü
Yardımlaşma
Ritüeller

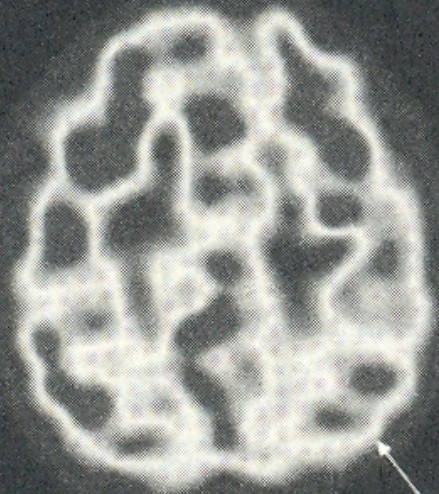
Ruhsal iyilik
Huzur hali
Bedensel sağlık
Hoşgörü
Ritüeller





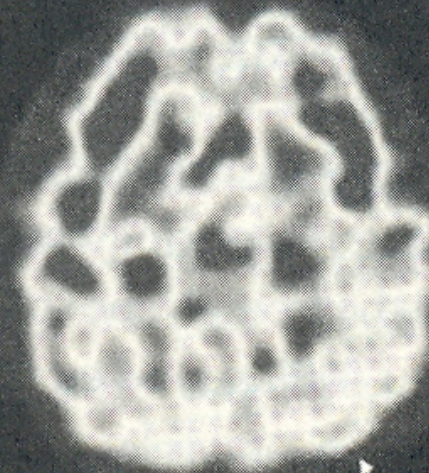


Baseline Scan



Parietal Lobe

Prayer Scan



Parietal Lobe



Psychiatry Research: Neuroimaging Section 106 (2001) 113–122

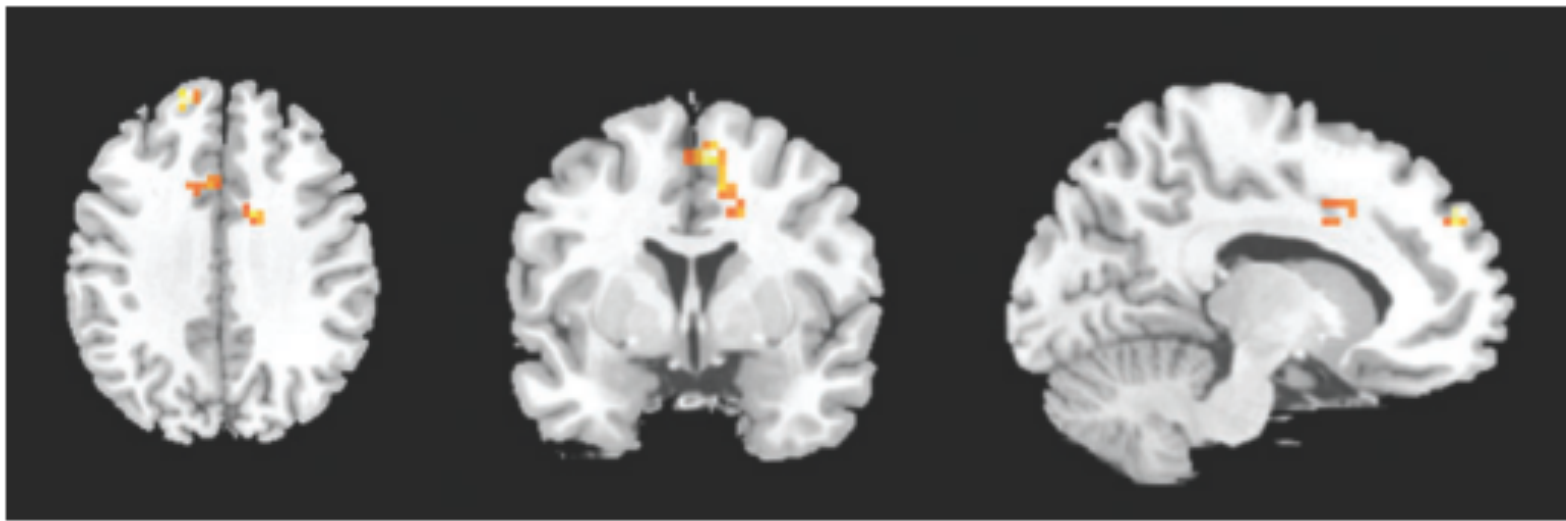
www.elsevier.com/locate/psychresns

**PSYCHIATRY
RESEARCH
NEUROIMAGING**

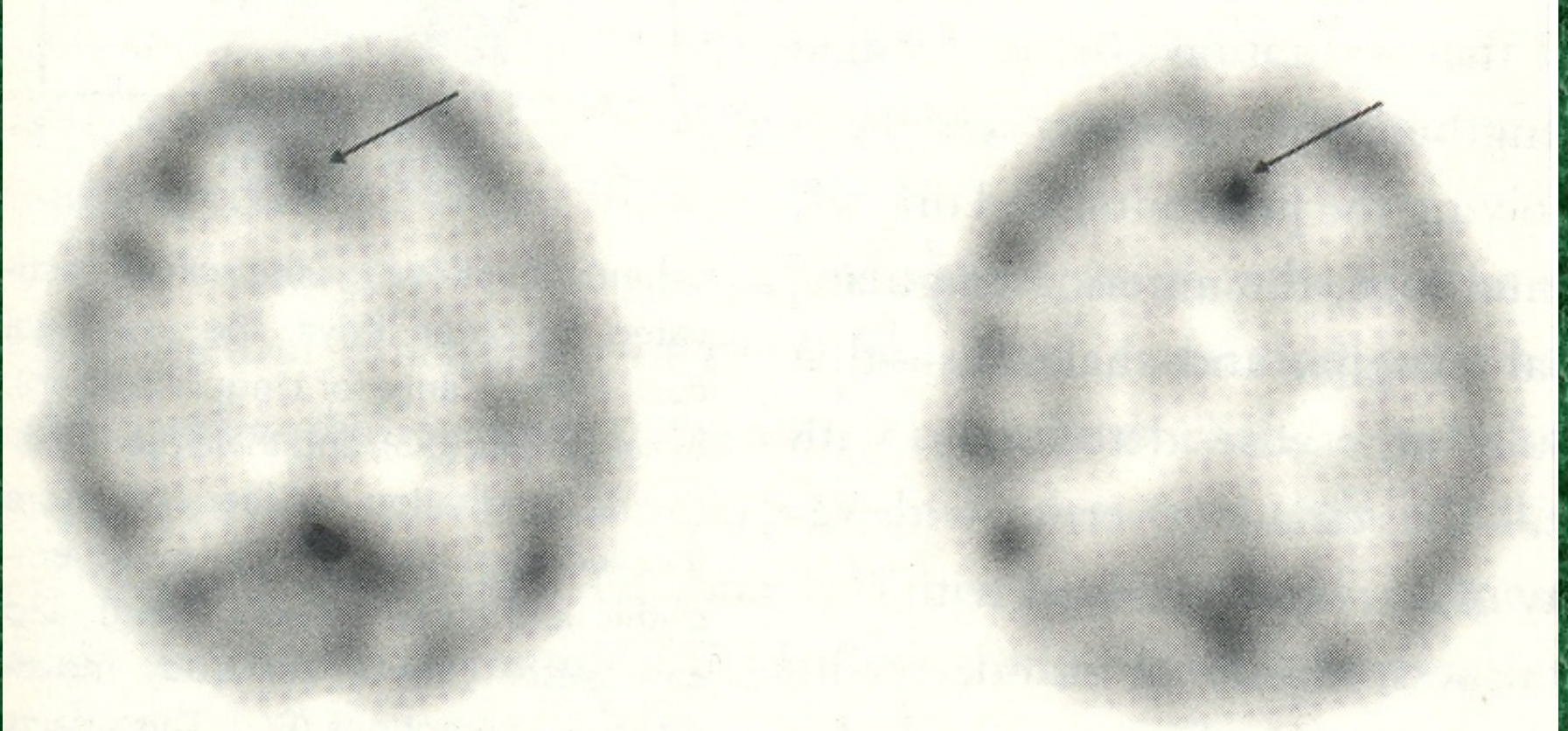
The measurement of regional cerebral blood flow during the complex cognitive task of meditation: a preliminary SPECT study

Andrew Newberg^{a,*}, Abass Alavi^a, Michael Baime^b,
Michael Pourdehnad^a, Jill Santanna^c, Eugene d'Aquili^d

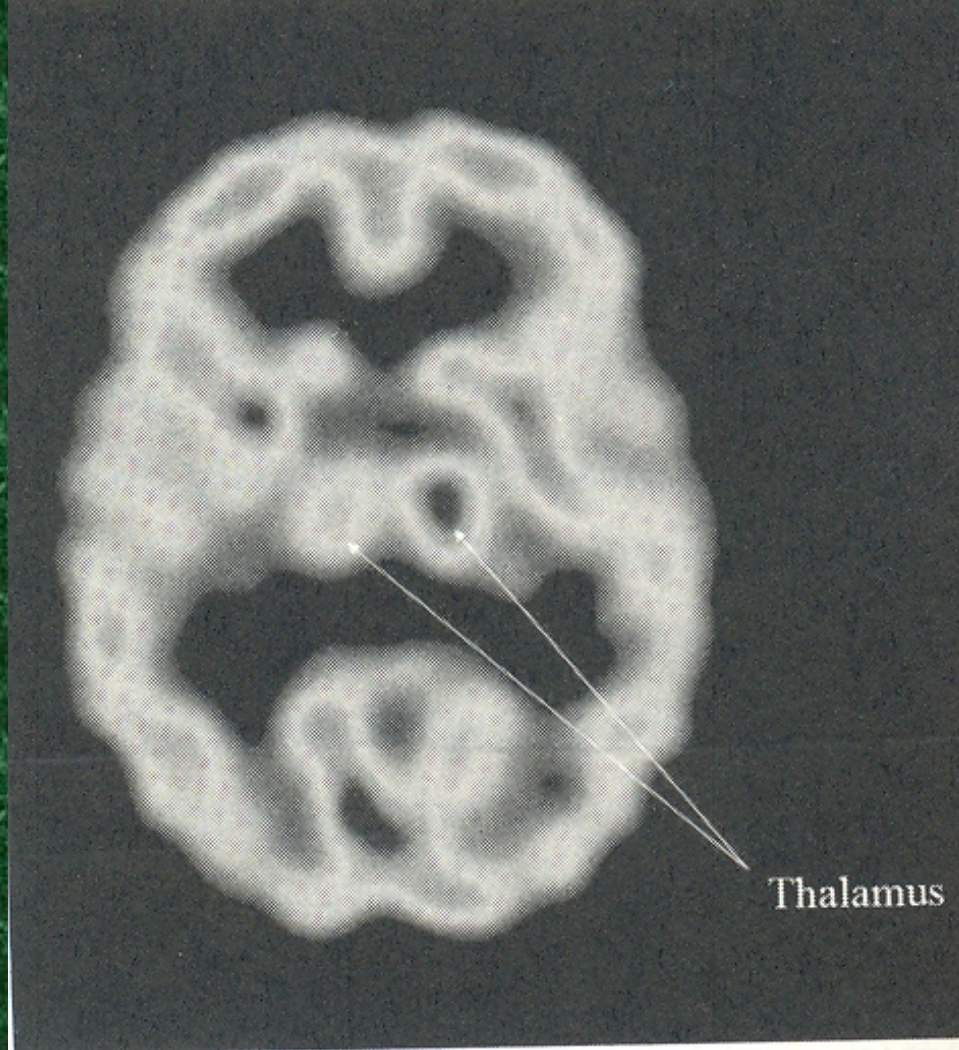
Dr. Nazan Aydın-Manevi
Yaşantılar ve Beyin



E. Baron Short, Samet Kose, Qiwen Mu, Jeffery Borckardt, Andrew Newberg, Mark S. George and F. Andrew Kozel. **Regional Brain Activation During Meditation Shows Time and Practice Effects: An Exploratory FMRI Study** eCAM Advance Access published October 27, 2007



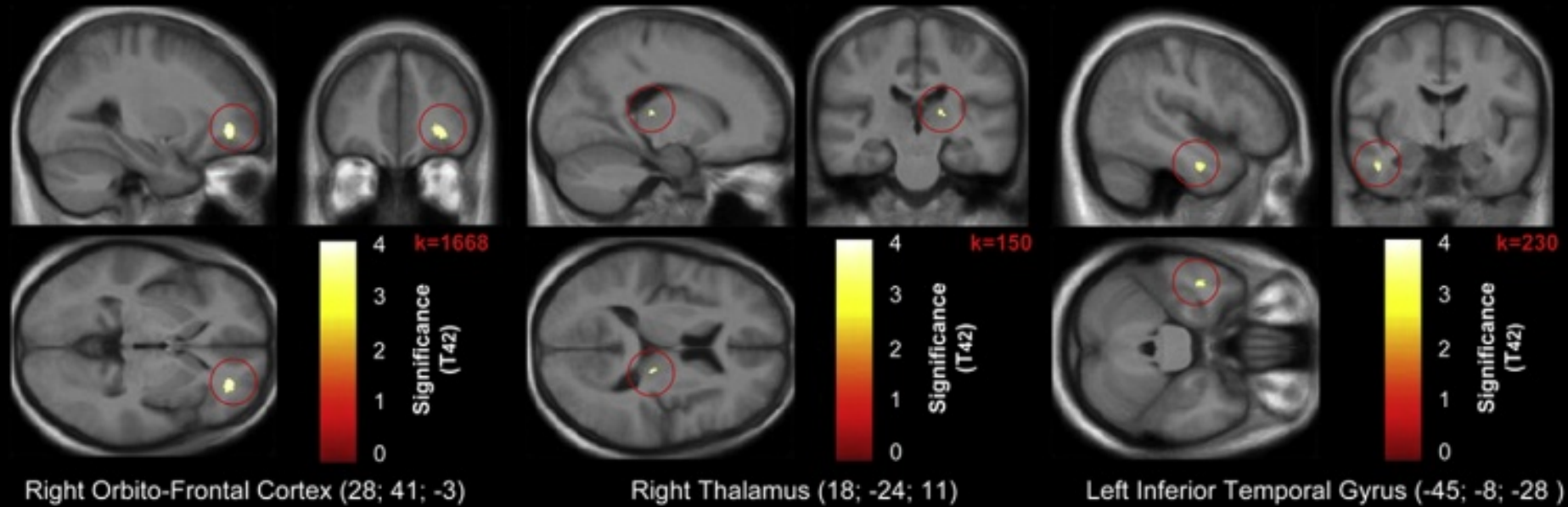
Newberg A, Waldman MR. How God Changes Your Brain. 2009



- Newberg A, Waldman MR. How God Changes Your Brain. 2009

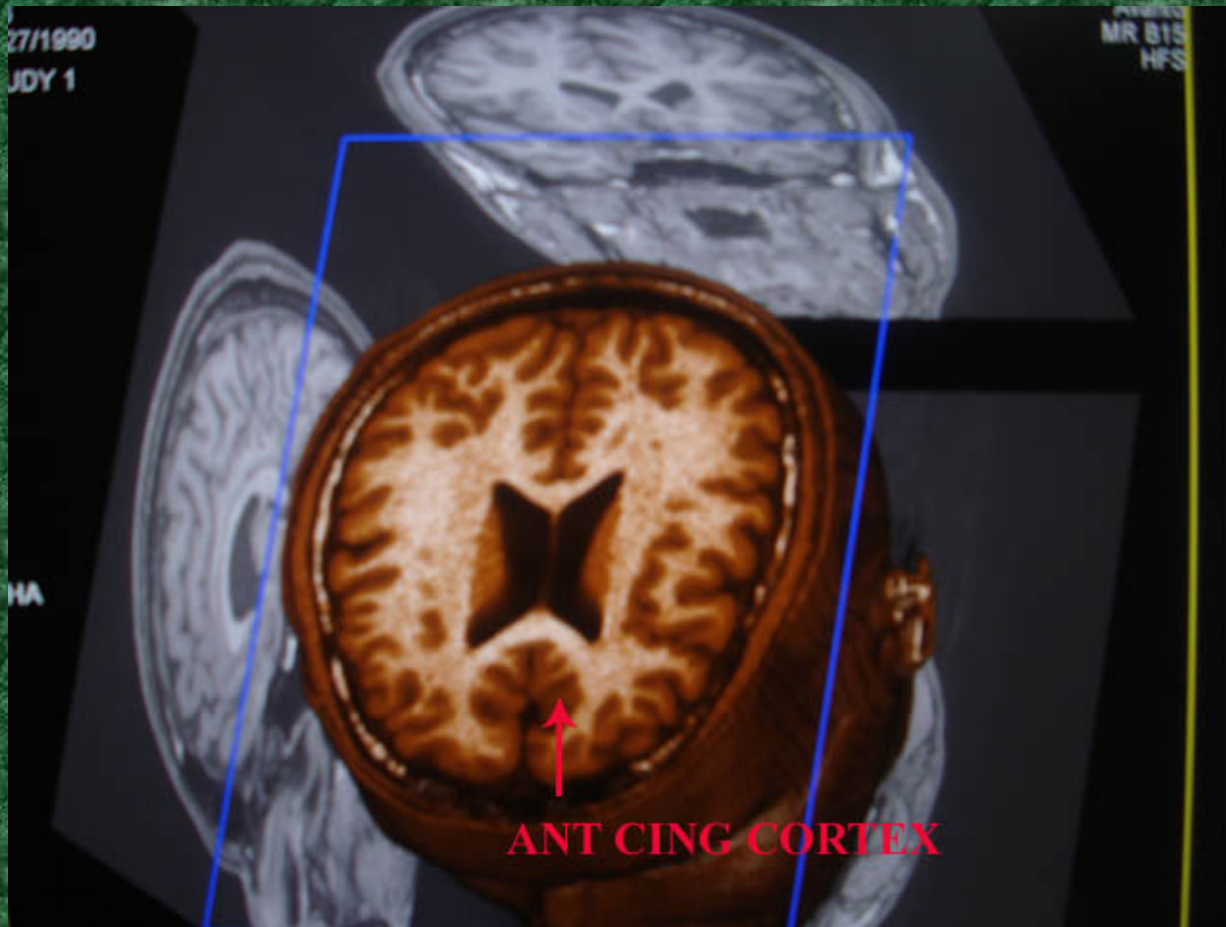


Larger Gray Matter Volumes in Meditators

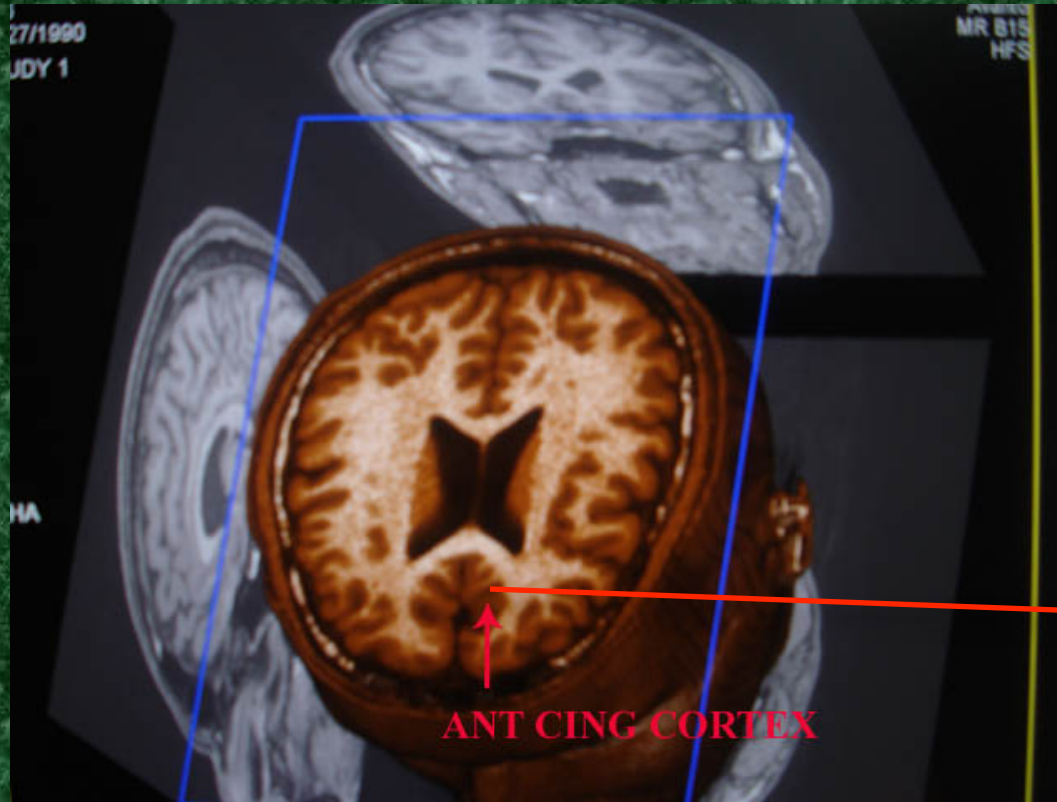


Eileen Luders , Arthur W. Toga , Natasha Lepore, Christian Gaser. **The underlying anatomical correlates of long-term meditation: Larger hippocampal and frontal volumes of gray matter.** NeuroImage 45 (2009) 672–678

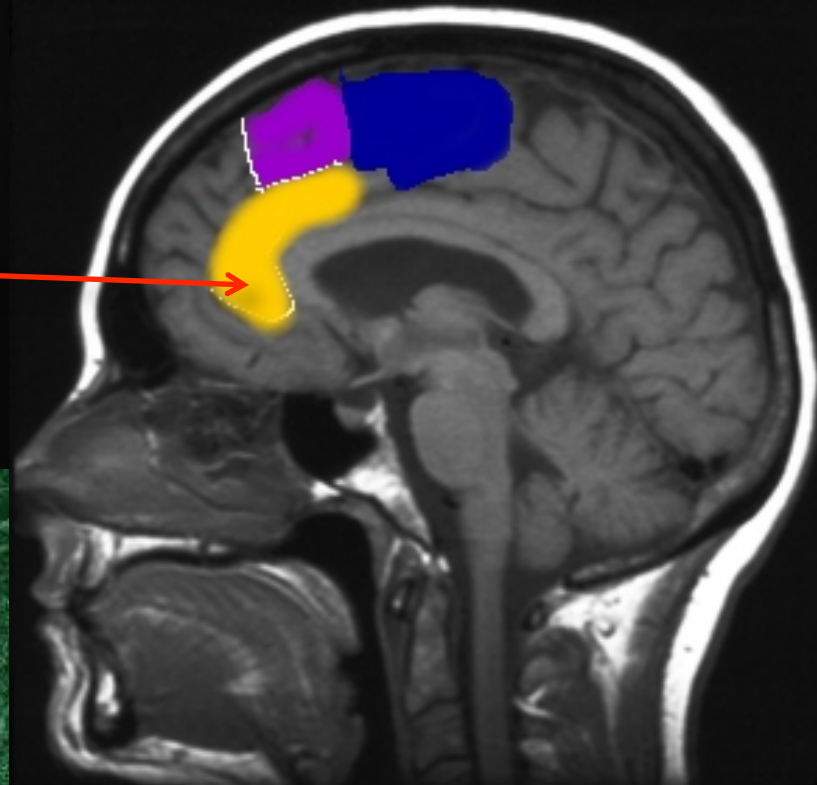
Anterior Cingulate Cortex



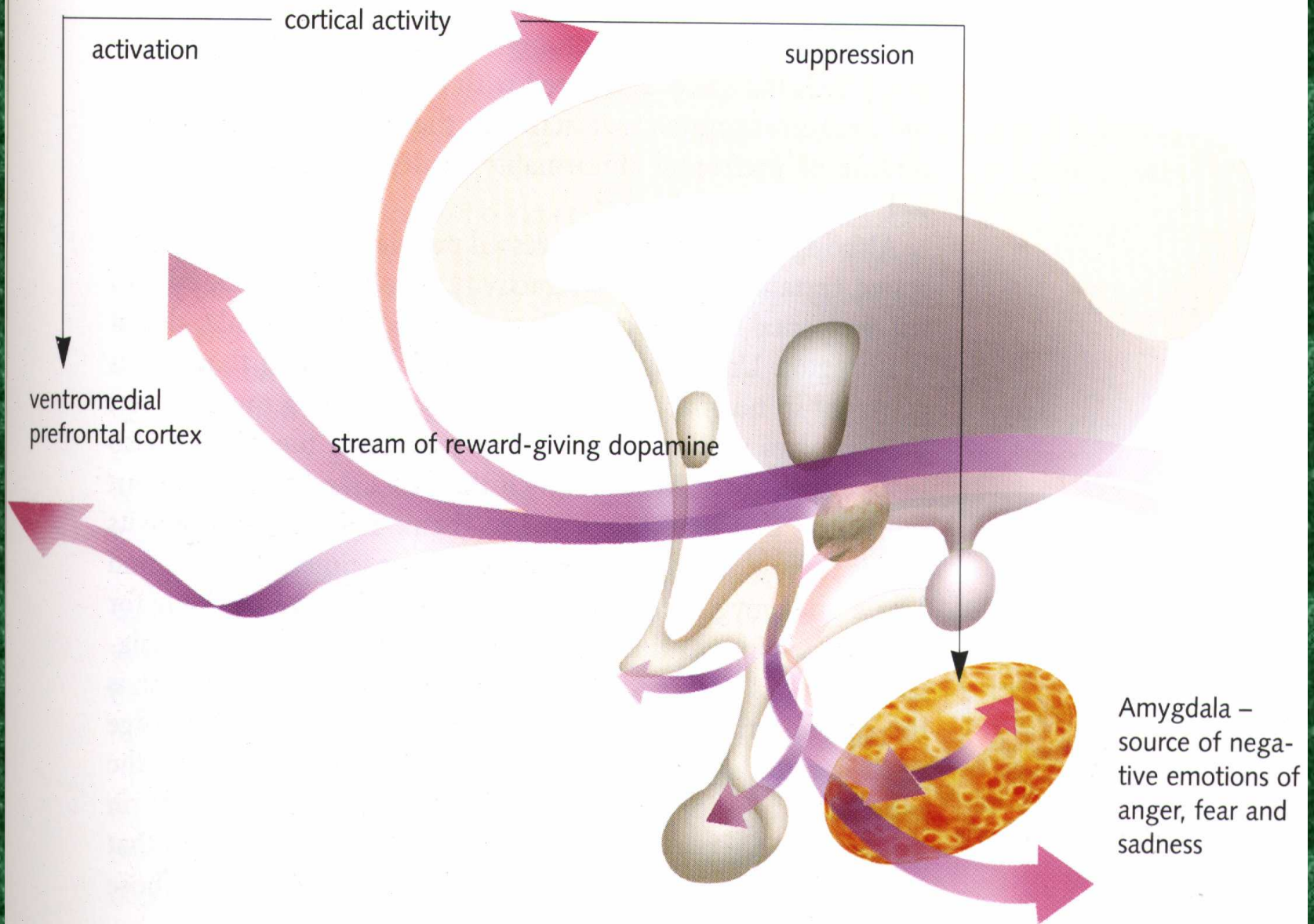
1. Lau P, Posner MI. Anterior cingulate cortex regulation of sympathetic activity. Brain. 2003 Oct; 126(Pt10): 2119-20
2. Pau T. Primate anterior cingulate cortex: where motor control, drive and cognition interface. Nat Rev Neuroscience 2001 jun 2(6): 417-24.)

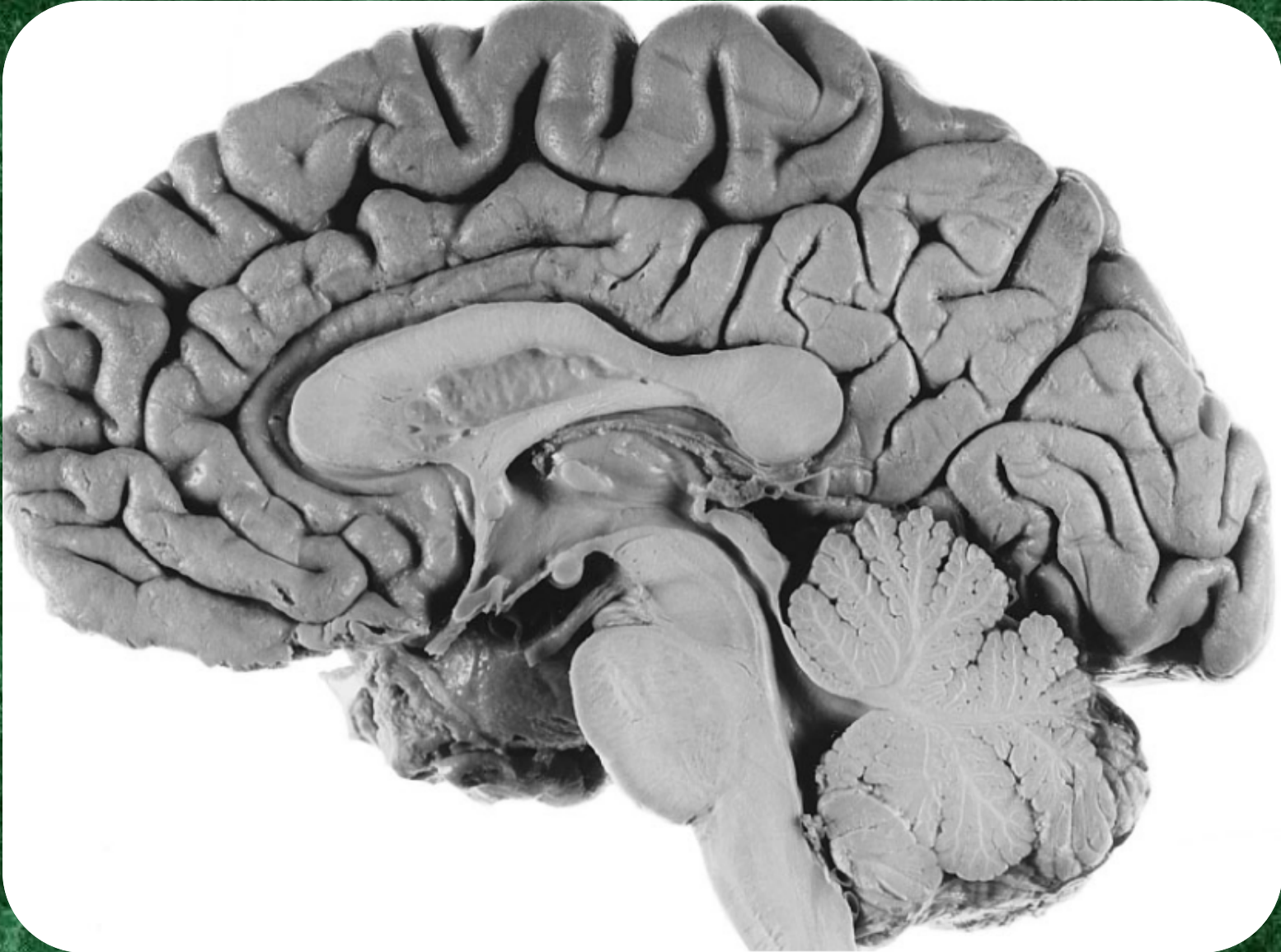


SUPLEMENTER MOTOR
ALAN
(M1+M2+M3)



Anatomical Connectivity of the Subgenual Cingulate Region
Targeted with Deep Brain Stimulation for Treatment-
Resistant Depression.
Cerebral Cortex June 2008,







(hisler, duygular) **Limbic**

Frontal (mantık, akıl)



Anterior Cingulate

