

MindfulLiving™ Module 2

Brain Power & Mindset Reset

Chapter 8 - Readings

The Wake-Up Call That Transformed Neuroscientist Richard Davidson's Life

By Rebecca Shapiro

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Richard Davidson had been studying the brain for over a decade when he was asked a question that changed his life.

"Why have you been using the tools of modern neuroscience just to study anxiety and stress and fear and depression?" Tenzin Gyatso, the 14th Dalai Lama, asked the neuroscientist in 1992. "Why can't you study kindness and compassion using those same tools?"

The question, which Davidson described as "a total wake-up call," caused him to refocus his research. One of the first ways his team studied kindness and compassion was by flying Buddhist monks from Tibet and Nepal to his lab at the University of Wisconsin, Madison.

"What we found was remarkable," Davidson said in a HuffPost Originals video. The brains of advanced Tibetan meditators were significantly different, both during meditation and after. "These differences reflect the enduring traces ... and it gives us some clue that, in fact, the baseline state of these individuals is transformed as a consequence of their practice."

Davidson has only furthered his study of the effects of mindfulness and meditation since he founded the Centre For Healthy Minds in 2008. "Around here, we talk about healthy minds and wellbeing as skills," he said. That's because Davidson's research shows that, like all life skills, having a healthy mind is a behaviour that can be learned through engaging in some of the world's most ancient practices, like meditation and mindfulness.

Shery Clein, Personal Coach: We would like to take this opportunity to thank you for your valuable participation. We appreciate your dedication and commitment. Our goal is to help you navigate uncomfortable issues and other obstacles. The main thing is to enjoy, chill out, and have fun! Remember, you can contact us with any questions or if you need any assistance.

Blessings. Stay Healthy & Safe ❤️
Love, Shery

