



## Volumen 3 Número 2 Julio 2020

### Understanding the Cabal from the Neurosciences. Interpretation of the Effects of Meditation on Medical Students UNERG Valle de la Pascua

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#### ABSTRACT

In the present work I make a tour about some theoretical aspects of what is known about what the Cabala is and its effects on the student's welfare state. I will try to explain whether there is a biological basis and a physiological behavior by reviewing the studies carried out in this regard by neurosciences, including Neurotheology, a science that consists of studying the brain correlates of religious experiences and based on She tries to understand the phenomena resulting from Kabbalistic practice in her meditative part, although I do not pretend to imply that neurobiology is the only source of explanation of religious experiences, giving epistemic value to them. It was possible to correlate with Neuroscientific studies that there is a neural network that explains the phenomena observed during meditation and that meditative states generate benefits in the physical, mental and spiritual health of students due to the probable activation of certain brain areas related to love, peace, among others., possible increase in the number of nerve cells in the hippocampus (seat of memory) allowing better stress management and, in addition, promoting concentration and therefore learning.

**Descriptors:** Kabbalah, Neuroscience, Neurotheology, Meditation, Neural Net, Cosmovisión

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