

33rd Conference on
Clinical Neuroscience and Neurogenetics
March 25, 2022 | Webinar

Brain Activity for happiness and peace in relation to Neurosciences

Buddhist scriptures speak of eighty-four thousand kinds of negative emotions, but they can be represented by five main ones: hatred, hostility or anger; desire, attachment, or craving; confusion, ignorance, or delusion; pride; and jealousy (the inability to rejoice in others' happiness). In addition, the mental states of afflictive doubt and afflictive views are considered destructive. Buddhists are not so much concerned with the fact that the above mentioned emotions make it difficult for us to enter into and enjoy relationships. Instead, they know that these emotions make the one who experiences them unhappy, and to be unhappy makes it difficult to make progress on a spiritual path. Therefore, feelings were certain kinds of self-respect and self-esteem, self-worth, and self-accomplishment, as well as romantic love and friendship. People have high levels of brain activity in the left prefrontal cortex, they simultaneously report feelings such as happiness, enthusiasm, joy, high energy, and alertness. Rather, a decision to sit quietly, breathing into the heart centre, and intending to awaken compassion within and breathe it out to all is sufficient. The Expression of the Emotions in Man and Animals that "facial expressions of emotion are universal, not learned differently in each culture". Persons who tend to get upset easily by the smallest surprise of one kind or another might try practicing the Open State meditation.

Ven Dr. Sumedh Thero
Sumedh Bhoomi Buddha
Vihar, India

Biography:

Ven Dr. Sumedh Thero (Dr Banwari Lal Suman) PhD in Agronomy. Ex Principal Scientist Agronomy, Chief Buddhist Monk and Founder of **Sumedh Bhoomi Buddha Vihar** Dr Ambedkar Park Jhansipura Lalitpur 284403 India. Credited 14 books (9 in Hindi and 5 in English) 350 Research papers in reputed Journals seminar symposium etc. Publisher and Founder Editor **Ancient Buddhism** ISSN 2395-471X. Supervised ; 2 Ph. D., 7 M. Sc. Students theses in Crop production and Soils Management Visited; Myanmar in Dec 2004, USA in July 2006, Sri Lanka 2012, 2017, 2018, 2019 Thailand Aug,2017, Vietnam May 2019, Nepal 2019

Received: December 10, 2021; **Accepted:** December 12, 2021; **Published:** March 25, 2022