



Discover Balance

"The Neuro-Science of Spirituality"

Tuesday, November 15, 10:30am-12:00pm
DWN HUB

Discovering What's Next® invites you to the Meeting-Up, *The Neuro-Science of Spirituality*, Tuesday, November 15, 10:30am - 12:00pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Room #104, Newton, led by Joel Ziff, Ed.D. This program is part of the series, Achieving Balance Through Mind, Body, and Spirit.

This session will explore some of the following questions: Is spirituality a set of beliefs or religious practices, a moral system or a feeling? Why is it that every human culture on our planet has developed spiritual beliefs and practices? Although the philosophical questions may be difficult to answer definitively, neuro-scientific research indicates that our brains are wired for spirituality. Dr. Joel Ziff will provide an overview of recent research on the neurobiology of spirituality. Participants will gain an understanding of how different parts of the brain construct different, sometimes competing, perceptions of the divine.

We will also explore how spiritual practices improve physical and emotional health, strengthening a specific neurological circuit that generates peacefulness, social awareness, and compassion. Most importantly, we will consider the practical implications of this newly emerging scientific understanding of spirituality to clarify how we can draw from our own spiritual resources and develop new practices that help us in our lives. The program will include discussion and experiential activities.

Joel Ziff, Ed.D. has been a psychologist in private practice for more than 40 years working with individuals, children, couples and families who are facing life's challenges related to marital issues, educational and psychological issues as well as substance abuse and sex addiction. Joel is also a Senior Lecturer at Cambridge College where he designed and teaches a course in Applied Neuroscience. This program is a follow-up to a previous program at DWN on "Change Your Brain, Change Your Life".

Fee for this program is \$5.00 payable at the door. Kindly pre-register for this program by email to info@discoveringwhatsnext.com or phone 617-467-5438.