

Effect of Practice of Buddhism on Emotion Functioning

The present study is proposed to explore the effect of practicing Buddhism on individual's emotion regulation. Buddhism is a religion, a philosophy and a practice. It is general the belief that, as Buddhism emphasizes on the letting go of the emotional burdens barring the way to ultimate spiritual freedom, it would lead to changes in the value and belief systems (such as be kind and lenient to others) that in turn regulate emotion-related behavior (forgiveness and happiness). The most important of all, which we hypothesize in here, is that these changes might lead to new internal wiring of the brain, i.e. changes in the neural mechanisms, related to the recognition, judgment, and regulation of emotions.