



Buddhism

- One of the world's religions, > 2500 years
- Guiding the virtues, perfections of generosity, morality, wisdom, energy, forbearance, truthfulness, resolution, and equanimity
- Buddhist monks and nuns as well as Buddhist lay followers

Meditation

- Mindfulness - concentration, insightful meditation
- Insightful - wisdom of the eightfold noble path
- right knowledge and wisdom, right thinking, right speech, right action, right effort, right livelihood, right mindfulness, and right concentration.
- Base concepts - daily practice of holding morality (five precepts of Buddhism), loving-kindness, sympathetic Joy, understanding, equanimity.



Insight Knowledge

- Scientifically - loving-kindness and mindfulness meditations improve cognitive functions through reducing stress and calm.
- Religiously - reflection of meditation on cognitive resilience in the spectrum of consciousness has been known since the Buddha era through calmness of heart, body, mind, and consciousness.
- Emphasizing the loving-kindness concept from the heart with synchronized effort in breathing, concentration, and insight wisdom, activates sophisticated networks of neurons in the brain.

Reflections of Insight Knowledge

- Meditators - calmness and retain consciousness and cognition even in unfavorable conditions.
- Cognition of meditators - an active, resilient neuronal network and an illuminated heart.
- Reflections - the combination of the art of religious and scientific rationale of the meditation on cognitive resilience.

Reflections of Art

- Buddha Statu on Lotus Throne - Buddha teaching of Mindfulness, an effort to have mindfulness even in unfavourable conditions
- Brain and Neuron Network - Cognitive resilient, illuminate as in the way of meditation
- Illumination in the heart
- Symbol of loving kindness meditation
- Ability to understand the consciousness concept of meditation to reflect cognitive resilience when the eightfold noble paths have been maintained continuously
- Spoke wheel - eightfold noble paths, turning continuously to achieve insight of Nibinna (Ultimate Ending)
- Green waves - cognitive consciousness, representing peace and calm
- White waves - representing calm in any situation

The combination of heart and consciousness from insight and mindfulness in meditation improved the cognitive ability to maintain resilience through the brain and its neuronal network in any situation.