

PROGRAMA DE ENTRENAMIENTO EN CULTIVO DE LA COMPASIÓN
(Compassion Cultivation Training ©)

BENEFICIOS DEL CULTIVO DE LA COMPASIÓN

BOLD signal in insula is differentially related to cardiac function during compassion meditation in experts vs. novices

<https://www.sciencedirect.com/science/article/abs/pii/S1053811909004686?via=ihub>

Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress

<https://www.sciencedirect.com/science/article/abs/pii/S0306453008002199?via=ihub>

Innate immune, neuroendocrine and behavioral responses to psychosocial stress do not predict subsequent compassion meditation practice time

<https://www.sciencedirect.com/science/article/abs/pii/S0306453009001991?via=ihub>

Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary, non-meditative state

<https://www.frontiersin.org/articles/10.3389/fnhum.2012.00292/full>

Regulation of the Neural Circuitry of Emotion by Compassion Meditation: Effects of Meditative Expertise

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0001897>

Compassion Institute

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