**Does modern science lend support to the logic behind Buddhist meditation practice?**

In my opinion, modern science and evolutionary psychology lend support to the logic behind Buddhist meditation practice. This is why for the last 6 years I live in Vietnam, a mix between the Buddhism tradition and the modern world. Being in Business software and Artificial Intelligence company and found of philosophy, I was always wondering, like our teacher **Robert Wright**, which religion can fit to our modern world. Which religion can show us the way and make us happy like **Bhikkhu Bodhi**? Why, 2500 years after Buddha, with such advanced technologies and modern sciences people continue to suffer and stay in Dukkha? In this modern world, why people are still so craving, greedy, anxious, stressed, depressed and never satisfied?   
  
Buddhism provides the answers, with the 4 nobles truths: the predicament (the 2 first) and the prescription (the 2 last). Our unsatisfaction comes from our cravings and can be solved by detachment of the impermanent aggregates by following the Eightfold path. In this path, the 2 last things that people have to master are Right Mindfulness and Right Concentration, 2 types of meditation.  
  
Meditation is a technique giving yourself some critical distance from your feelings to avoid being misled by them. There are several traditions of meditations, and even stereotypes as **Robert Wright** mentioned “*Tibetan meditation is for artists, Zen is for poets, Vipassana is for psychologists.”*The Mindfulness meditation is called Vipassana, present in the Southeast Asia, in Pali: to see the thinks clearly. The Vipassana meditation emphasizes on observing the workings of your mind. It allows the meditator to be detached, to see the thinks clearly, as they are.

In this course, we discovered that **Judson Brewer**, a psychiatrist and neuroscientist from Yale University, published a paper in the National Academy of Sciences stating that when people meditate, the default mode network gets quieter. Meditation allows people to focus on the Now, instead of keeping thinking on their past or on their future (70% of the time).   
  
People identify themselves to their thoughts, their perceptions. Theirs perceptions depend on their feelings. Their feelings were programed by the natural selection to survive in their environment and transmit their genes to the next generations. Our social behavior is under influence.   
The modular view of the mind defined by **Douglas Kenrick** in his book “The Rational Animal” explains further human social actions and decisions. They depend on which of the 7 modules is on charge at that specific time. There is no mind CEO. All modules co-work and take control according to the situation and their own specification.

Meditation is a way to look at feelings in a way that can disempower them and is a kind of violation of natural selection's agenda. Meditations allows to train your perception on the affective reaction, to be detached from our feelings which disturb your clear perception. Meditation is a way to be connected to “the unseen order” mentioned by **William James.** As **Yifa**, the taiwainese Buddhist Nun mentioned: “*Meditation helps us to see things as they really are***”**  
  
Meditation is a way to stop the Dukkha, to join the Dharma and reach the Nirvana. In other words, Meditation is a way to reach enlightenment.

**Does modern science lend support to the moral validity of Buddhism?**Buddhism claims is that we can relieve our suffering, and in the process, align ourselves with moral truth. Thenaturalistic Buddhism gives people a sense that their lives have meaning, give them moral orientation, give them consolation in times of sorrow, give them equanimity as they encounter the turbulence of life.  
As mentioned above, the 4 noble truths and the Eightfold path is a way to stop unsatisfaction, align to moral truth and reach enlightenment. Enlightenmentcan be split into 4 elements: 1/ Not self-exterior 2/Emptiness – Formless 3/ Not self-interior 4/ Impermanence.   
Meditation improves our behavior Not only in the sense of an objectively clear vision of reality, but also in the sense of moral truth. The Moral Animal, written by **Robert Wright** about evolutionary psychology underlines that our brains aren't built to see the truth. As mentioned in the previous answer, the studies of modern sciences and evolutionary psychology from **Paul Bloom**, **Garry Webber**, **Judson Brewer** states that our perceptions depend on our feelings and that our social behavior is under influence.   
  
The meditation allows us to see the thinks clearly, to be detached of feelings and enter into the four elements of enlightenment.   
  
The not self-exterior element brings us connected to the Universe. All is One, One is All. It changes our perception towards people and things. They are us, not separated from us, bringing us to be happy, kind and gentle towards others. We are better people with more interest for others and more compassion.   
  
Emptiness is the way to be light. We are no more heavy, we can levitate like Buddha. We do not identify us anymore to our body, our pains which made us negative and complaining people. Being formless, we are light, we are free, we are happy and positive like **Bhikkhu Bodhi**.   
  
The not self-interior element allow people not to identify themselves to their thoughts, their cravings, their feelings. As **Joseph Goldstein**, from the Inside Meditation Society explained: “Play a game and imagine that your thoughts come from your neighbor”. As Walt Disney illustrated it with Frozen “Let it go!” Then people begin being quieter and wiser. They integrate into the unseen order, the Dharma, the natural and moral law that structures the universe. They adapt to the Universe, and stop being in reaction to it. They align themselves to the Universe and the Moral Truth.   
  
Following the Eightfold path, people get rid of their sins and develop their virtues. They are detached of material cravings and feelings. Against the natural selection program, they do not need to identify themselves, they do not need to show, they simply are. They switch themselves from the verb “to Have” to the verb “To be”.