

Neuroscientist Dr. Andrew Newberg Unveils Groundbreaking Study on Orgasmic Meditation's Impact on Brain Function

PHILADELPHIA, PENNSYLVANIA, USA, August 26, 2024 /EINPresswire.com/ -- Dr. Andrew Newberg, a pioneering neuroscientist studying the relationship between the brain, religion, and health, has recently published a [peer-reviewed science article](#), "Neuroimaging evaluation of the long term impact of a novel paired meditation practice on brain function" in Frontiers in Neuroimaging. Director of Research at the Marcus Institute of Integrative Health at Thomas Jefferson University Hospital and Medical College, Dr. Newberg has published over 200 peer-reviewed articles, essays and book chapters on the intersection of neuroscience, religion and spirituality.

In this study, Dr. Newberg examined 40 practitioners of Orgasmic Meditation (OM), comparing their brains to those of non-meditators using brain PET scans. He found that OM affects regions of the brain associated with social interaction, emotional processing, focusing attention, and sexual function and that the practice has similar effects to other studies for meditators and advanced meditators.

According to the study, individuals who practice Orgasmic Meditation show a decreased brain metabolism in their resting brain compared to non-meditators. Overall, reductions in metabolism in these brain regions suggest a consolidation of the brain responses to prolonged and repeated engagement in the practice. Specifically, there was significantly lower brain activity in select areas of the frontal, temporal, and parietal lobes, as well as the anterior cingulate, insula, and thalamus. Much of OM practice is associated with receptive experience which are more likely associated with decreases in complex cognitive networks.

The study comes along with the release of Dr. Newberg's new book, [God, Sex and The Brain](#), which came out August 6, 2024 and explores the intersection of sexuality and spirituality through a thorough examination of the evolution of the human brain.

Ezra Hermann
HeraldPR
+1 212-220-3898
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/738435043>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors

try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.