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## Meditation in the Classroom: A Tool to Achieve the Optimal Learning Conditions (Paperback)

By Dr Maria Guadalupe Castaneda Tellez

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A committed teacher promotes the conditions for the quality educational experience. Aware of the nature of the student and the challenging conditions in which the session develops, teachers must provide the keys to a successful class. In the process of learning teachers must take into consideration the elements that are part of the educational moment, the type of student, their emotional state and the effect all these aspects have in the learning process. The human being has the ability to practice mastery of the mind for the purpose of diminishing or eliminating the torrent of negative distracting thoughts, generators of stress and on the opposite promoting a peaceful state of mind in order to collaborate for his own benefit. The moment a person experiences a situation, the brain records that event to make sure it does not pose a danger or threat. Therefore, the brain constantly evaluates the environment in which finds itself and thus gives priority to situations that require imminent solution. Thoughts that evoke a problematic situation generate the same physiological response of the brain to a threat, even if...



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