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Sommario/riassunto	<p>Neurophysiological and psychological modifications induced by meditation practice have been consistently addressed by neuroscience. Training meditation practice induced plasticity (Barinaga, 2003; Knight, 2004), and as a consequence several benefit for mental and physical health (Davidson & McEwen, 2012), and cognitive performance. One goal of meditation is to achieve the light of consciousness observing with equanimity (the right distance) clouds of the mind wandering. This Frontiers Research Topic brings together studies from groups of authors whose research focus on neuropsychological systems involved in meditation demonstrating how meditation activates and can modify brain areas, cognitive mechanisms and well-being.</p>