

## **Intersection between ancient philosophy and modern psychology. Why esoteric ideas actually make sense?**

For thousands of years people had to live their lives even when there were no antidepressant drugs, psychotherapy or cat memes to cheer them up. How did they survive? Well, relying on ancient philosophical systems, of course. Nowadays dazzled by recent sensational achievements in pharmacology, technology and neuroscience we forget that some simple practices worked and helped people for very long time and could still work today. The aim of this lecture is to explain why some very old ideas (like meditation, chakras, vital energy etc.) make sense and how some of them even have scientific background.