

---

---

---

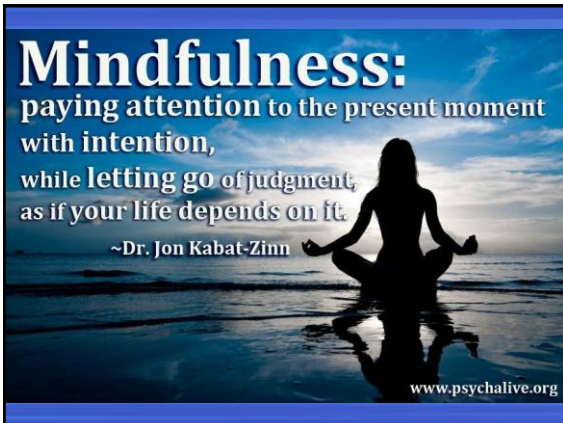
---

---

---

---

---



---

---

---

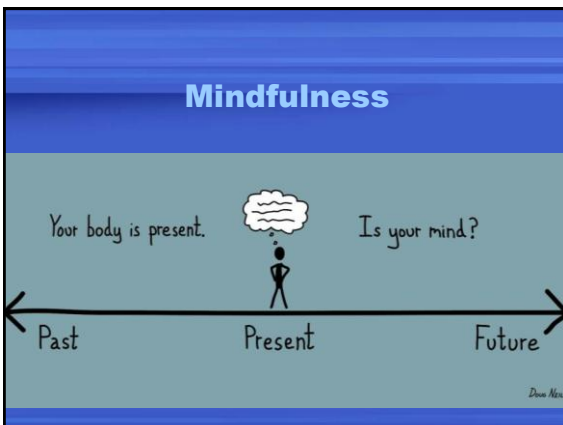
---

---

---

---

---



---

---

---

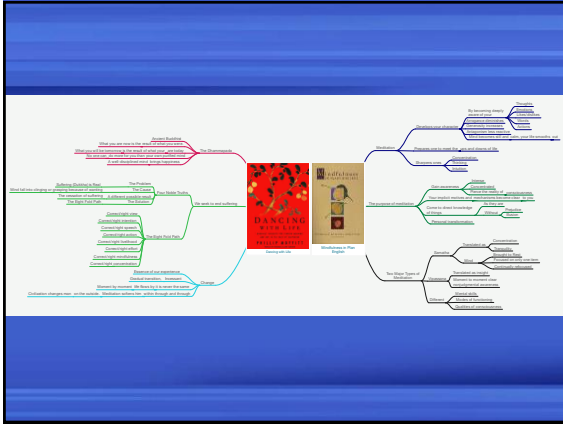
---

---

---

---

---




---

---

---

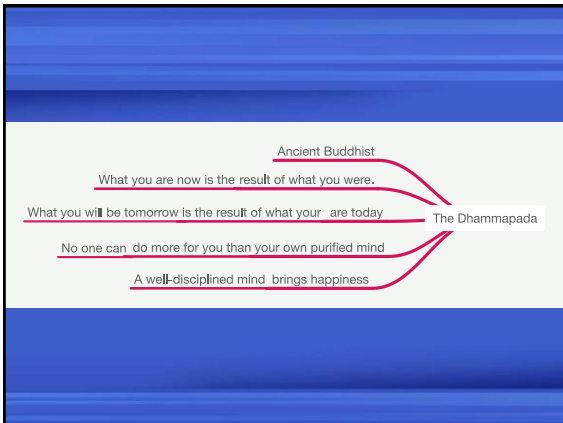
---

---

---

---

---




---

---

---

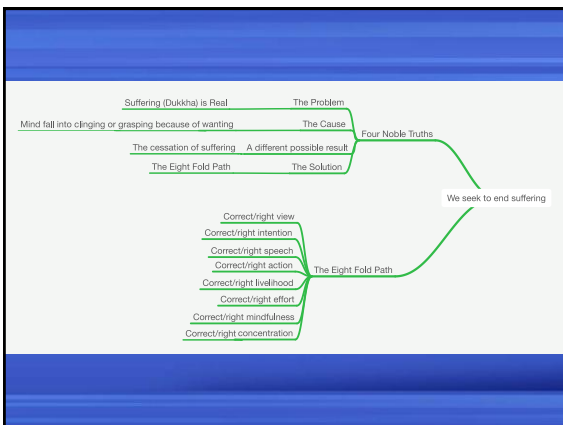
---

---

---

---

---




---

---

---

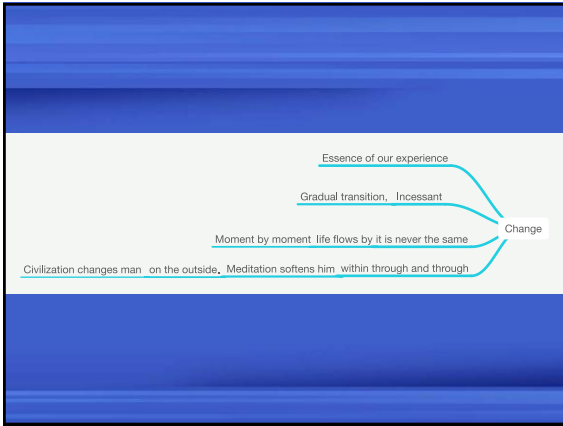
---

---

---

---

---



---

---

---

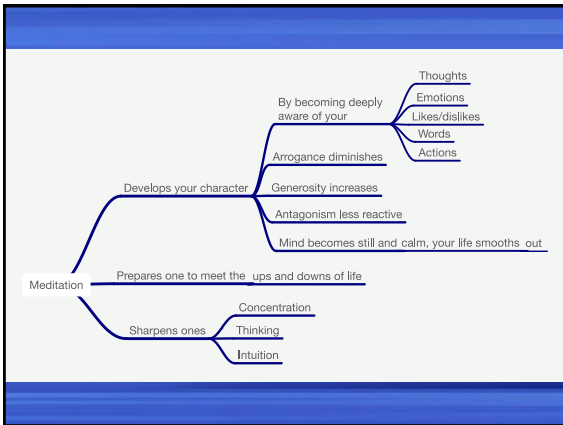
---

---

---

---

---



---

---

---

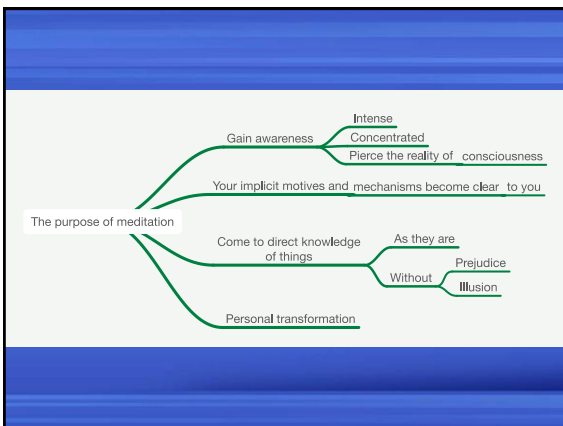
---

---

---

---

---



---

---

---

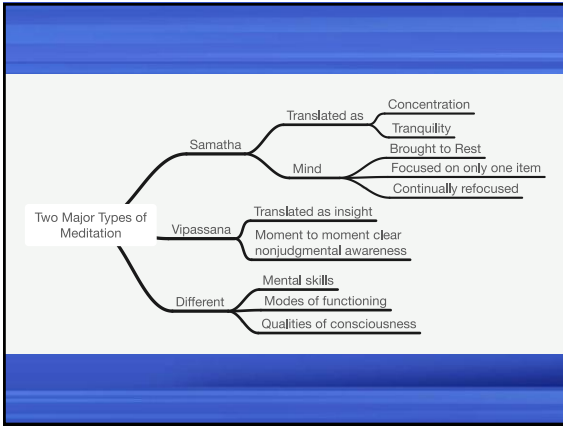
---

---

---

---

---




---

---

---

---

---

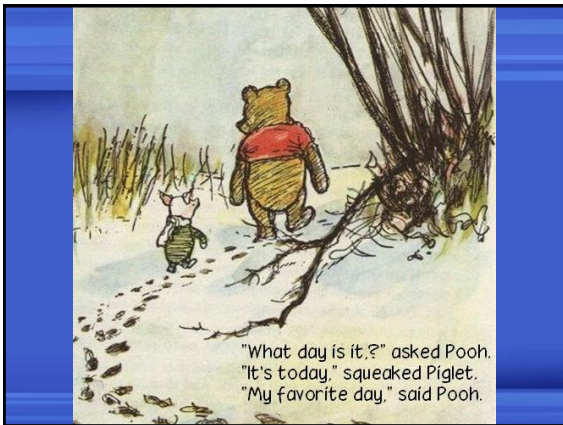
---

---

---

---

---




---

---

---

---

---

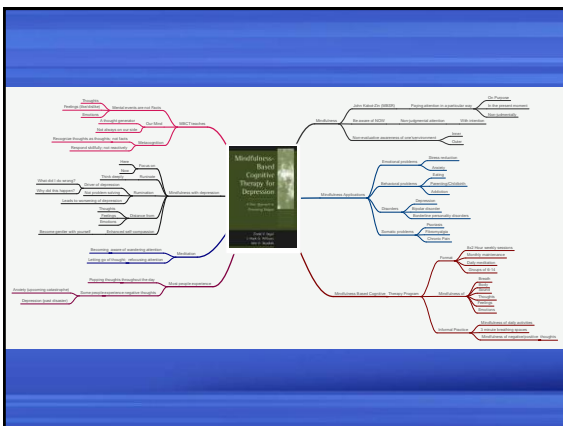
---

---

---

---

---




---

---

---

---

---

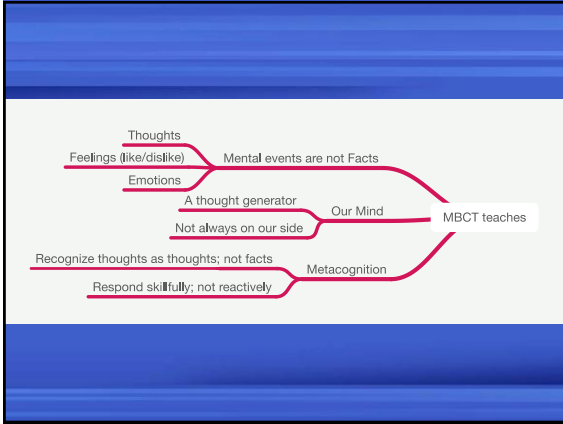
---

---

---

---

---



---

---

---

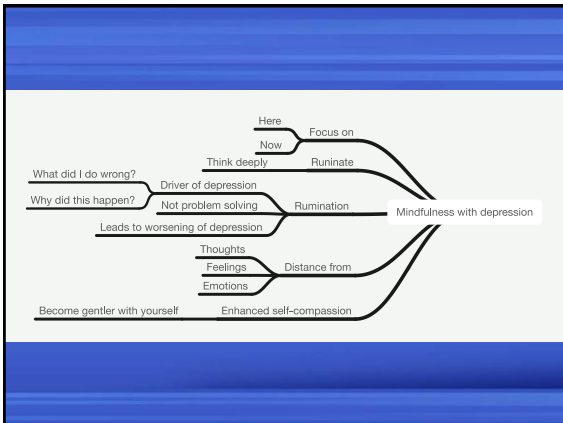
---

---

---

---

---



---

---

---

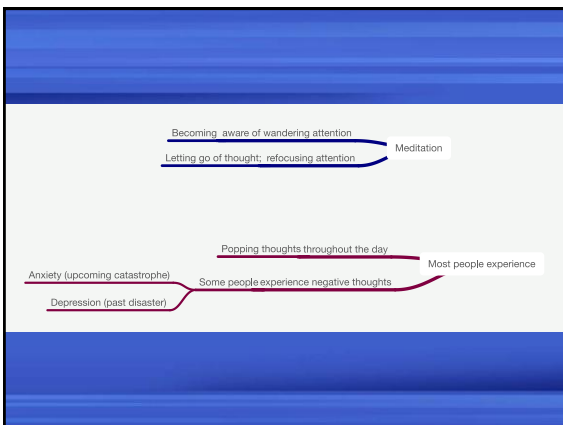
---

---

---

---

---



---

---

---

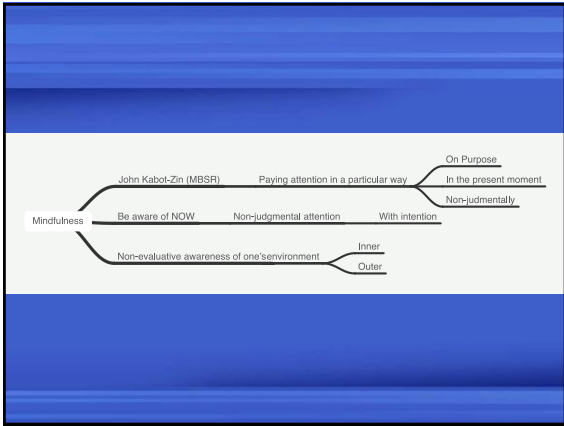
---

---

---

---

---



---

---

---

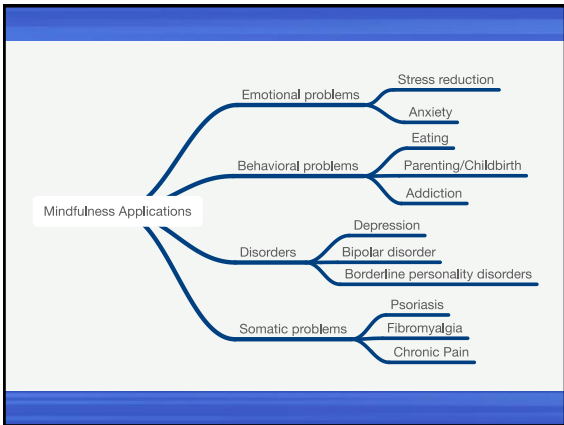
---

---

---

---

---



---

---

---

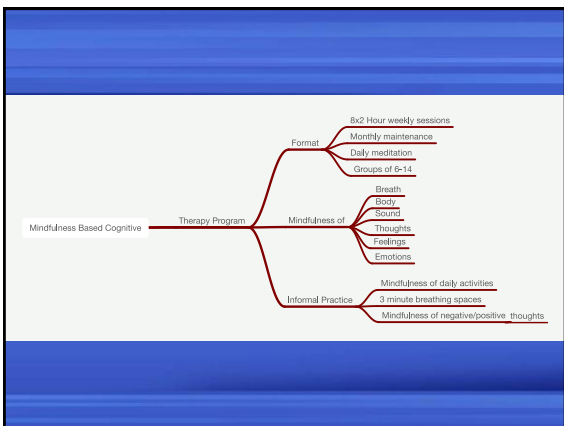
---

---

---

---

---



---

---

---

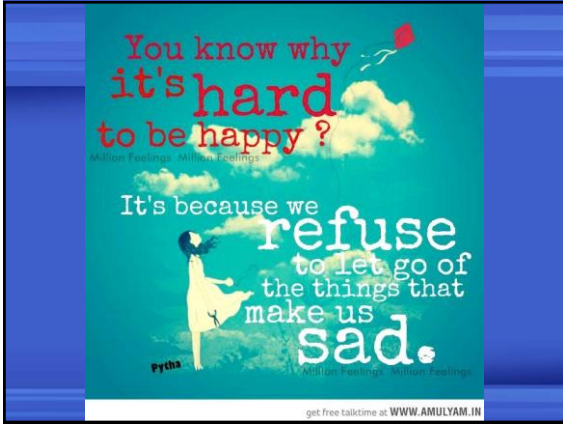
---

---

---

---

---




---

---

---

---

---

---

---

---

Mindful Meditation is not what you think.

- Rumination, being lost in thought or fantasy
- Suppression of emotion experience or behavior
- Not necessarily relaxing
- Distraction
- Avoidance
- Not some some altered state
- Cognitive reappraisal/restructuring of emotion

---

---

---

---

---

---

---

---

Mindfulness is:

- Moment to Moment
- Non-Judgmental
- Awareness

---

---

---

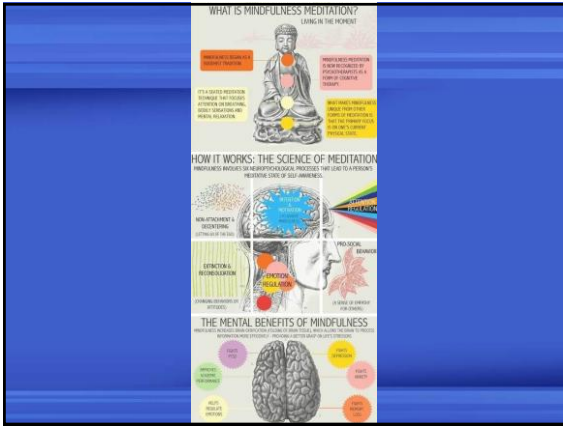
---

---

---

---

---




---

---

---

---

---

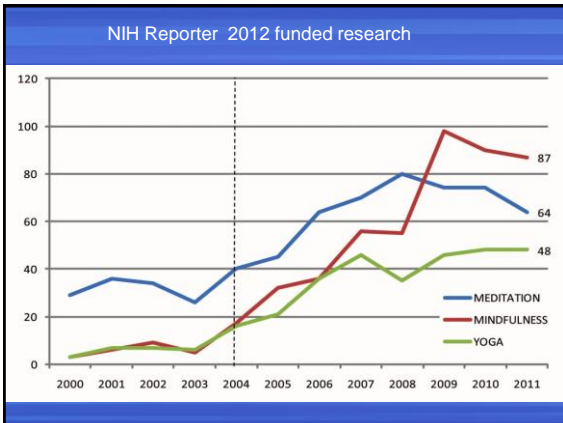
---

---

---

---

---




---

---

---

---

---

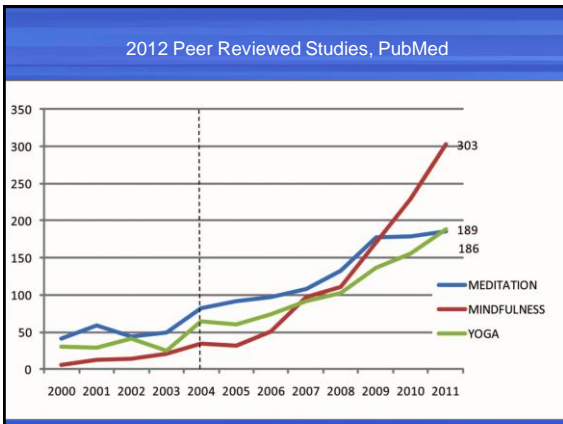
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---






---

---

---

---

---

---

---

---

---

---

A little over an hour of meditation training can dramatically reduce both the experience of pain and pain-related brain activation. (Zeidan, *Journal of Neuroscience*)

Increases in mindfulness correlated with reductions in burnout and total mood disturbance, as well as increased stress resilience. (Krasner, *JAMA*)

Participants who received mindfulness training showed a 42% decrease in the frequency and severity of primary IBS symptoms. (G. Anderson, *Behavior Research and Therapy*)

Mindfulness meditation is affecting brain activity. Brain waves associated with integration increase during compassion meditation. When meditating, brain scans found increased activity in the following areas of the brain: insula, temporal pole/superior temporal gyrus, anterior cingulate, while the amygdala is less active. Overall, this is consistent with decreased arousal and an increased sense of well-being. (S. Lazar)

Meditation improves attention. (Jha et al., 2007), (Slagter 2007), (Pagnoni & Cekic 2007), (Valentine & Sweet, 1999)

You don't have to be a seasoned mediator to see positive changes to your brain. New meditators who went through an 8-week meditation program saw changes in gray matter concentration in brain regions involved with learning and memory processes, emotion regulation, self-referential processing, and perspective taking. (Lazar, *Psychiatry Research*, 2011)

---

---

---

---

---

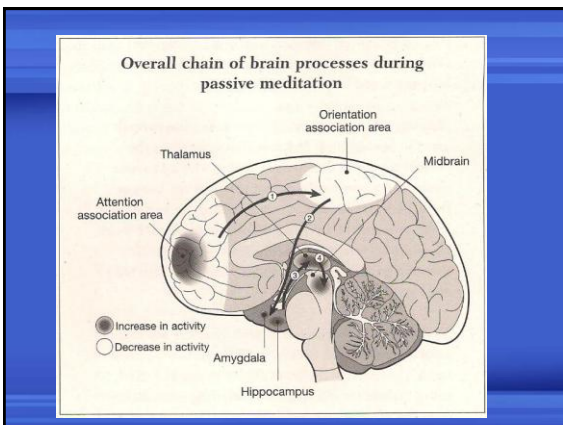
---

---

---

---

---




---

---

---

---

---

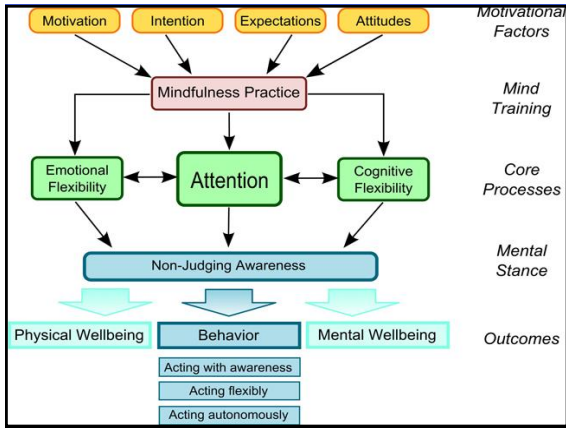
---

---

---

---

---



---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

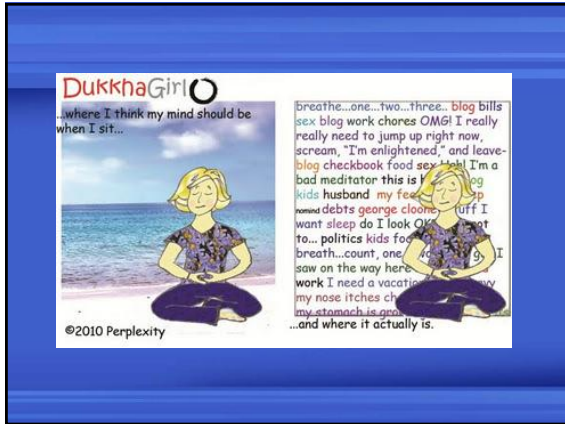
---

---

---

---

---




---

---

---

---

---

---

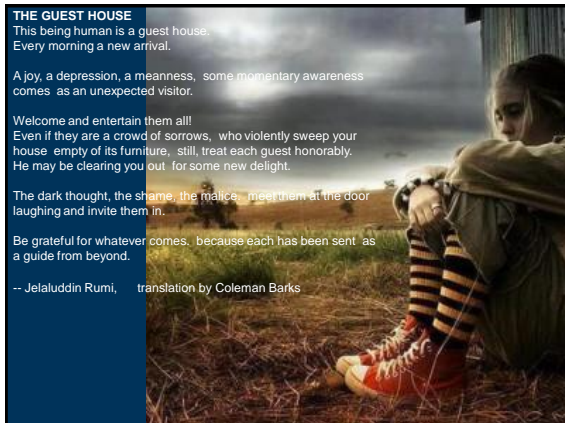
---

---

---

---

---




---

---

---

---

---

---

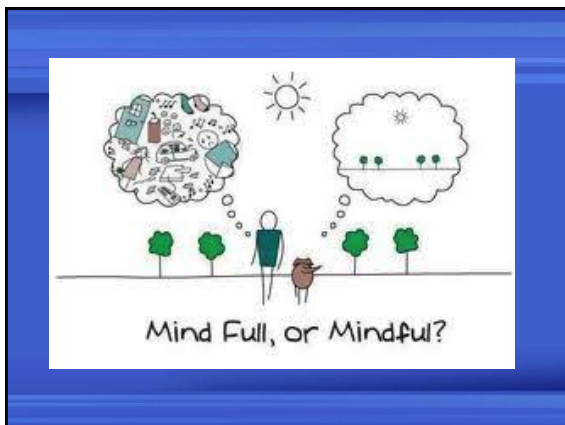
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

---