

---

---

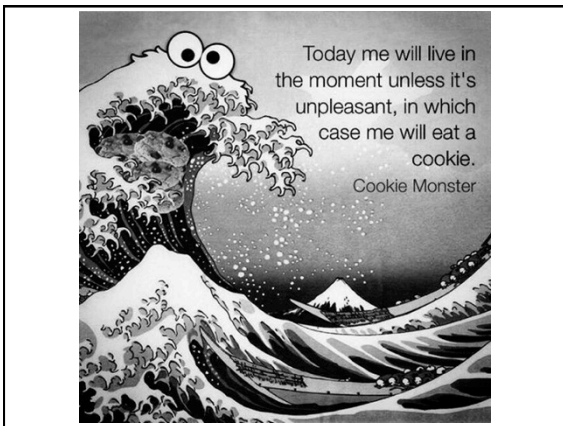
---

---

---

---

---



---

---

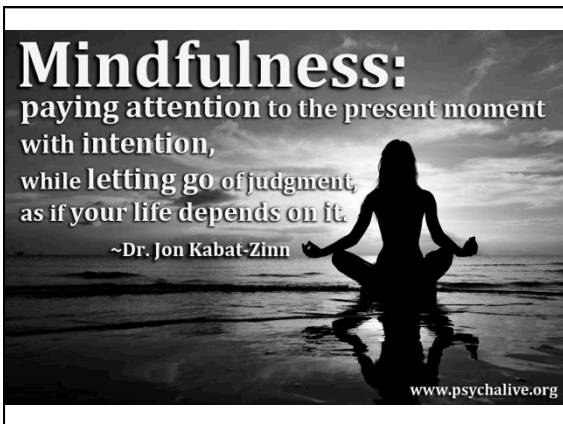
---

---

---

---

---



---

---

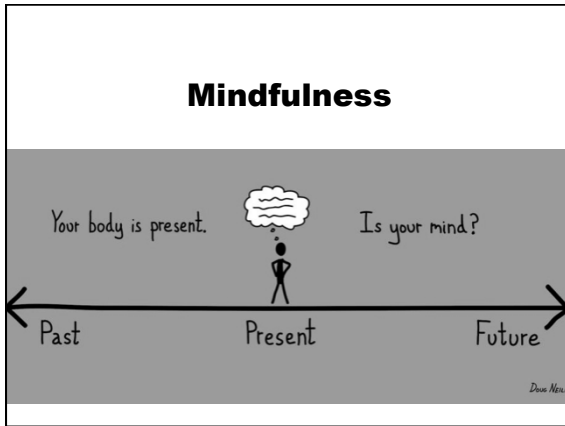
---

---

---

---

---




---

---

---





---

---

---

---

---

<p>A Buddhist meditation practice</p>	<p><b>WHAT IS MINDFULNESS MEDITATION?</b> ORIGIN OF THE PRACTICE</p> 	<p>Now recognized a form of cognitive therapy</p>
<p>From the Theravada tradition <i>Vipassanā</i> is a Pali word often translated as "insight" or "clear-seeing."</p>	<p><b>HOW IT WORKS: THE SCIENCE OF MEDITATION</b> PROFANATED MEDITATION AS A NEUROPSYCHOLOGICAL PRACTICE THAT LEAD TO A PERSON'S RESILIENT STATE OF OUR MINDS</p> 	<p>Focuses on one's current physical, psychological and emotional state</p>
<p>Non-Attachment and Decentering; Letting go of the Ego – that sense of I'ness</p>	<p><b>PRO SOCIAL BEHAVIOR</b></p> 	<p>Attention Regulation</p>
<p>Intention and Motivation</p>	<p><b>THE MENTAL BENEFITS OF MINDFULNESS</b></p> 	<p>Pro Social Behaviors</p>
<p>Extinction and reconsolidation: Changing attitudes and behaviors</p>		<p>Emotion Regulation</p>
<p>Helps with PTSD      Anxiety Depression</p>		<p>Memory Loss Regulate emotions Improves Academic Performance</p>

---

---

---

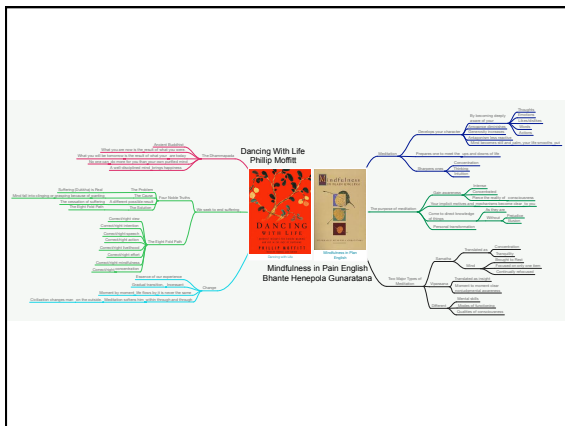
---

---

---

---

---




---

---

---

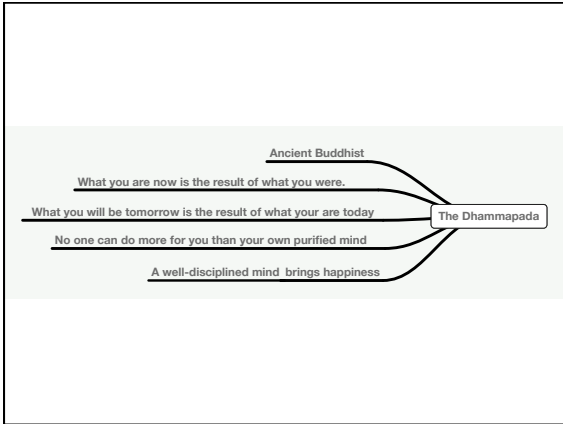
---

---

---

---

---



---

---

---

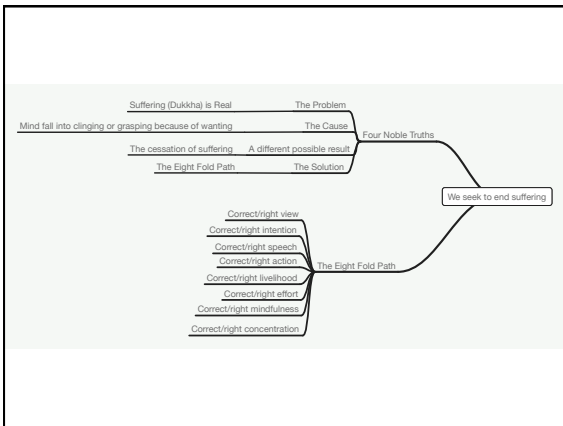
---

---

---

---

---



---

---

---

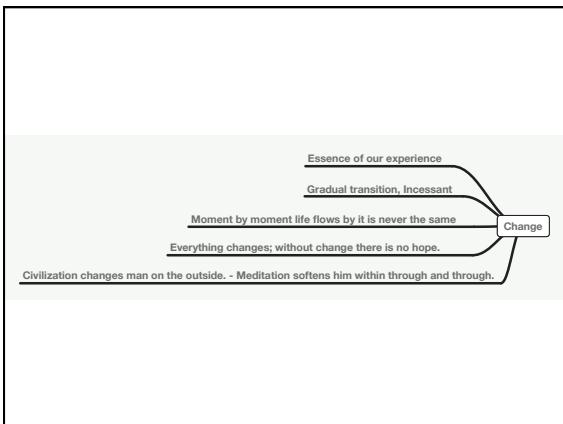
---

---

---

---

---



---

---

---

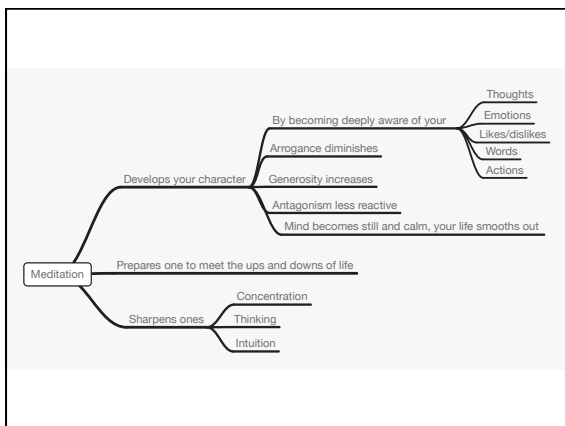
---

---

---

---

---




---

---

---

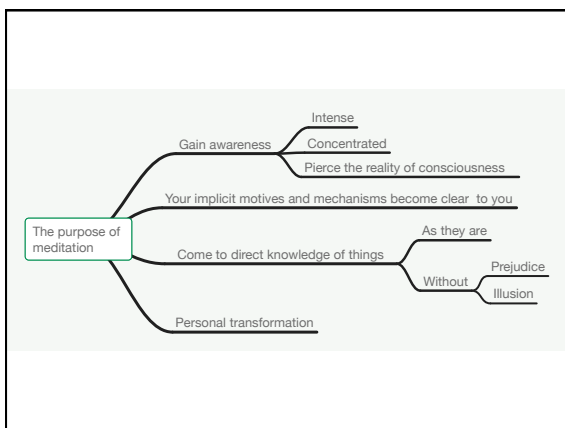
---

---

---

---

---




---

---

---

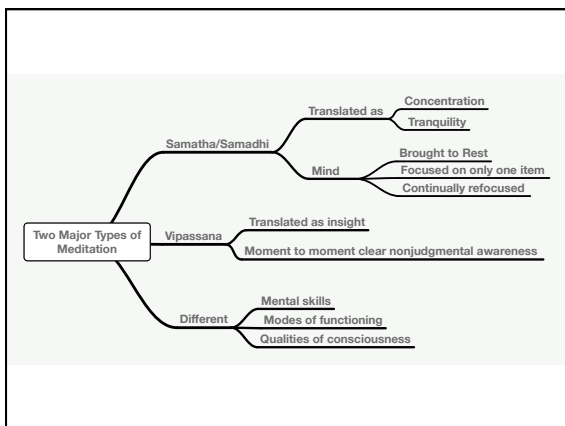
---

---

---

---

---




---

---

---

---

---

---

---

---





---

---

---

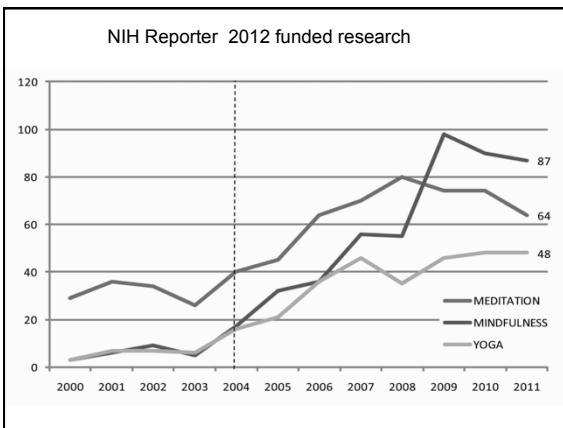
---

---

---

---

---



---

---

---

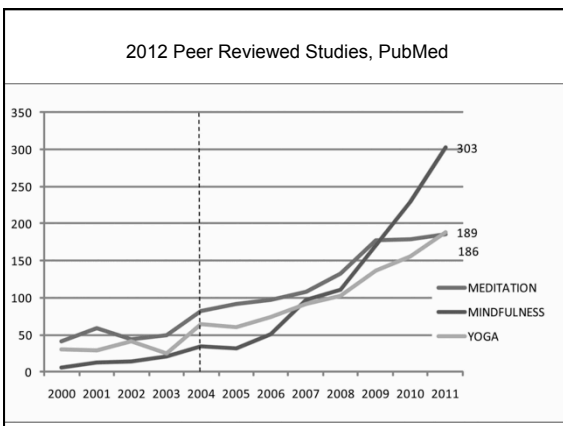
---

---

---

---

---



---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

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)

---

---

---

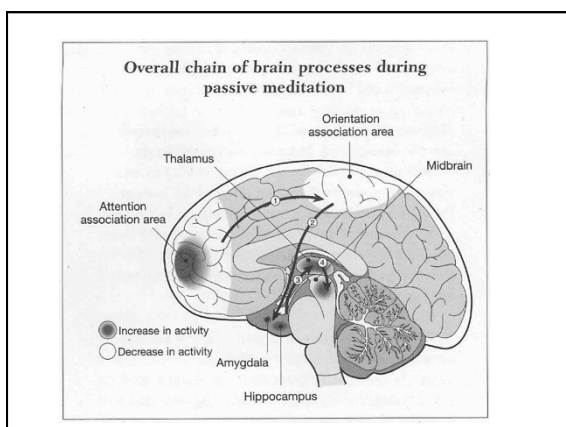
---

---

---

---

---




---

---

---

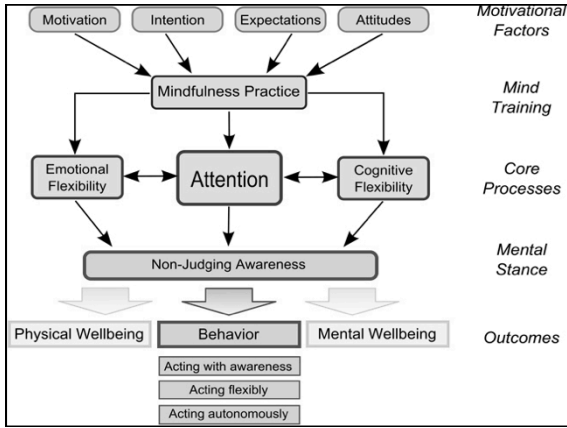
---

---

---

---

---



---

---

---

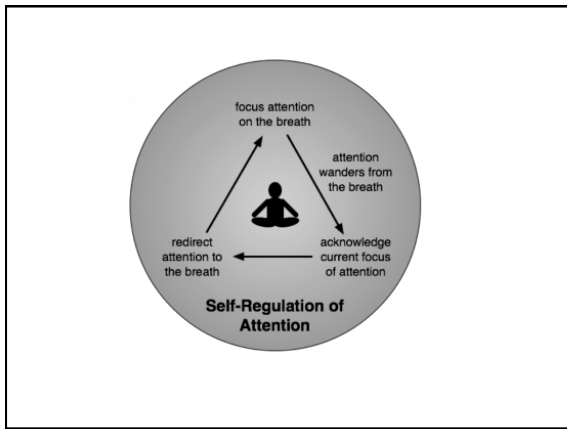
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

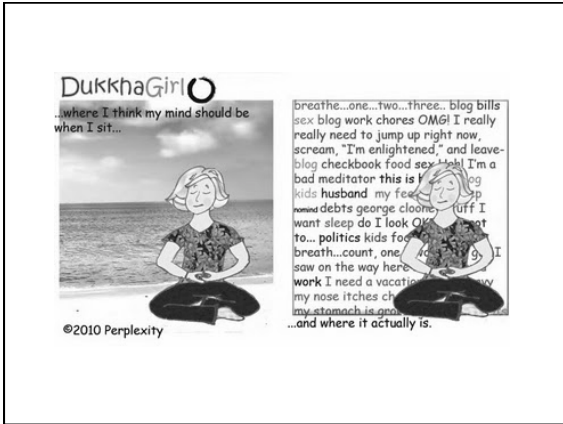
---

---

---

---






---

---

---

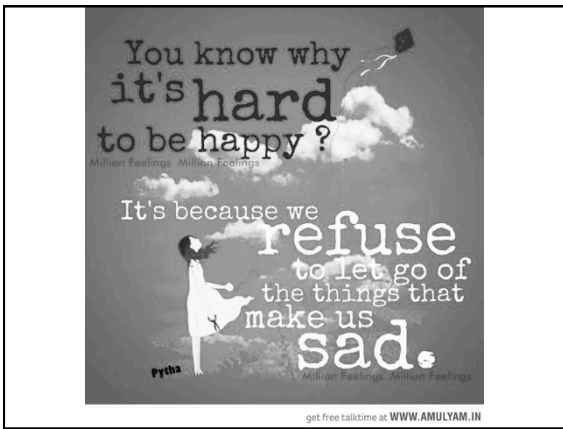
---

---

---

---

---




---

---

---

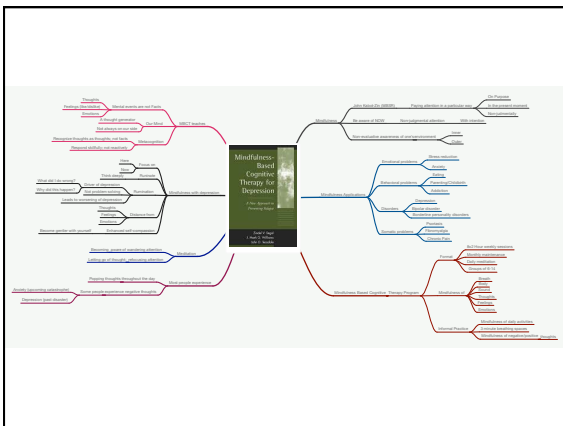
---

---

---

---

---




---

---

---

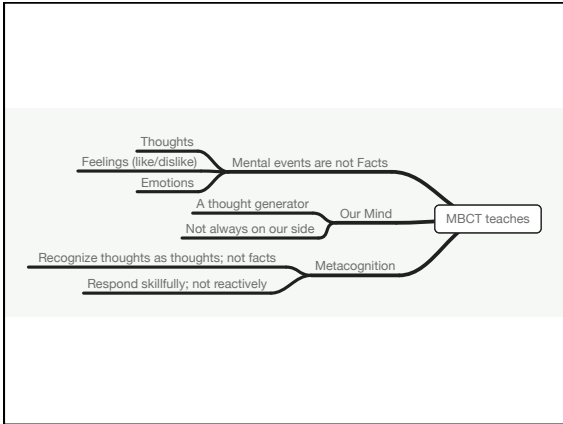
---

---

---

---

---



---

---

---

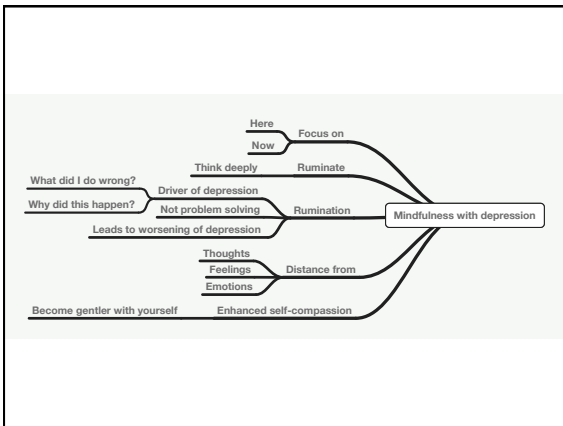
---

---

---

---

---



---

---

---

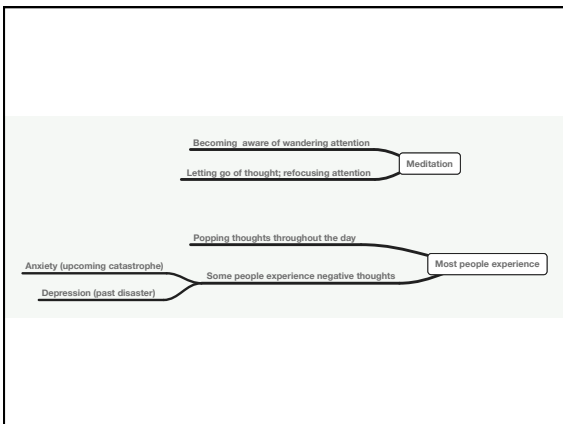
---

---

---

---

---



---

---

---

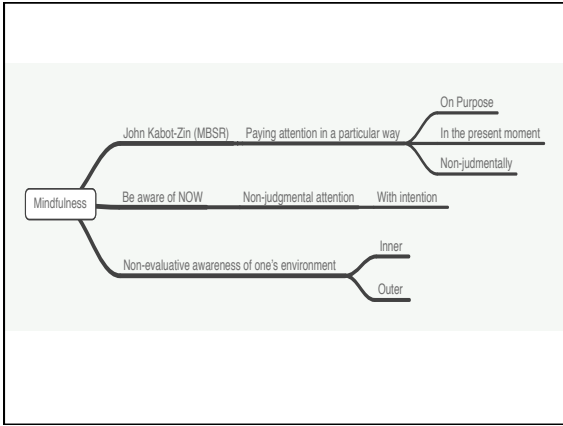
---

---

---

---

---



---

---

---

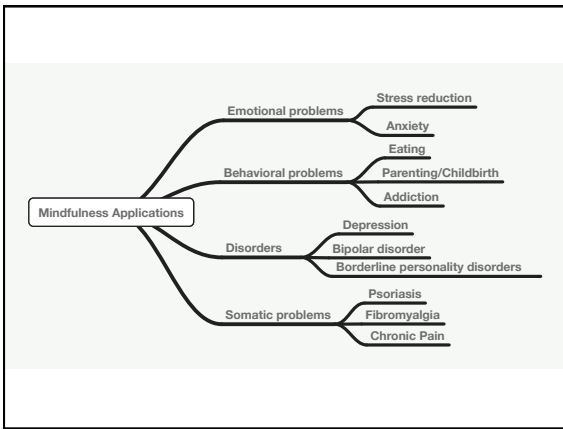
---

---

---

---

---



---

---

---

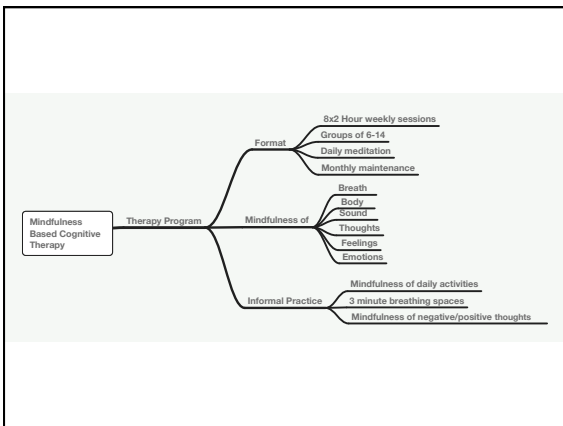
---

---

---

---

---



---

---

---

---

---

---

---

---

**THE GUEST HOUSE**

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably,

He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing and invite them in.

Be grateful for whatever comes,  
because each has been sent  
as a guide from beyond.

— Jelaluddin Rumi,  
translation by Coleman Barks



---

---

---

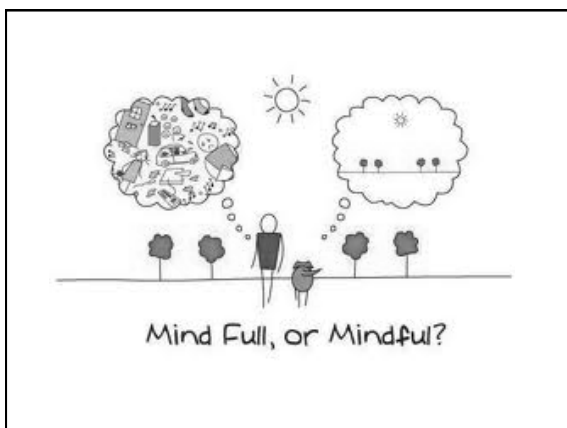
---

---

---

---

---



---

---

---

---

---

---

---

---