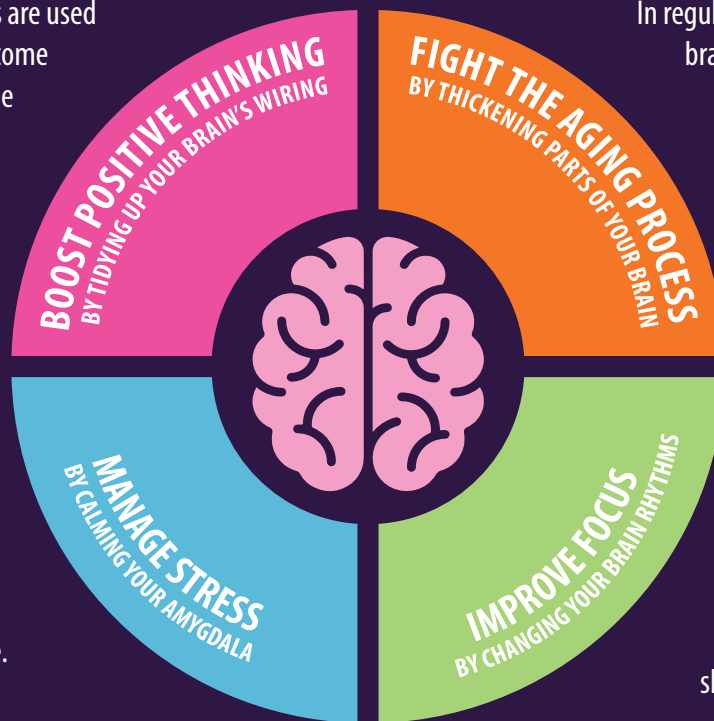


# WHY MEDITATION MATTERS

## As Explained by Science

When certain neural pathways are used frequently, those pathways become hard-wired biologically through the development of new synapses, the strengthening of old synapses, the regulation of gene expression, or even the growth of new neural connections.

The amygdala can be described as the air-raid siren of the brain, which triggers the fight-or-flight response.



In regular meditators, certain areas of the brain have been found to be physically thicker as measured by MRI (i.e., higher numbers of neurons and neural connections). These include brain locations responsible for attention as well as sensory, cognitive and emotional processing.

Research has shown that experienced meditators, depending on the depth of their focus and relaxation and on the subject of their meditation, can show changes in brainwave rhythm.

## COMMIT TO YOUR FIRST MEDITATION



Find somewhere quiet



Get comfortable



Set a timer for 5 minutes



Focus on your meditation

## SOUND MEDITATION

Listen to the sounds around you without judgment.

A fan, birds, the sound of traffic: let them be. Behind the noise is a space of silence.

Focus your attention on the background silence.