WHY MEDITATION MATTERS
As Explained by Science

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.

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.

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**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.