

Maintaining Mindfulness in the Practice of Law



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STAYING ENERGIZED IN THE PRACTICE OF LAW
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What is Mindfulness?



**MINDFULNESS IS AWARENESS THAT
ARISES THROUGH:**

- PAYING ATTENTION,**
- ON PURPOSE,**
- IN THE PRESENT MOMENT,**
- NON-JUDGMENTALLY.**

**IT'S ABOUT KNOWING WHAT IS ON YOUR
MIND.**

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[HTTP://WWW.MINDFUL.ORG/JON-KABAT-ZINN-DEFINING-
MINDFULNESS/](http://www.mindful.org/jon-kabat-zinn-defining-mindfulness/)**

What is it that brought you here today?



“BRING AWARENESS TO WHAT THE IMPULSE IS THAT’S BRINGING YOU TO MEDITATION IN THE FIRST PLACE.

AND THEREIN LIES EVERYTHING YOU NEED TO KNOW.

KEEP PAYING ATTENTION TO THAT, LOVE IT, AND SEE WHAT HAPPENS. AND KEEP IT SIMPLE.”

JOHN KABAT-ZINN

[HTTP://WWW.MINDFUL.ORG/JON-KABAT-ZINN-A-LOVE-AFFAIR-WITH-LIFE-ITSELF/](http://www.mindful.org/jon-kabat-zinn-a-love-affair-with-life-itself/)

Why is this important to lawyers?



AN ABA/HAZELDEN-BETTY FORD FOUNDATION COLLABORATIVE RESEARCH PROJECT REPORTS THAT:

- **21 PERCENT OF LICENSED, EMPLOYED ATTORNEYS QUALIFY AS PROBLEM DRINKERS;**
-
- **28 PERCENT STRUGGLE WITH SOME LEVEL OF DEPRESSION; AND**
- **19 PERCENT DEMONSTRATE SYMPTOMS OF ANXIETY.**
- **THE STUDY FOUND THAT YOUNGER ATTORNEYS IN THE FIRST 10 YEARS OF PRACTICE EXHIBIT THE HIGHEST INCIDENCE OF THESE PROBLEMS.**

THE PREVALENCE OF SUBSTANCE USE AND OTHER MENTAL HEALTH CONCERNS AMONG AMERICAN ATTORNEYS, JOURNAL OF ADDICTION MEDICINE: [FEBRUARY 2016 - VOLUME 10 - ISSUE 1 - P 46-52](http://journals.lww.com/journaladdictionmedicine/fulltext/2016/02000/the_prevalence_of_substance_use_and_other_mental_health_concerns_among_american_attorneys)
[HTTP://JOURNALS.LWW.COM/JOURNALADDICTIONMEDICINE/FULLTEXT/2016/02000/THE_PREVALENCE_OF_SUBSTANCE_USE_AND_OTHER_MENTAL_HEALTH_CONCERNS_AMONG_](http://journals.lww.com/journaladdictionmedicine/fulltext/2016/02000/the_prevalence_of_substance_use_and_other_mental_health_concerns_among_american_attorneys)

Again, Why is this Important to Lawyers?



-DENIAL MORE ENTRENCHED AND BETTER DEFENDED THROUGH USE OF PROFESSIONAL SKILLS (ADVOCACY; INTELLIGENCE; ADVICE GIVER, NOT TAKER)

-RESOURCES ALLOW FOR LONGER PERIOD OF PROGRESSION (FINANCIAL, SUPPORT STAFF, SOLE PRACTICE, HESITANCY OF COLLEAGUES, JUDGES, OFFICE STAFF TO CONFRONT)

-HARM CAUSED MAY BE GREATER (MONEY, LIBERTY, LEGAL RIGHTS)

“The very nature of the lawyer-client relationship requires that clients place their money and their causes in the hands of their lawyers with a degree of blind trust that is paralleled in very few other economic relationships.” *Florida Bar v. Dancu*, 490 So.2d 40 (1986)

Applying Mindfulness in Law Practice



-AS LAWYERS WE TAKE ON MANY ROLES: ADVOCATE, NEGOTIATOR, COUNSELOR, EMPLOYER, PUBLIC SERVANT, LEGAL ANALYST, TRANSACTION STRUCTURER, AND OTHERS. MINDFULNESS MEDITATION,

-MINDFUL LAWYERING IS A MATTER OF WAKING OURSELVES UP TO THE SITUATIONS WE ENCOUNTER.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp); THE MINDFUL LAWYER: MINDFULNESS MEDITATION AND LAW PRACTICE, THE VERMONT BAR JOURNAL - SUMMER 2007.

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Legal Analysis



-LAWYERS HAVE TO KNOW NOT ONLY THE LEGAL RULES BUT ALSO THEIR SUBTLETIES. BUT A LAWYER WHO IS UNCOMFORTABLE WITH THE ABSENCE OF CLEAR LEGAL RULES MAY “FIND” CLARITY (PERHAPS AS A RESULT OF WISHFUL THINKING OR AN EXCESS OF SPEEDINESS) WHERE THERE IS NONE OR ATTEMPTING TO INGRATIATE THEMSELVES WITH A CLIENT OR ACTING IN HASTE, MAY LEAD THE CLIENT TO BELIEVE THAT THE CASE IS STRONGER THAN THE LAW SUPPORTS.

-IN PARTICULAR, PRACTITIONERS OF MINDFULNESS OFTEN DEVELOP A FEEL FOR NOTICING WHEN MENTAL PATTERNS HAVE TAKEN ON A MOMENTUM OF THEIR OWN. WHEN THAT HAPPENS, THE LAWYER HAS RECEIVED A CLUE TO PAUSE, SLOW DOWN, AND TAKE ANOTHER LOOK.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp); THE MINDFUL LAWYER: MINDFULNESS MEDITATION AND LAW PRACTICE, THE VERMONT BAR JOURNAL - SUMMER 2007.

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Factfinder



-THE LAWYER IS A FACTFINDER - DEVISING A LEGAL STRATEGY DEPENDS ON HAVING A CLEAR KNOWLEDGE OF WHAT THE FACTS ARE, OR CAN BE PROVED TO BE.

-THE MINDFULNESS PRACTITIONER, KNOWING HOW TO SEE THROUGH HIS OR HER OWN HABITUAL PATTERNS, HOPES AND FEARS—AND THE DISTORTIONS THEY INTRODUCE—HAS A MORE SOPHISTICATED VIEW OF HOW TO RELATE WITH INFORMATION PROVIDED BY A CLIENT OR OTHERS.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp); THE MINDFUL LAWYER: MINDFULNESS MEDITATION AND LAW PRACTICE, THE VERMONT BAR JOURNAL - SUMMER 2007.

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Counselor



-HELPING CLIENTS MAKE DECISIONS IS ONE OF THE MOST CHALLENGING AND REWARDING FUNCTIONS OF THE LAWYER. SOMETIMES THE COURSE TO BE TAKEN BY THE CLIENT IS UNCLEAR, AND A JUDGMENT CALL IS REQUIRED. AT OTHER TIMES, THE RELATIVE MERITS OF ALTERNATIVE APPROACHES NEED TO BE SORTED OUT AND UNDERSTOOD, SO THAT THE CLIENT MAY MAKE AN INFORMED CHOICE.

-COUNSELING USUALLY OCCURS IN A SITUATION OF UNCERTAINTY (OTHERWISE IT WOULD HARDLY BE NEEDED), AND UNCERTAINTY MAKES MOST PEOPLE UNEASY. UNEASINESS OR ANXIETY ABOUT A SITUATION CAN UNLEASH A STORM OF HABITUAL MENTAL PATTERNS (SOMETIMES CALLED PANIC), BUT THE MINDFULNESS PRACTITIONER HAS, AT LEAST, THE TOOLS TO SEE—AND THEN CUT THROUGH—THOSE THOUGHTS AND EMOTIONS , AND SIMPLY BE PRESENT. IN THIS SITUATION, PRESENCE IS SYNONYMOUS WITH DETACHMENT, DISINTERESTEDNESS.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp); THE MINDFUL LAWYER: MINDFULNESS MEDITATION AND LAW PRACTICE, THE VERMONT BAR JOURNAL - SUMMER 2007

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Negotiator



-A VALUABLE NEGOTIATING SKILL THAT MINDFULNESS PRACTICE FACILITATES IS AVOIDING UNNECESSARY RESISTANCE. BECAUSE THE PRACTITIONER KNOWS HOW HE OR SHE HAS RESPONDED TO STIMULI (SUCH AS AGGRESSIVE STATEMENTS BY OPPOSING COUNSEL)

-BY BECOMING RIGID AND INFLEXIBLE, THE MINDFUL LAWYER HAS A BETTER SENSE OF HOW NOT TO PRODUCE THAT REACTION IN THE OPPOSITE COUNSEL OR CLIENT. WHEN THIS COMPETENCY IS PARTICULARLY REFINED, IT CAN BE SUCCESSFULLY DEPLOYED, EVEN IN SITUATIONS WHERE STAKES ARE HIGH AND EMOTIONS INTENSE.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp);
THE MINDFUL LAWYER: MINDFULNESS MEDITATION AND LAW PRACTICE, THE VERMONT BAR JOURNAL - SUMMER 2007.

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Advocate



-THE ADVOCATE—ONE WHO SPEAKS ON BEHALF OF A CLIENT’S INTERESTS IN A COURT, AGENCY, OR OTHER PUBLIC SETTING— ALSO BENEFITS FROM LEARNING HOW TO RIDE HIS OR HER STATE OF MIND. SIMPLY STANDING UP TO MAKE AN ARGUMENT CAN BREED NERVOUSNESS, ANXIETY, OR FEAR, NOT UNLIKE THE MUSICAL OR THEATRICAL PERFORMER’S STAGE FRIGHT. BECAUSE THESE STATES ARE SO UNCOMFORTABLE, WE HAVE A TENDENCY TO GENERATE ALL KINDS OF THOUGHTS (THE HABITUAL PATTERNS SPOKEN OF EARLIER) TO MASK OR PAD THE EXPERIENCE. (AGAIN, DON’T TAKE MY WORD FOR IT.)

-MINDFULNESS TEACHES A SPECIFIC APPROACH TO WORKING WITH NERVOUSNESS AND FEAR, RECOGNIZING THEM BEFORE THE “STORY” OR OTHER HABITUAL RESPONSE KICKS IN. THE PRACTITIONER CAN ALSO LEARN HOW NOT TO SHY AWAY FROM THE FEAR, BUT RATHER TO APPRECIATE THE EXPERIENCE, TURNING IT INTO A SOURCE OF ENERGY AND ALERTNESS INSTEAD OF AN OBSTACLE.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp); THE MINDFUL LAWYER: MINDFULNESS MEDITATION AND LAW PRACTICE, THE VERMONT BAR JOURNAL - SUMMER 2007.

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Dynamic Equanimity



-CULTIVATING DETACHMENT FROM ONE'S HABITUAL MENTAL PATTERNS NOT ONLY HELPS TO DEAL WITH STRESS, BUT ALSO TO MAINTAIN A BALANCED DISPOSITION OR TEMPERAMENT. NOT BEING UNDERMINED BY BUFFETING THOUGHTS AND EMOTIONAL PATTERNS PRODUCES A MORE CONFIDENT LEGAL PRACTITIONER.

-BY ENGAGING IN MINDFULNESS MEDITATION THE LAWYER CAN BRING EQUANIMITY INTO THE CHALLENGES OF LEGAL PRACTICE. WITH DETACHMENT FROM MENTAL PATTERNING, THE LAWYER CAN RIDE THE ENERGIES OF A SITUATION, WHETHER IN NEGOTIATING A SETTLEMENT, DEALING WITH THE PRESSURE OF DEADLINES, OR RESPONDING TO THE ARGUMENTS OF ADVERSARIES.

- [HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp); THE MINDFUL LAWYER: MINDFULNESS MEDITATION AND LAW PRACTICE, THE VERMONT BAR JOURNAL - SUMMER 2007.

What are some of the health benefits of meditation?



-DECREASED BLOOD PRESSURE. THE AMERICAN HEART ASSOCIATION HAS RELEASED A STATEMENT THAT MEDITATION MAY BE CONSIDERED IN CLINICAL PRACTICE TO LOWER BLOOD PRESSURE.

-BETTER SLEEP. IN A STUDY PUBLISHED IN JAMA INTERNAL MEDICINE, PARTICIPANTS WHO UNDERWENT A SIX-WEEK PROGRAM ON MINDFULNESS MEDITATION HAD GREATER IMPROVEMENTS IN SLEEP QUALITY AND FEWER SYMPTOMS OF INSOMNIA COMPARED TO THOSE WHO WERE TAUGHT STANDARD WAYS TO IMPROVE THEIR SLEEP HYGIENE.

What are some of the health benefits of meditation?



-DECREASED DEPRESSION AND ANXIETY. IN 2014, RESEARCHERS FROM JOHNS HOPKINS FOUND THAT 30 MINUTES OF MEDITATION A DAY CAN IMPROVE SOME SYMPTOMS OF ANXIETY AND DEPRESSION IN PATIENTS WITH MILD DISEASE TO THE SAME EXTENT AS ANTIDEPRESSANT MEDICATIONS. THIS EFFECT LIKELY STEMS FROM MEDITATION'S EFFECTS ON OUR BRAIN WAVES, BRAIN CELL CONNECTIONS, ACTUAL STRUCTURES (THICKENING SOME AREAS WHILE MAKING OTHERS LESS DENSE), AND EVEN MOLECULES THAT SEND SIGNALS.

- DEALING WITH CHRONIC PAIN. WHILE IT IS NOT CLEAR HOW MEDITATION DECREASES THE SUFFERING OF PEOPLE WHO EXPERIENCE CHRONIC PAIN, IT IS BELIEVED THAT IT ALTERS PAIN PERCEPTION.

What are some of the health benefits of meditation?



-DEALING WITH CHRONIC PAIN. WHILE IT IS NOT CLEAR HOW MEDITATION DECREASES THE SUFFERING OF PEOPLE WHO EXPERIENCE CHRONIC PAIN, IT IS BELIEVED THAT IT ALTERS PAIN PERCEPTION.

-IMPROVED IMMUNE FUNCTION. WHEN YOUR BODY IS RELAXED, YOUR IMMUNE SYSTEM IS ABLE TO PREPARE FOR BATTLE AGAINST GERMS, FOREIGN INVADERS, AND CANCER.

-MORE FOCUS, IMPROVED MEMORY. *STUDIES HAVE FOUND THAT MEDITATION TRAINING HELPED WORKERS CONCENTRATE BETTER, REMEMBER MORE OF THEIR WORK DETAILS, AND STAY ENERGIZED AND EXPERIENCE LESS NEGATIVE MOODS.*

[HTTP://WWW.WASHINGTONTIMES.COM/NEWS/2017/JAN/6/HEALTH-BENEFITS-MEDITATION/](http://www.washingtontimes.com/news/2017/jan/6/health-benefits-meditation/)

What is meditation?



-MEDITATION HAS BEEN PRACTICED FOR THOUSANDS OF YEARS. MEDITATION ORIGINALLY WAS MEANT TO HELP DEEPEN UNDERSTANDING OF THE SACRED AND MYSTICAL FORCES OF LIFE. THESE DAYS, MEDITATION IS COMMONLY USED FOR RELAXATION AND STRESS REDUCTION.

[HTTP://WWW.MAYOCLINIC.ORG/TESTS-PROCEDURES/MEDITATION/IN-DEPTH/MEDITATION/ART-20045858](http://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858)

-ALTHOUGH RELIGIOUS CONTEMPLATIVES, OFTEN IN MONASTIC SETTINGS, HAVE LONG PRACTICED MEDITATION,⁴ MINDFULNESS MEDITATION IS ESSENTIALLY A NON-RELIGIOUS (OR RELIGION-NEUTRAL) PRACTICE, IN THAT IT IS A WAY OF CULTIVATING INNATE HUMAN QUALITIES. AND EVEN WHEN WE LIMIT ITS MEANING TO MIND TRAINING, THE TERM STILL COVERS A LOT OF DIFFERENT APPROACHES.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp)

What is meditation?



-MINDFULNESS MEDITATION HAS BEEN DESCRIBED AS “A FRIENDLY GESTURE TOWARD OURSELVES IN WHICH WE TAKE TIME SIMPLY TO BE.”

-IT IS A WAY OF LEARNING HOW TO BE PRESENT AS A PERSON, FINDING A GROUND OF “BEING” FROM WHICH “DOING” MAY ARISE MORE CLEARLY AND EFFECTIVELY.

-THE POINT IS NOT TO CULTIVATE A PARTICULAR STATE OF MIND BELIEVED TO BE DESIRABLE, SUCH AS HAPPINESS OR CONTENTMENT, ALTHOUGH THEY MAY BE BYPRODUCTS; RATHER, YOU SIMPLY SIT WITH WHATEVER ARISES IN YOUR MIND

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp)

What is meditation?



-BY SITTING AND OBSERVING MENTAL EVENTS ARISING—WHETHER AS THOUGHTS, EMOTIONS, BODILY SENSATIONS, SENSE PERCEPTIONS, OR DAYDREAMS—YOU BECOME FAMILIAR WITH THE CONTENTS OF MIND AND ITS PATTERNS.

-TRY NOT TO JUDGE, EVALUATE, CHANGE, OR REJECT THE THOUGHTS AS THEY ARISE, LEARN TO SEE THEM MERELY AS PHENOMENA THAT ARISE, DWELL, AND THEN PASS AWAY, MUCH LIKE SCENERY PASSING BY.

[HTTP://WWW.SUPREMECOURT.OHIO.GOV/BOARDS/OJFN/RESOURCES/MEDITATION.ASP](http://www.supremecourt.ohio.gov/boards/ojfn/resources/meditation.asp)

What are some benefits of meditation?



-IT MAKES YOUR BRAIN PLASTIC

-QUITE LITERALLY, SUSTAINED MEDITATION LEADS TO SOMETHING CALLED NEUROPLASTICITY, WHICH IS DEFINED AS THE BRAIN'S ABILITY TO CHANGE, STRUCTURALLY AND FUNCTIONALLY, ON THE BASIS OF ENVIRONMENTAL INPUT.

-FOR MUCH OF THE LAST CENTURY, SCIENTISTS BELIEVED THAT THE BRAIN ESSENTIALLY STOPPED CHANGING AFTER ADULTHOOD.

[HTTP://WWW.HUFFINGTONPOST.COM/2013/04/30/MEDITATION-HEALTH-BENEFITS_N_3178731.HTML](http://www.huffingtonpost.com/2013/04/30/meditation-health-benefits_n_3178731.html)

What are some of benefits of meditation?



- IT INCREASES GRAY MATTER IN THE BRAIN**
- A 2005 STUDY ON AMERICAN MEN AND WOMEN WHO MEDITATED A MERE 40 MINUTES A DAY SHOWED THAT THEY HAD THICKER CORTICAL WALLS THAN NON-MEDITATORS.**
- WHAT THIS MEANT IS THAT THEIR BRAINS WERE AGING AT A SLOWER RATE.**
- CORTICAL THICKNESS IS ALSO ASSOCIATED WITH DECISION MAKING, ATTENTION AND MEMORY.**

[HTTP://WWW.HUFFINGTONPOST.COM/2013/04/30/MEDITATION-HEALTH-BENEFITS_N_3178731.HTML](http://www.huffingtonpost.com/2013/04/30/meditation-health-benefits_n_3178731.html)

What are some of benefits of meditation?



-IT'S BETTER THAN BLOOD PRESSURE MEDICATION

-IN 2008, DR. RANDY ZUSMAN, A DOCTOR AT THE MASSACHUSETTS GENERAL HOSPITAL, ASKED PATIENTS SUFFERING FROM HIGH BLOOD PRESSURE TO TRY A MEDITATION-BASED RELAXATION PROGRAM FOR THREE MONTHS. THESE WERE PATIENTS WHOSE BLOOD PRESSURE HAD NOT BEEN CONTROLLED WITH MEDICATION. AFTER MEDITATING REGULARLY FOR THREE MONTHS, 40 OF THE 60 PATIENTS SHOWED SIGNIFICANT DROPS IN BLOOD PRESSURE LEVELS AND WERE ABLE TO REDUCE SOME OF THEIR MEDICATION. THE REASON?

-RELAXATION RESULTS IN THE FORMATION OF NITRIC OXIDE WHICH OPENS UP YOUR BLOOD VESSELS.

[HTTP://WWW.HUFFINGTONPOST.COM/2013/04/30/MEDITATION-HEALTH-BENEFITS_N_3178731.HTML](http://www.huffingtonpost.com/2013/04/30/meditation-health-benefits_n_3178731.html)

What are some of benefits of meditation?



**-IT CAN PROTECT YOUR TELOMERES
TELOMERES -- THE PROTECTIVE CAPS AT
THE END OF OUR CHROMOSOMES -- ARE THE
NEW FRONTIER OF ANTI-AGING SCIENCE.
LONGER TELOMERES MEAN THAT YOU'RE
ALSO LIKELY TO LIVE LONGER. RESEARCH
DONE BY THE UNIVERSITY OF CALIFORNIA,
DAVIS' SHAMATHA PROJECT HAS SHOWN
THAT MEDITATORS HAVE SIGNIFICANTLY
HIGHER TELOMERASE ACTIVITY**

[HTTP://WWW.HUFFINGTONPOST.COM/2013/04/30/MEDITATION-HEALTH-BENEFITS_N_3178731.HTML](http://www.huffingtonpost.com/2013/04/30/meditation-health-benefits_n_3178731.html)

What are some of benefits of meditation?



-ITS PAIN RELIEVING PROPERTIES BEAT MORPHINE

-A STUDY CONDUCTED BY WAKE FOREST BAPTIST UNIVERSITY FOUND THAT MEDITATION COULD REDUCE PAIN INTENSITY BY 40 PERCENT AND PAIN UNPLEASANTNESS BY 57 PERCENT. MORPHINE AND OTHER PAIN-RELIEVING DRUGS TYPICALLY SHOW A PAIN REDUCTION OF 25 PERCENT. MEDITATION WORKS BY REDUCING ACTIVITY IN THE SOMATOSENSORY CORTEX AND INCREASING ACTIVITY IN OTHER AREAS OF THE BRAIN. - THIS STUDY ALSO HAD A SMALL SAMPLE SIZE, MAKING IT HARDER TO DRAW DEFINITE CONCLUSIONS.

[HTTP://WWW.HUFFINGTONPOST.COM/2013/04/30/MEDITATION-HEALTH-BENEFITS_N_3178731.HTML](http://www.huffingtonpost.com/2013/04/30/meditation-health-benefits_n_3178731.html)

THE EFFECTS OF MEDITATION ON THE BRAIN

MRI scans have shown that meditation increases Gyrification, or cortical folding, which allows the brain to process information faster. The extent of gyrification is highly implicated as being positively related to intelligence.

Gyrification

Meditation improves focus by causing an increase in cortical thickness in regions of the brain responsible for attention.

Focus

Stress Reduction

Meditation decreases stress and anxiety by downregulating cortisol and adrenaline creating a state of deep relaxation in which our breathing, pulse rate, blood pressure, and metabolism are decreased.

Meditation increases whole brain function, by synchronizing the right and left hemispheres of the brain while increasing balance and amplitude in alpha, theta and delta brain-wave patterns.

Brain Function

Meditation increases dopamine and serotonin levels by stimulating regions of the brain which are associated with happiness and positivity.

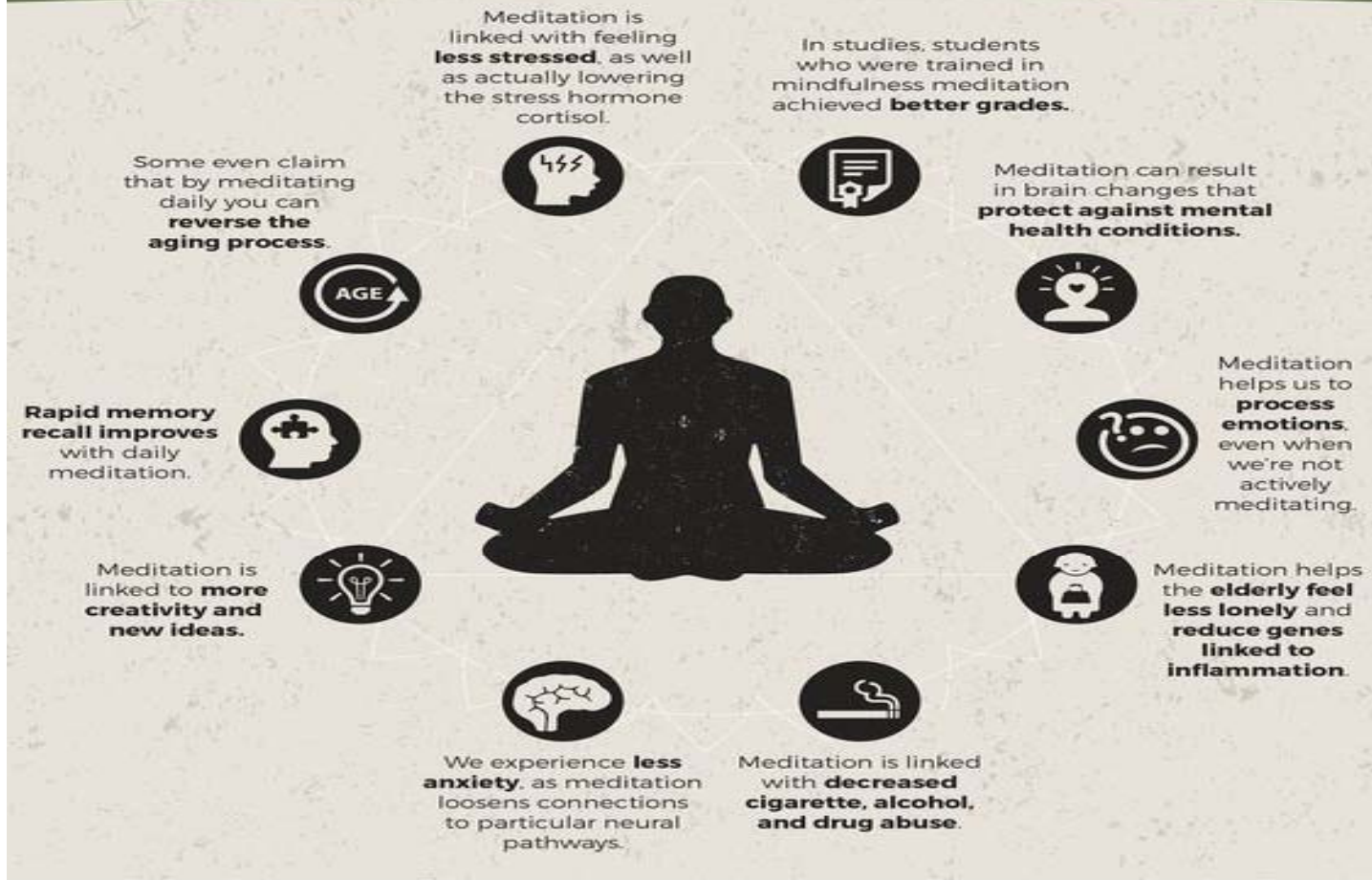
Mood

Meditation improves cognitive function, mindfulness and the ability to sustain focus by increasing grey matter, brain volume and cerebral blood flow.

Cognition

DON'T THINK  **MEDITATE**
synchronicity.org/meditation

10 REASONS WHY DAILY MEDITATION IS SO BENEFICIAL

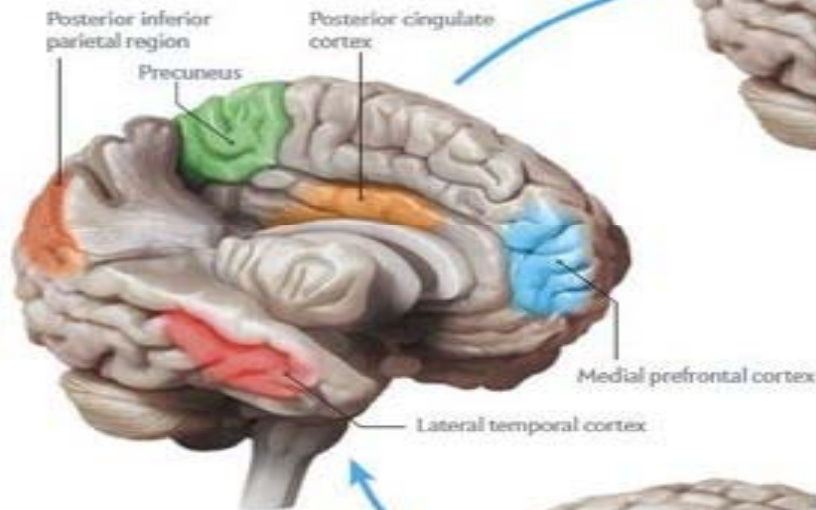


Sources:
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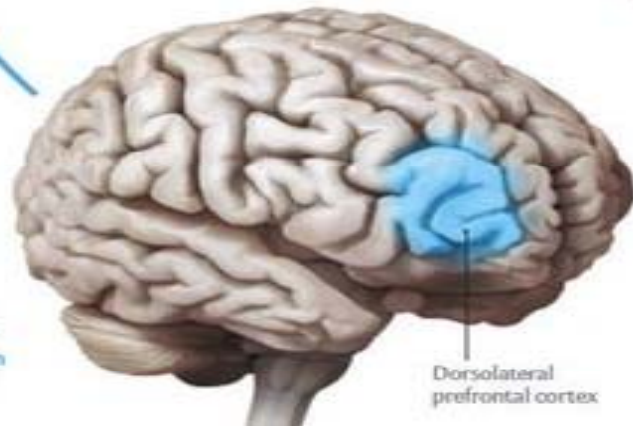
1 Mind Wandering

Imaging of a meditator in the scanner illuminates the posterior cingulate cortex, the precuneus and other areas that are part of the default-mode network, which stays active when thoughts begin to stray.



2 Sustaining Focus

The dorsolateral prefrontal cortex stays active when the meditator directs attention on the breath for long periods.



3 Distraction Awareness

The salience network, which includes the anterior insula and the anterior cingulate cortex, underlies the meditator's awareness of the distraction. Once cognizant that the mind has roved, the volunteer pushes a button to let researchers know what happened.



4 Reorientation of Awareness

Two brain areas—the dorsolateral prefrontal cortex and the inferior parietal lobe—are among those that help to disengage attention from a distraction to refocus on the rhythm of the inhalations and exhalations.



Types of Meditation



**MINDFULNESS MEDITATION
BODY SCAN
AFFIRMATION MEDITATION
GUIDED MEDITATION
SELF-HYPNOSIS
LOVING-KINDNESS**

**THERE ARE MANY OTHER TYPES – NO ONE TYPE IS
BETTER THAN THE OTHER**

**[HTTP://NOETIC.ORG/SITES/DEFAULT/FILES/UPLOADS/FILES/MEDITATION_INTRO.
PDF](http://noetic.org/sites/default/files/uploads/files/meditation_intro.pdf)**

**[HTTP://MENTALHEALTHDAILY.COM/2015/03/24/TYPES-OF-MEDITATION-
EXTENSIVE-LIST-OF-TECHNIQUES/](http://mentalhealthdaily.com/2015/03/24/types-of-meditation-extensive-list-of-techniques/)**

Meditation Instruction :

Find a comfortable location



-THE MOST COMMON AND ACCESSIBLE POSITION FOR MEDITATION IS SITTING. SIT ON THE FLOOR, IN A CHAIR OR ON A STOOL. IF YOU ARE SEATED ON THE FLOOR IT IS OFTEN MOST COMFORTABLE TO SIT CROSS-LEGGED ON A CUSHION.

-COMFORT IS KEY.

-NOW IMAGINE A THREAD EXTENDING FROM THE TOP OF YOUR HEAD, PULLING YOUR BACK, NECK AND HEAD STRAIGHT UP TOWARDS THE CEILING IN A STRAIGHT LINE.

-SIT TALL.

Meditation Instruction: Working with your breath



-IN THIS PRACTICE REST YOUR ATTENTION LIGHTLY ON THE BREATH. YOU MAY ALSO USE A MANTRA (A WORD OR WORDS) AS YOU BREATHE IN AND OUT

-FEEL YOUR BREATH AS IT COMES AND OUT OF YOUR NOSE

-THERE IS NO RIGHT OR WRONG WAY TO BREATHE IN THIS TECHNIQUE

Meditation Instruction: Working with your thoughts



-AS YOU SIT PRACTICING, YOU WILL NOTICE THAT THOUGHTS ARISE. SOMETIMES THERE ARE A GREAT MANY THOUGHTS, OVERLAPPING ONE OVER THE NEXT: MEMORIES, PLANS FOR THE FUTURE, FANTASIES, JINGLES FROM TV COMMERCIALS, WHAT DIDN'T I FINISH TODAY, REGRETS, DESIRES . . .

-THERE MAY SEEM TO BE NO GAPS AT ALL IN WHICH YOU CAN CATCH A GLIMPSE OF YOUR BREATH. THAT'S NOT UNCOMMON, ESPECIALLY IF YOU'RE NEW TO MEDITATION. JUST NOTICE WHAT HAPPENS

Meditation Instruction: Working with your thoughts



-MINDFULNESS MEDITATION IS ABOUT PRACTICING BEING MINDFUL OF WHATEVER HAPPENS. IT IS NOT ABOUT GETTING OURSELVES TO STOP THINKING. IF YOU FIND YOU ARE THINKING (AND YOU WILL), INCLUDE IT IN WHAT YOU NOTICE

-DON'T TRY TO GET RID OF YOUR THOUGHTS. THE THOUGHTS WILL COME AND GO

-TRY NOT TO JUDGE YOUR THOUGHTS. JUST LABEL THEM AS THOUGHTS AND GO BACK TO YOUR BREATH

Meditation Instruction: How long and how often should you meditate?



-THERE IS NO CORRECT LENGTH OF TIME TO PRACTICE MEDITATION, HOWEVER WHEN FIRST BEGINNING IT IS OFTEN EASIER TO SIT FOR SHORTER PERIODS OF TIME (5 TO 10 MINUTES). AS YOU BECOME MORE COMFORTABLE WITH YOUR PRACTICE, MEDITATE LONGER

-CONSISTENCY IS MORE IMPORTANT THAN QUANTITY. MEDITATING FOR 5 MINUTES EVERY DAY WILL REWARD YOU WITH FAR GREATER BENEFITS THAN MEDITATING FOR TWO HOURS, ONE DAY A WEE

Parting thoughts



MINDFULNESS IS AN ONGOING PRACTICE.

**MINDFULNESS MEDITATION WILL WORK IF
YOU PRACTICE.**

TRY NOT TO JUDGE YOUR MEDITATION.

EVERY TIME YOU MEDITATE IS DIFFERENT.

**YOU MAY BRING MINDFULNESS TO EVERY
ASPECT OF YOUR LIFE.**