

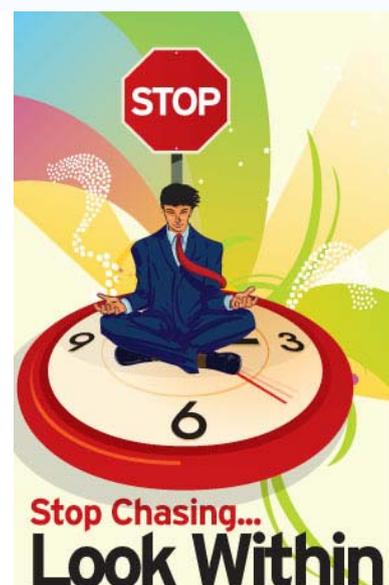
MEDITATION: BENEFITS PROVEN

Meditation improves productivity

In 2003, Richard Davidson, Jon Kabat-zinn, and other researchers, conducted studies with employees at **Promega**, a biotech firm in Wisconsin, USA. Before that, it was established that the workers showed high levels of right-brain activity, reported feeling “stressed-out” and were unhappy with their jobs. After eight weeks of meditation training and practice, the activity in the left prefrontal cortex increased significantly, and the workers reported feeling happier, with a renewed sense of enthusiasm for their life and work. This heightened activity persisted for at least four months after the experiment, when the subjects were tested again.¹

The brain grows through meditation

An imaging study led by Massachusetts General Hospital researchers showed that certain areas of the cerebral cortex, the outer layer of the brain, grew thicker in participants who were experienced in the Insight Meditation. The cerebral cortex is associated with emotional, attention and sensory processes. The thickening of the cortical layer in the experienced meditators suggests that meditation can reduce the thinning of the cortex that typically occurs with aging.²



OTHER BENEFITS OF MEDITATION attested by scientific researches include:

- Meditation make employees sharper, improves productivity, largely by preventing stress-related illness and reducing absenteeism. (Time Magazine, 23 Jan 2006).³
- Meditation not only activates the left prefrontal cortex (reflecting a positive mental state), but subjects also showed a significantly greater antibody response to influenza vaccine (in other words, they responded very well to the immunization process).⁴
- Meditation brings healthy body changes: increase blood-flow but lower heart rate;⁵ lower blood pressure;⁶ muscles apparently stop producing carbon monoxide, decreased renal & hepatic blood flow, increased cerebral flow, lower breath-rate (body needs less oxygen).⁷
- Even simple meditation brings deep relaxation, self-awareness, greater self-control, greater awareness of one’s senses, and deeper intuition in a non-religious way.⁸
- Students who lost a night’s sleep, after meditating, improved their performance: meditation may give the sleepy brain an edge. (Time Magazine, 23 Jan 2006).

¹ **RJ Davidson et al.** “Alterations in brain and immune function produced by mindfulness meditation.” *Psychosomatic Medicine* 65 **2003**:564-570. <http://www.psychosomaticmedicine.org/cgi/content/full/65/4/564>.

² **WJ Cromie**, *Harvard University Gazette* 23 Jan 2006), <http://www.news.harvard.edu/gazette/daily/2006/01/23-meditation.html>.

³ Same as note 2.

⁴ **MA Rosenkrantz et al.**, “Affective style and in vivo immune response: neurobehavioral mechanisms.” *Proceedings of the National Academy of Sciences of the United States of America* 100,19 **2003**:11148-11152.

⁵ **MM Delmonte**, “Physiological responses during meditation and rest.” *Biofeedback Self Regulation* 9,2 June **1984**:181-200.

⁶ **R Sudsuang, V Chentanez, K Veluvan**, “Effect of Buddhist meditation on serum cortisol & total protein levels, blood pressure, pulse rate, lung volume & reaction time.” *Physiology Behavior* 50,3 Sep **1991**:543-8.

⁷ **Benson et al.**, “Three case reports of the metabolic and electroencephalographic changes during advanced Buddhist meditation techniques.” *Behavioral Medicine* 16,2 summer **1990**:90-5.

⁸ GF Kelly, “Using meditative techniques in psychotherapy,” *J of Humanistic Psychology* 36,3 **1996**: 49-66.