TECHNIQUE

A simple meditation is to focus on the breath. Breath and mind work together, as breath begins to lengthen, brain waves begin to slow down.

Sit comfortably with your shoulders relaxed and spine tall. Place your hands mindfully on your lap, close your eyes.

Watch your breath. Simply notice your breath flowing in, flowing out. Don't try to change it in any way. Just notice.

Silently repeat the mantra: "Breathing In. Breathing Out." As your mind begins to wander, draw it back to your breath. Notice that as your breath begins to lengthen and your mind begins to calm.

Consistency is key. Meditate first thing in the morning and/or at night. Shorter meditations on a regular basis are more productive than long sessions every few weeks. Aim for 5 minutes a day and add 1 minute each week.

CHECK IN !

Dr Arno Kroner LAc has been practicing Zen meditation for over 25 years and considers meditation one of the most efficient healing tools available to his patients. Schedule regular visits to check on your wellness and longevity plan and to follow up on your meditation and mindfulness practice. Be well!

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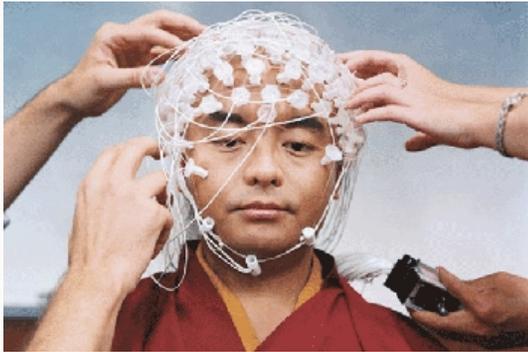(323) 459-6152
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MEDITATION IN ACTION

In meditation, the first step in dealing with ego is to begin with a very simple way of dealing with thoughts. Not dealing with them in the sense of quieting them down, but just see their transparent quality.

-- Chögyam Trungpa

RESEARCH

One meta-analysis supported the use of Mindfulness-Based Stress Reduction (MBSR) to alleviate symptoms of a variety of **mental and physical disorders**. A previous study commissioned by the US Agency for Healthcare Research and Quality found that meditation interventions reduce multiple negative dimensions of **psychological stress**. Other systematic reviews and meta-analysis show that mindfulness meditation has several mental health benefits such as bringing about **reductions in depression symptoms,** and mindfulness interventions also appear to be a promising intervention for managing depression in youth. Mindfulness meditation is useful for managing s**tress, anxiety,** and also appears to be effective in treating **substance use disorders**. Also a recent meta-analysis by Hilton et al. (2016) including 30 randomized controlled trials found high quality evidence for improvement in depressive symptoms.

MUST-KNOW FACTS ABOUT MEDITATION

Meditation reduces stress, it improves concentration, it encourages a healthy lifestyle, it increases self-awareness. It increases happiness and acceptance, it slows aging. and benefits cardiovascular and immune health.

MEDITATION INCREASES GRAY MATTER

Brain scans of participants in a meditation study by Yale, Harvard and Mass General Hospital showed increases of gray matter in parts of the brain and that meditation may slow natural brain deterioration. The parts of the brain with increase gray matter thickness are related to attention and processing sensory input.
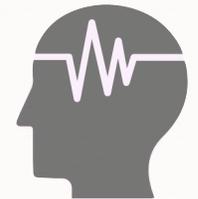
MEDITATION IMPROVES NEUROPLASTICITY

A study of mindfulness meditation practitioners showed an increase in the number of neurons in the brain's hippocampus (related to learning and memory) and a reduction in the volume of the amygdala (related to anxiety and stress) after just eight weeks. Similar studies have shown increases in the number of neurons and neuronal connections in the right frontal cortex (concentration), the right insula
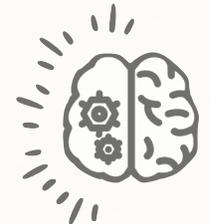
MEDITATION PROMOTES BETTER SLEEP

Researchers reported that experienced meditators slept fewer hours than non-meditators and the general population, but were no less alert.

Separate research has found that meditation may be an effective behavioral intervention in the treatment of insomnia.

MEDITATION REDUCES BLOOD PRESSURE

In reviewing existing research, the American Heart Association in 2013 concluded that transcendental meditation lowers blood pressure.

High Blood pressure (hypertension) contributes to the hardening of the arteries and to the development of heart failures and strokes.