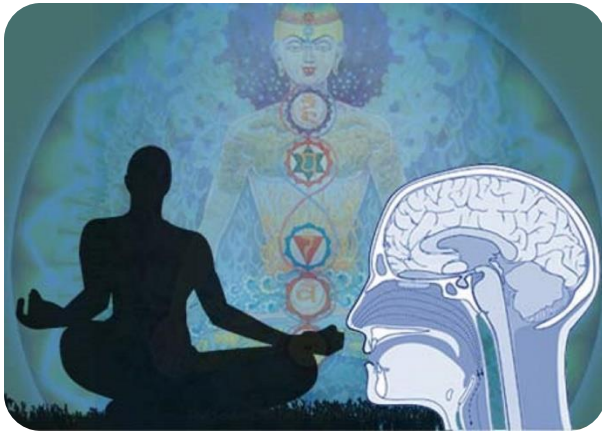


Fit Brain Fit Life

Full Brain Through an Empty Mind

One of the greatest myths about meditation is that the goal is to have an empty mind. Our brains are like a wayward puppy, sometimes out of control and difficult to focus. To expect the brain to stop thought is like expecting the sun to stop shining. The goal of meditation is to focus attention on one specific thing for a period of time. We are familiar with meditation as a powerful tool to ease stress, relax the body, and promote a feeling of being more centred.

But how can simplifying the thought process have an impact on brain health?



Changes the structure of the brain. Expanding the essential areas and strengthening connections.

Delays the aging of the brain. Studies show a long-term meditation practice delays deterioration of the brain.

Even brief meditation sessions have shown improvements in cognition & attention.

Simple Meditation Techniques

- **Basic Meditation** – Sit in a comfortable position and do your best to quiet your mind. As thoughts come, allow them to pass. Observe but don't engage. Focusing on one visual or idea can be helpful.
- **Activity Based:** Think knitting, crocheting, gardening, coloring, or walking. You benefit from any activity where you can experience "flow".
- **Mindfulness:** Focus more on being in the moment. Pay attention to your senses, how things feel, taste, smell...etc. An easy way to start is to create a mindful lunch. Sit alone in a quiet space and experience the moment of mindful nourishment and gain the benefits of meditation at the same time!
- **Spiritual Meditation:** Meditation can be prayer, a mantra or chant. A time to quiet the mind and seek answers from God, the Universe...etc. Need some guidance? Quiet your mind with a focused question and see what is revealed!

Sources:

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