

7 AMAZING
facts about
meditation and
mindfulness



Which one will change your life?

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Kumar and cropped.

To my son, Amichai, who reintroduced me to meditation.

About the author

I am Dr. Shaya Kass. I have been helping students and clients like you for over 30 years. My training and most of my experience has been in teaching science, here I teach you the science of mindfulness. Here you will benefit from the science of mindfulness and excellent science teaching methods.

Enjoy!

Disclaimer

All of the information in this document is meant to be for educational purposes only. If you have any maladies, physical or psychological, you should seek professional care. If you are already under the care of a professional and information here seems to help you, please discuss it with your health care professional.

As Mr. Spock would say, “Live long and prosper!”

1. Meditators have young brains.

Once we hit age 50, parts of our brain start to atrophy and shrink. That is part of the reason that old folks are likely to think more slowly and don't learn and react as well as younger folks. But the brains of people who meditate seem to be 7 ½ years “younger” than the brains of people who do not mediate. (Luders, 2016)

For more information, go to

www.MindulAboutLife.com/YoungBrain

2. Mindfulness meditation improves the parts of your brain involved in learning and memory.

Sixteen people were given an 8-week mindfulness meditation program. They averaged 27 minutes of meditation each week. In many areas of the brain there was an increase in gray matter which is, basically, brain cells. One of the areas with more gray matter was the hippocampus which is involved with creating new memories and, thus, learning. (Hölzel, 2011)

For more information, go to www.MindfulAboutLife.com/BrainChanges

3. Mindfulness can make you less prejudiced.

There is a classic test for prejudice where people are asked to make word associations. People who did just 10 minutes of mindfulness meditation were less likely to make racially biased associations than those who did not do the mediation. Just 10 minutes of meditation can change your prejudices. (Lueke, 2015)

For more information, go to www.MindulAboutLife.com/LessPrejudiced

4. Mindfulness can make you more creative.

How many different uses can you think of for a pencil? The more and more unique uses that you can think of, the more creative you are. And after 10 weeks of meditation training, high school students tested higher on a measure of creativity.

(Justo, 2014 and Ostafin, 2012)

For more information, go to
www.MindulAboutLife.com/MoreCreative

5. Mindfulness may make you a better mom.

I know that I am treading on thin ice talking about being a mom. I do not intend to criticize anyone's parenting; G-d knows I would do it differently given a second chance.

Having said that, Dr. Carolina Corthorn did a study in which she took about 40 moms and gave half of them an 8-week meditation program and had all the moms fill out questionnaires before the program, right after the program and 2 months later.

The moms who participated in the meditation program had less parental stress, listened to their children better, and were more empathic and accepting of their children.

I'm guessing it would work for dads as well. It has worked for me!

(Corthorn, 2017)

For more information, go to
www.MindfulAboutLife.com/MindfulMom

6. Mindfulness can improve your emotional intelligence.

Emotional intelligence measures how much you can stay in touch with your own emotions and the emotions of others. People who meditate regularly have more emotional intelligence, this allows them to react to things more intelligently and calmly. (Charoensukmongkol, 2014)

For more information, go to
www.MindulAboutLife.com/EQ

7. Pregnant women who are more mindful have babies with better social – emotional development.

In this study, Marijke Braeken studied 156 Dutch pregnant women. It is not surprising that the more mindful women were themselves healthier during their pregnancy. What is surprising is that she tested 109 of the babies at age 4 months and the babies had better social-emotional behavior than the babies of less mindful mothers. (Braeken, 2016)

For more information, go to www.MindfulAboutLife.com/MindfulBaby

I know I wrote 7, but I just could not resist a bonus 😊

8. Mindfulness can reduce technostress.

Let's be honest, it is not amazing that mindfulness can reduce stress connected to technology. It is amazing that there is a word "technostress" and an idea called "IT mindfulness".

(Ioannou, 2017)

For more information, go to

www.MindfulAboutLife.com/TechnoStress

One more 😊

9. Mindfulness can change your political views.

In a study done in 2017, Alkoby and others had some Israeli college students do an 8-week mindfulness training course and others not. After the 8 weeks the students who received the mindfulness training had more positive views of Palestinians and were more supportive of compromise.

For more information, go to
www.MindfulAboutLife.com/PoliticalViews