

## **Meditation in the Laboratory**

The areas of study that seemed most interesting to me were the part of how our body changes and physiological actions during and after meditation, since if we do it constantly we will be younger in our biological age. In our brain there are different changes when starting the meditation since there are electrical patterns that are changing throughout the meditation, just by closing our eyes our brain begins to generate waves and in the practice of TM the activity in the frontal cortex begins to increase, this indicates internal attention, rest, internal calm that is very different from studies when you only rest.

I think another important area for me and my environment is the integral growth of the personality, since it helps to improve self-esteem and I believe that this factor is very important in society, because if we work from within, giving ourselves love and accepting ourselves, we can give that love and acceptance abroad, in this way I think there will be a great change in the world.