



MEDITATION

BY RACH WEISS

WHAT IS MEDITATION AND
WHY DOES IT WORK?



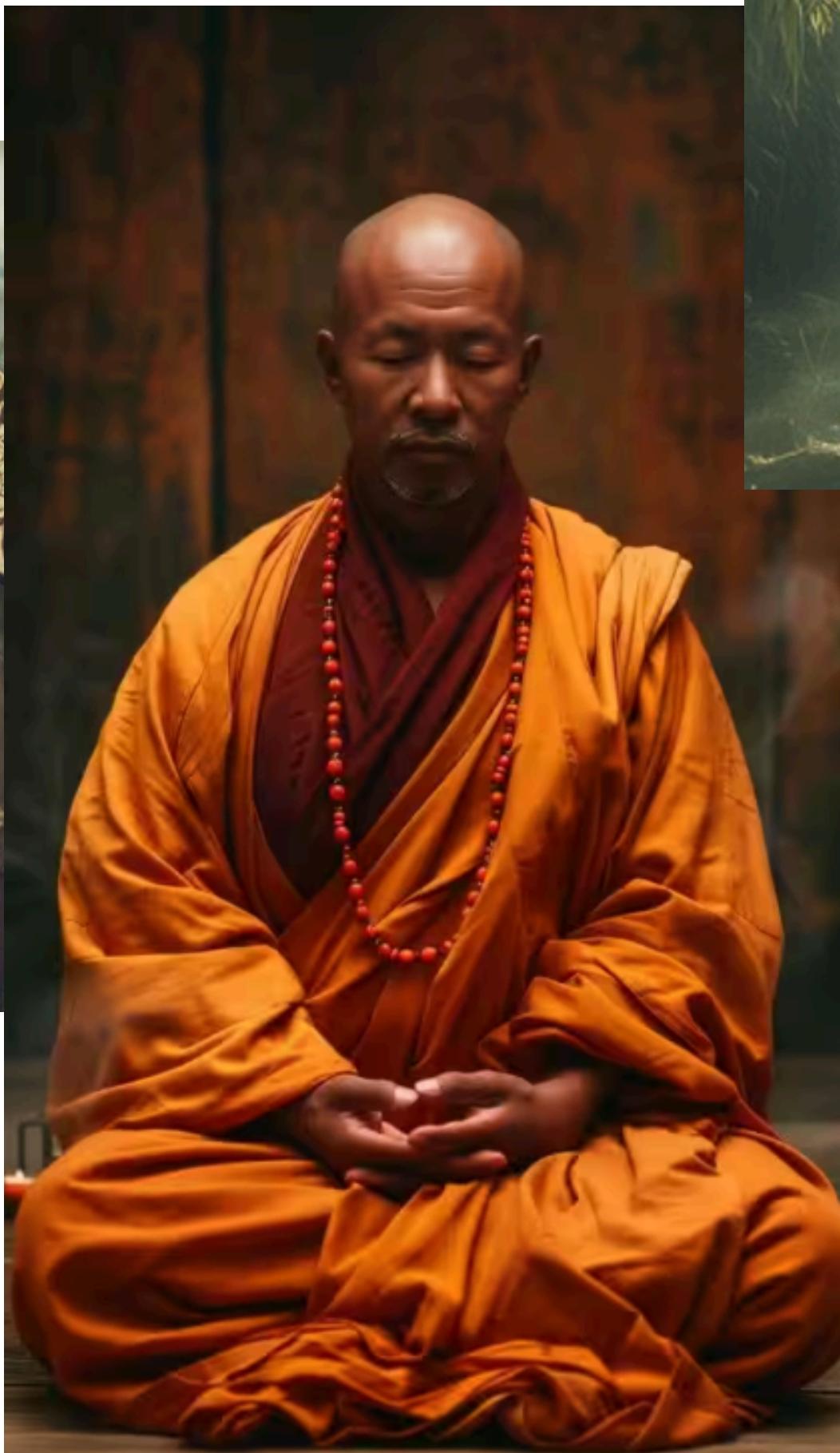
MEDITATION'S PURPOSE IS TO ...

Empty your mind - Create flow - Introduce structure - Just be in your body and feel what it is to exsist

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WHERE DID MEDITATION
COME FROM?



Buddhism
Zen Monks

Hinduism

The Indian Ascetics

D I F F E R E N T T Y P E S

Types of Mindfulness

Mindfulness

- surroundings
- the here and now
- body sensations

Loving Kindness

- compassion towards <->
- focus on sending positive intentions

Chakra Meditation

- balance the body's energy centers
- localized energy in color

Mantra

- repeating a word, phrase or sound to focus the mind

Body Scan / Sleep

- observe
- relax
- head-to-toe

Visualization

- creating a mental image of a peaceful place

Breath Awareness

- focused attention
- steady rhythm
- inner peace

Gratitude

- positive reflection
- focused remembering

THE SCIENCE

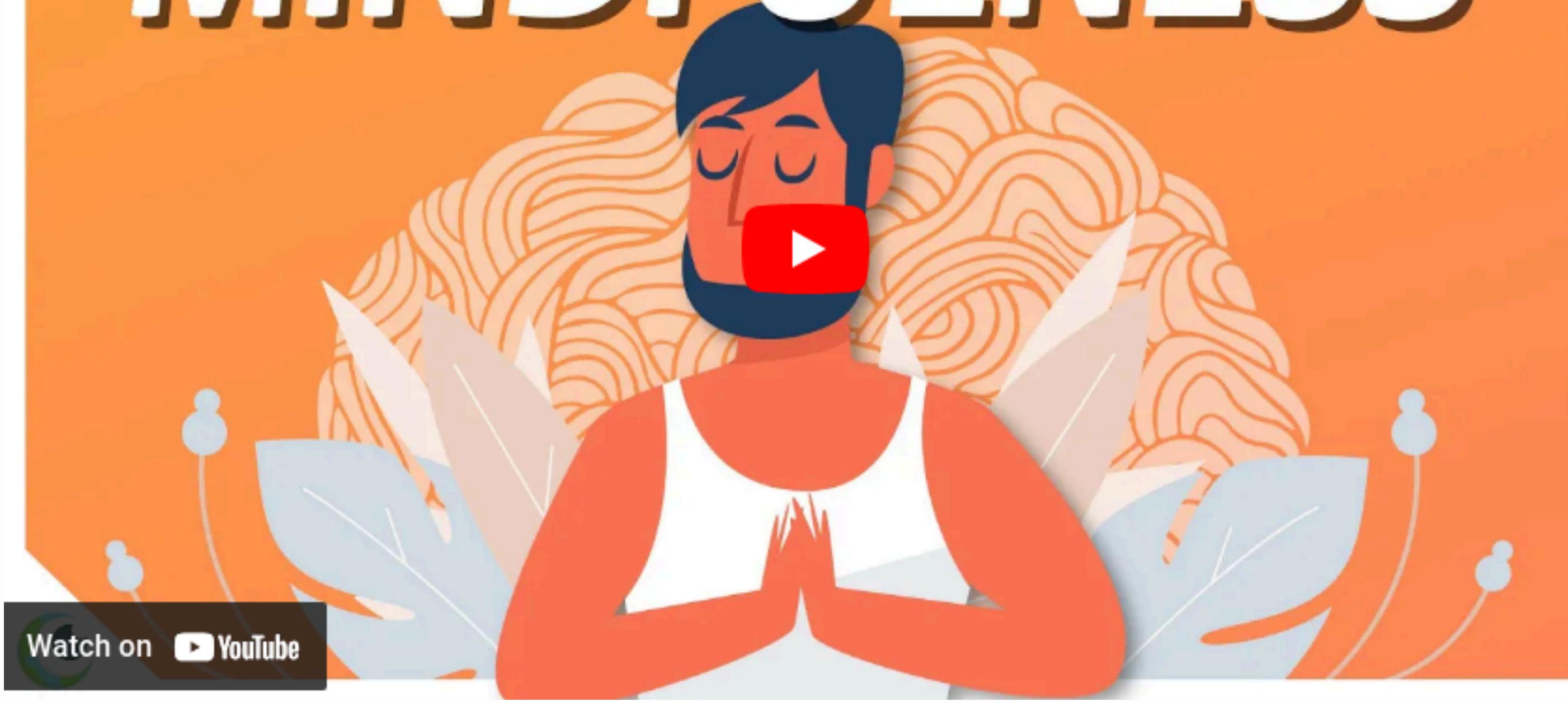


The Neuroscience of Mindfulness - What exactly happens to your brain when you medit...



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MINDFULNESS



CHANGES TO THE BRAIN

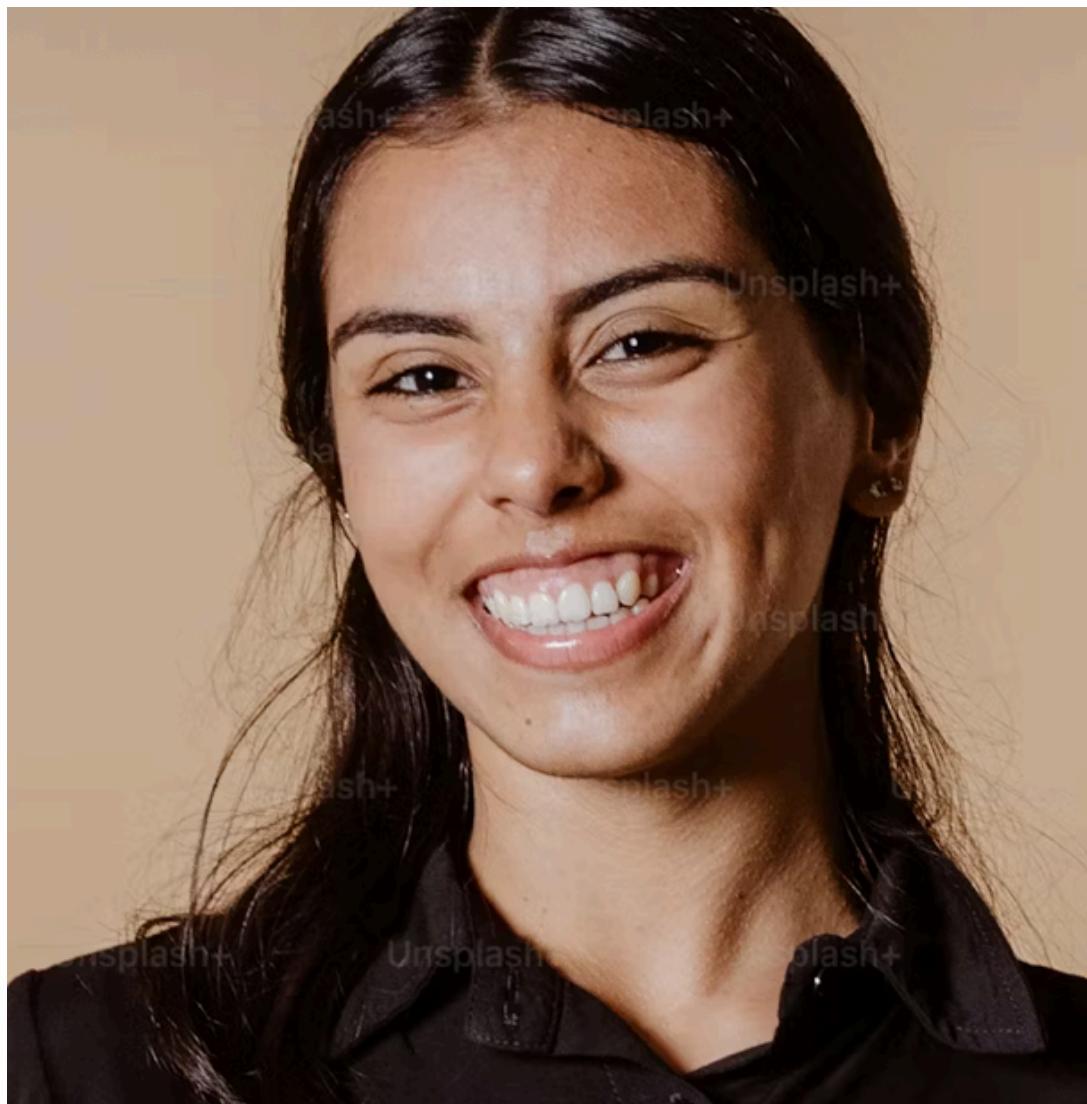
Chemical - Transfer of chemical signals between neurons helps with short term memory & motor skills

Structure - Changes the connections between neurons alters the size or functions of the brain. This helps with long term learning and stress response

Functional - The more you use a specific part of the brain, the easier it is to trigger that usage again. Its like building brain muscle memory! This is especially important when helping improve self-image and confidence

BENEFITS

MEDITATION BENIFITS



- Stronger learning
- Better memory
- Less stress
- Stronger motor skills
- Release from negative emotions
- Better muscle memory
- Increased compassion
- Sustained positive emotion