Read Chapter 9, ‘Meditation in the Laboratory’, pages 440 – 471 in *The Supreme Awakening* which you can checkout from MIU Library.

What areas of research address the main concerns you may have about yourself, a family member or society?

Which studies did you find most interesting? Give details. (300 to 400 words)

I have a habit of being overly anxious, sleep-deprived, or anxious, I will do these meditation techniques at home every day.

These medication techniques are:

Awakening the body’s inner intelligence is the fourth state of consciousness regularly through the transcendental meditation.

His examples, in his research are Balanced and finely tuned physiology, Improved cardiovascular health, and Reversal of aging, longer and better life.

The most amazing thing is that the results of the study show that the brain changes and develops differently depending on the type of exercise and how long it takes. The experienced meditator can change the structure and function of the brain by meditating, but recent studies have shown that newer meditators can change their brain function, increase their chances of living a healthy and happy life, and reduce depression and anxiety, found to be possible.

Different forms of meditation can be a powerful way to improve the most important mental abilities.

The effects of meditation on the brain

Everyone agrees that the brains of people who can meditate and live in peace are very sparse and powerful.

Even more amazing results are when you meditate and create brain waves. A current is generated when information is transmitted between neurons. research call brain waves "neural oscillations," and the generally accepted classification system of cerebral oscillations decreases from the highest and most accurate oscillations, the delta oscillations, to the lowest oscillations, theta, alpha, beta, and gamma.

We don't have to control all these brain waves, and modern scientific evidence continues to show that meditation has the best effect on the brain, mind, and spirit.

When you sit in a calm environment, observe yourself, and relax your brain and body, these brain waves begin to form spontaneously.

Meditation also reduces anxiety and reduces the role of the transmitter, which increases the sensory dopamine.

In addition to these, it has many positive effects on your health and life.

Meditation teacher says that practicing meditation helps you to gradually eliminate the habit of not liking yourself and strengthen your mental flexibility.