

MINDFULNESS

BY APAGE

WHAT IS MINDFULNESS MEDITATION? LIVING IN THE MOMENT



MINDFULNESS BEGAN AS A BUDDHIST TRADITION.

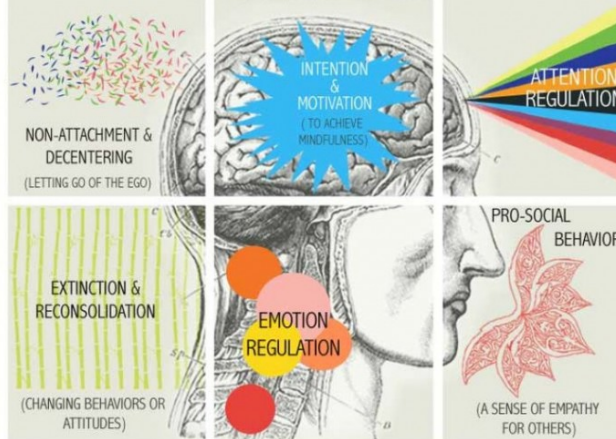
MINDFULNESS MEDITATION IS NOW RECOGNIZED BY PSYCHOTHERAPISTS AS A FORM OF COGNITIVE THERAPY.

IT'S A SEATED MEDITATION TECHNIQUE THAT FOCUSES ATTENTION ON BREATHING, BODILY SENSATIONS AND MENTAL RELAXATION.

WHAT MAKES MINDFULNESS UNIQUE FROM OTHER FORMS OF MEDITATION IS THAT THE PRIMARY FOCUS IS ON ONE'S CURRENT PHYSICAL STATE.

HOW IT WORKS: THE SCIENCE OF MEDITATION

MINDFULNESS INVOLVES SIX NEUROPSYCHOLOGICAL PROCESSES THAT LEAD TO A PERSON'S MEDITATIVE STATE OF SELF-AWARENESS.



THE MENTAL BENEFITS OF MINDFULNESS

MINDFULNESS INCREASES BRAIN GYRIFICATION (FOLDING OF BRAIN TISSUE), WHICH ALLOWS THE BRAIN TO PROCESS INFORMATION MORE EFFICIENTLY - PROVIDING A BETTER GRASP ON LIFE'S STRESSORS



THE PHYSICAL BENEFITS OF MINDFULNESS

IN ADDITION TO REDUCING STRESS AND BOOSTING RELAXATION, RESEARCH SUGGESTS MINDFULNESS CAN LOWER STRESS-INDUCED INFLAMMATION, WHICH CONTRIBUTES TO MANY PHYSICAL AILMENTS.



<http://www.healthcentral.com/anxiety/c/slideshows/16-ways-to-stop-stressing-out/say-om/>

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