

RESOURCES, MEDITATION

4/28/14

BOOKS:

Dan Harris, *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story*

LeShan, Lawrence, *How to Meditate*, 1974

LeShan, Lawrence, *The Medium, The Mystic and The Physicist*

ON LINE:

Opportunities and Videos:

Cathedral, Walking a Labyrinth

<http://www.nationalcathedral.org/worship/labyrinth.shtml>

<http://www.nationalcathedral.org/worship/crossroads.shtml>

Hugh Byrne, taught Smithsonian class on Mindfulness

Mindfulness Training Institute/MBSR (Mindfulness-Based Stress Reduction)

IMCW (Insight Meditation Community of Washington) certificate expired

Links: <http://www.hugh-byrne.com/>

<http://www.mindfulnesstraining.org/>

Power of Concentration, Miyoko Shida

Link: <http://www.flixxy.com/the-incredible-power-of-concentration-miyoko-shida.htm#.UY-vxpxBino>

RESEARCH AND SUMMARIES:

What Is Meditation and How to Do it:

NIH NCCAM Fact Sheet on Meditation, February 2013

NIH, National Centers for Complementary and Alternative Medicine

Link: <http://nccam.nih.gov/health/meditation/overview.htm>

CDC.gov, Meditation and Health, short

Physical Changes Due to Meditation:

Huffington Post (4/30/13, also are more recent updates)

- reduces blood pressure
- reduces pain response
- reduces stress hormone levels
- increases structure of brain in areas stimulated

this site has a really good (but complex) schematic of the benefits of meditation

Link: http://www.huffingtonpost.com/2013/04/30/meditation-health-benefits_n_3178731.html
or search (Google): huffington post meditation health benefits

NIH, Transcendental Meditation, Funded Scientific Research on TM

- Reduced blood pressure (December 2007)
- Improved quality of life for Congestive Heart Failure Patients (March 2007)
- Reduced Metabolic Syndrome (June 2006) - relates to blood pressure and insulin resistance
- Enhanced Longevity (May 2005)
- Reduced Blood Pressure and Use of Hypertensive Medication (January 2005)
- Reduced Blood Pressure in At Risk Teens (April 2004)
- Reduce Atherosclerosis (April 2002)
- Regression of Atherosclerosis (March 2000)
- Relaxation of Blood Vessels (July 1999 and January 1999)
- Reduced Blood Pressure (November 1995 and August 1996)

Link: <http://www.tm.org/national-institutes-of-health>

Web MD (March 1, 2006)

any condition caused/worsened by stress can be helped by meditation

helps decrease metabolism

lowers blood pressure

improves heart rate, breathing, brain waves

brain scans show increased in activity for control of metabolism and heart rate

Buddhist monks showed long lasting changes in the brain in good ways re:

attention

working memory

learning

conscious perception

Heart Health: lowers blood pressure

Immune Booster: wards off illness and infections

Women's Health: improves PMS, infertility problems, breast feeding, hot flashes

Link: <http://www.webmd.com/balance/features/transcendental-meditation>

Scripps

news release (November 12, 2013)

research study on heart health and cardiovascular system

teamed with Copra Foundation

expect results to be posted "next year"

Institute of Noetic Sciences

Introduction to The Physical and Psychological Effects of Meditation (June 1997)

can download introduction

erudite and old

an excellent review of background of meditation types and research

Link: <http://www.noetic.org/library/publication-books/physical-and-psychological-effects-meditation/>

also search (Google): meditation institute of noetic sciences

comprehensive list

see the up-to-date Bibliography that is mentioned there

Research Gate

online tool to find out what is going on in current research
someone asks question

gets responses on current studies

sometimes are comments on issues or problems

some interesting research re meditation includes

mindfulness and insomnia

positive residual effects

genetics

cerebral blood flow during chanting meditation

meditation & cognitive function/cerebral blood flow in subjects with

memory loss

cerebral blood flow in meditators vs non meditators

etc.

Link: http://www.researchgate.net/post/What_are_the_effects_of_Meditation_on_Brain

OTHER PSYCHOLOGICAL EFFECTS

Harvard Gazette, from *Frontiers of Human Neuroscience*

Harvard Medical School, Massachusetts General Hospital and Boston University

study showed changes to the brain even when the subject was not meditating

in area of brain that processes emotional state

Link: <http://news.harvard.edu/gazette/story/2012/11/meditations-positive-residual-effects/>

Mayo Clinic, “Stress Management”

covers how to do meditation

covers physical benefits

also some on psychological effects

clear away information overload

stress management

self awareness

reduce negative emotions

Link: <http://www.cnn.com/HEALTH/library/meditation/HQ01070.html>

actually from Mayo Clinic even though link is through CNN

Johns Hopkins Medicine, “Meditation for Anxiety and Depression?”

research concludes that meditation reduces symptoms

results of study by Madhav Goyal, M.D, M.P.H

Link:

http://www.hopkinsmedicine.org/news/media/releases/meditation_for_anxiety_and_depression

HealthDay, “Meditation and Health” (2013)

if relax mind, the body will make fewer of the stress hormones, so less stress helps a wide variety of stress-related problems:

chronic pain

anxiety

insomnia

depression

with chronic illnesses (e.g., cancer, heart disease) helps to manage symptoms

Link: <http://consumer.healthday.com/encyclopedia/holistic-medicine-25/holistic-medicine-news-383/meditation-and-health-645347.html>

Esther M. Sternberg, M.D., *Arthritis Today*, January/February 2013, “Guided Imagery Brings Real Relief”

ease pain and stress, uses guided imagery

Link: <http://www.arthritistoday.org/arthritis-treatment/natural-and-alternative-treatments/meditation-and-relaxation/guided-imagery.php>

WTOP, 4/12/14, “Want to Live Longer? Chill Out”

message: cutting yourself some slack can help you live longer

based on: *Moving Forward: Six Steps to Forgiving Yourself and Breaking Free from the Past* by Dr. Evertt Worthington, Virginia Commonwealth Univ

Link: <http://www.wtop.com/41/3599803/Want-to-live-longer-Chill-out>

Baltimore Sun, “Getting into the Groove of Meditation” (3/19/2014)

report on work by Madhav Goyal, M.D., Johns Hopkins assistant professor

info from JAMA of Internal Medicine

he has done a lot of work on the meditation

review of 47 clinical trials over past 50 years:

meditation as effective as medications for anxiety and depression

effective for pain relief

effective for stress relief

Link: http://articles.baltimoresun.com/2014-03-19/health/bs-hs-meditation-baltimore-20140319_1_insight-meditation-community-chris-kreeger-baltimore-shambhala-meditation-center

Alice Boyes, Ph. D., from *Psychology Today*, “5 Meditation Tips for Beginners”

Tips 2 and 3 are especially useful (most of the class beyond the other tips)

Tip 2: know how meditation can help you

Tip 3: understand principles of meditation

Link: <http://www.psychologytoday.com/blog/in-practice/201303/5-meditation-tips-beginners>

Mary-Lou Stephens, *Huffington Post*, “Meditation and Mindfulness,” 2/20/14

covers some of the perspectives associated with meditation and how it can help

Link: http://www.huffingtonpost.com/marylou-stephens/how-to-be-a-better-drug-d_b_4811094.html

Rosenzweig, Steven et al, “Mindfulness-Based Stress Reduction for Chronic Pain Conditions: Variation in treatment outcomes and role of home meditation practice

studied changes in pain, health related quality of life and psychological symptoms”

when using Mindfulness meditation

Link: [http://www.jpsychores.com/article/S0022-3999\(09\)00094-4/abstract](http://www.jpsychores.com/article/S0022-3999(09)00094-4/abstract)