R 902 Meditation

OLLI, Winter Term 2015

Session II

Agenda:

1. Physical Effects

2. Research with Links

 a. Huffington Post

 b. NIH

 c. Web MD

 d. Scripps

 e. Institute of Noetic Sciences

 f. Research Gate

3. Guided Meditation

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 please do not call after 9 pm, especially if you want an intelligent response!

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Notes

Physical Effects

there are two lists:

 first is summary of findings and where to see more information about a finding

 second is the list of resources and what they cover

 use list of resources if you want to find out more about study

Huffington Post chart

 a drawing about all the positive changes associated with meditation

 note comments on research done

blood pressure goes down

 what body does during meditation:

 relaxes and the blood vessels relax too

 easier for the heart to pump blood

 then blood pressure goes down

 Huffington Post, article and chart

 NIH, five separate research reports funded by TM

 WebMD, lowers blood pressure

improves management of chronic illnesses (congestive heart failure, insulin management)

 NIH, one research project funded by TM

reduces metabolism

 WebMD

heart rate slows

 WebMD

helps ward off illnesses and infection

 WebMD

 Huffington Post chart, immune system

improves some women’s health issues: PMS, infertility, breast feeding, hot flashes

 WebMD

assists with management of pain symptoms

 Huffington Post article

 Huffington Post chart

reduces stress hormone levels

 Huffington Post article

 as reduce stress hormones, get a better “relaxation”

 get all the varied benefits of meditation

enhances longevity

 NIH, one research report funded by TM

 Huffington Post chart, prefrontal cortex

 less decline/thinning of prefrontal cortex

reduces and assists with atherosclerosis (hardening of the arteries)

 NIH, two research reports funded by TM

changes brain structure

 brain becomes more effective

 Huffington Post article

 Huffington Post chart

 hippocampus, area sensitive to stress, shrinks with stress

 increases brain structure with meditation

 increases gray matter in posterior cingulate cortex

 associated with mind wandering/creativity

 increases gray matter in temporo-parietal junction

 associated with processing emotions in others effectively

 WebMD, improves brain waves

changes activity in amygdala

 Huffington Post chart

 is active as work negative emotions, like stress (with stress more dense)

 meditation decreases activity

NOTE:

meditation is NOT hypnosis

 in hypnosis you allow someone else to direct your movements

 with meditation, you remain in charge of yourself and your actions

Research with Links

lots of articles

 think carefully about sources in your reading

 some info may be copyrighted–did not always put quotes

some sites displayed as links, some did not

 for documents in DocStore

 if blue and underlined, can click on the link

 if not underlined, select the whole link, copy it and paste it in your browser

Huffington Post (4/30/13, 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”

 status

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

Guided Meditation

reminder that if you do not want to do this one or find it frustrating, can do another

I will ask you to relax and breathe

Colors:

 go in the order of the colors of the rainbow: ROY G BIV

 how do you feel about the color

 do you like it?

 try to find a place or an image where it pleases you to see that color

 clothing, flowers, yard, art, nature

 enjoy that image

If you look at a beam of light that goes through a prism, it enters the prism as white but it goes out the other side as a range of colors

Red

Orange

Yellow

Green

Blue

Indigo, really dark blue

Violet

remember that the prism separated the colors so we could see them individually

now allow them to go back together and become white again

 just look at the light going into the prism and you will see it clearly as white

then very slowly back to this room

 gently wiggle your fingers and your toes

 shift your legs slightly

 move your hands

 open your eyes when you are ready