



**Meditation:** The Journey from movement to stillness of the mind

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The state of the world may appear to be spiraling right before our eyes.

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As a result, finding reasoning and **moments** to catch our breath are extremely challenging.

It is times like these that **meditation** and mindfulness can be adapted into our lives to **help alleviate** the pattern of swirling thoughts.





# Agenda

What is meditation

Benefits of meditation

2 meditation practices

Incorporating principles of meditation into your lives.



Meditation is a precise technique for **resting** the mind and attaining a state of consciousness that is totally different from the normal waking state.

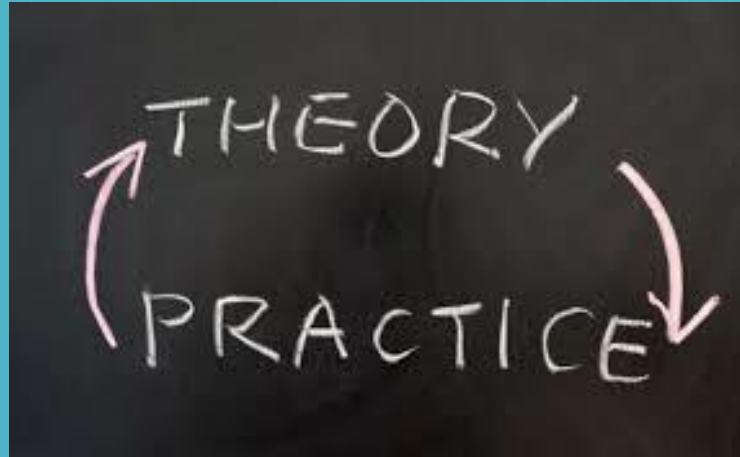
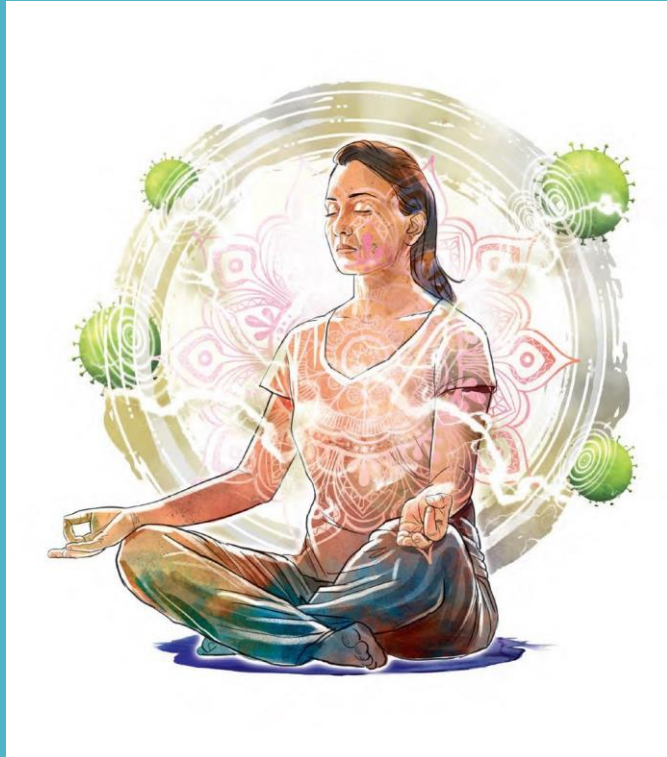
# Meditation

“The awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally”.

-Jon Kabat-Zinn



Meditation is not a part of any religion; it is a **science**, which means that the **process** of meditation follows a particular order, has definite principles, and produces results that can be verified.



Meditation is a practice

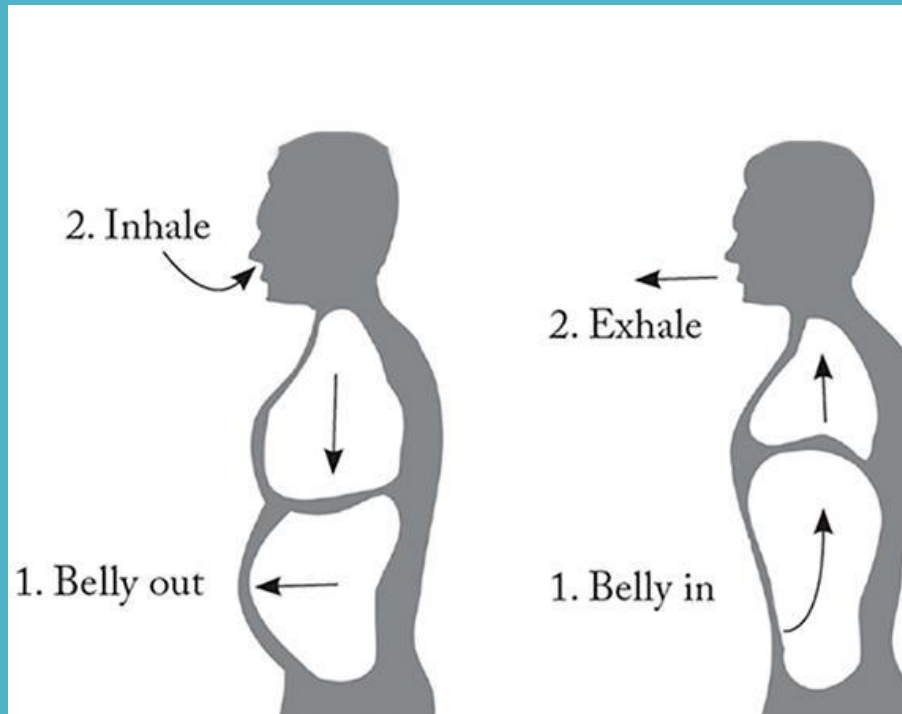
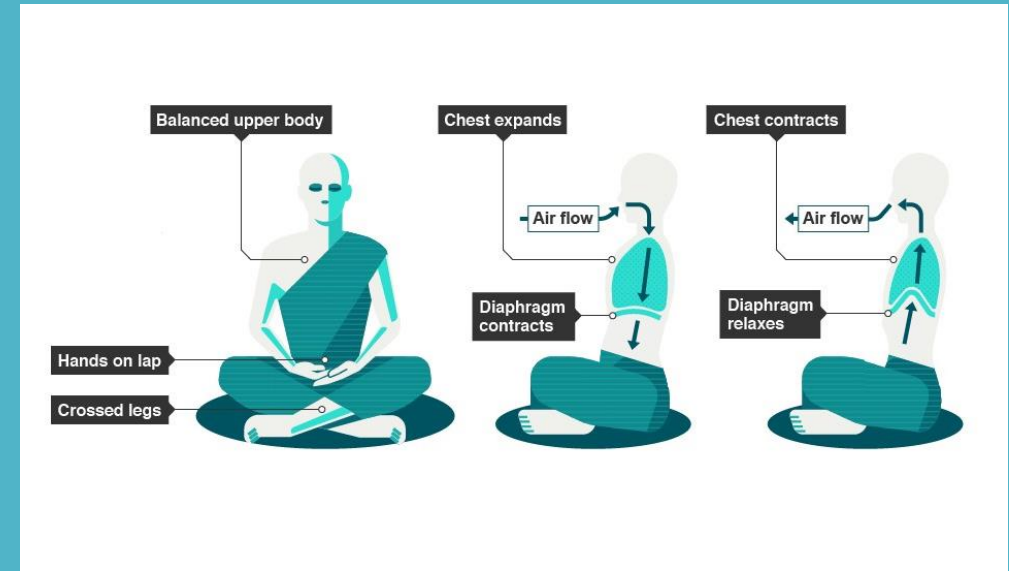


Meditation is a skill



# Respira

Breathing is a basic yet a powerful tool and skill in a meditation practice.



The goal is to focus your attention just on your breathing—to its natural rhythm and flow and observe how it feels on each inhale and exhale.



Let's practice

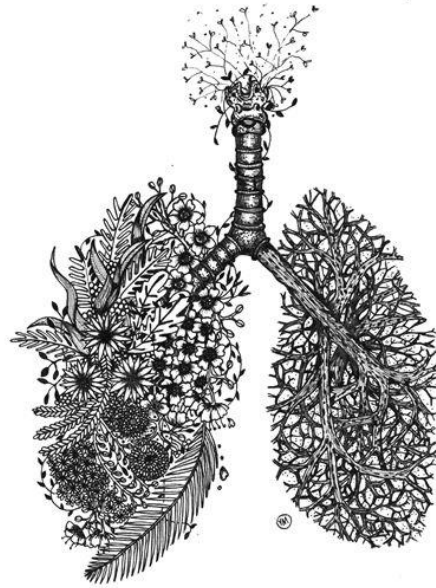
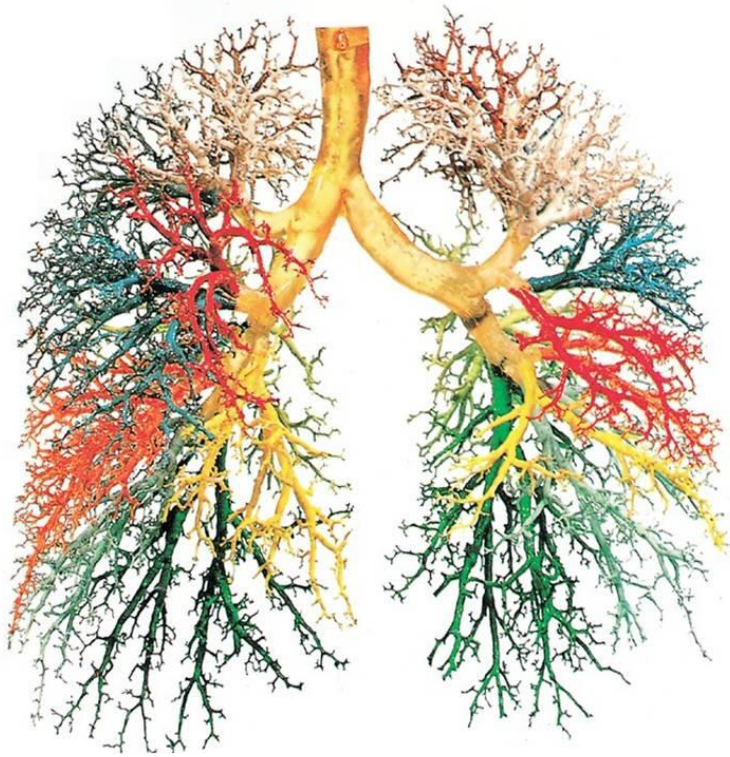
Ask yourself ...

How do you feel ?

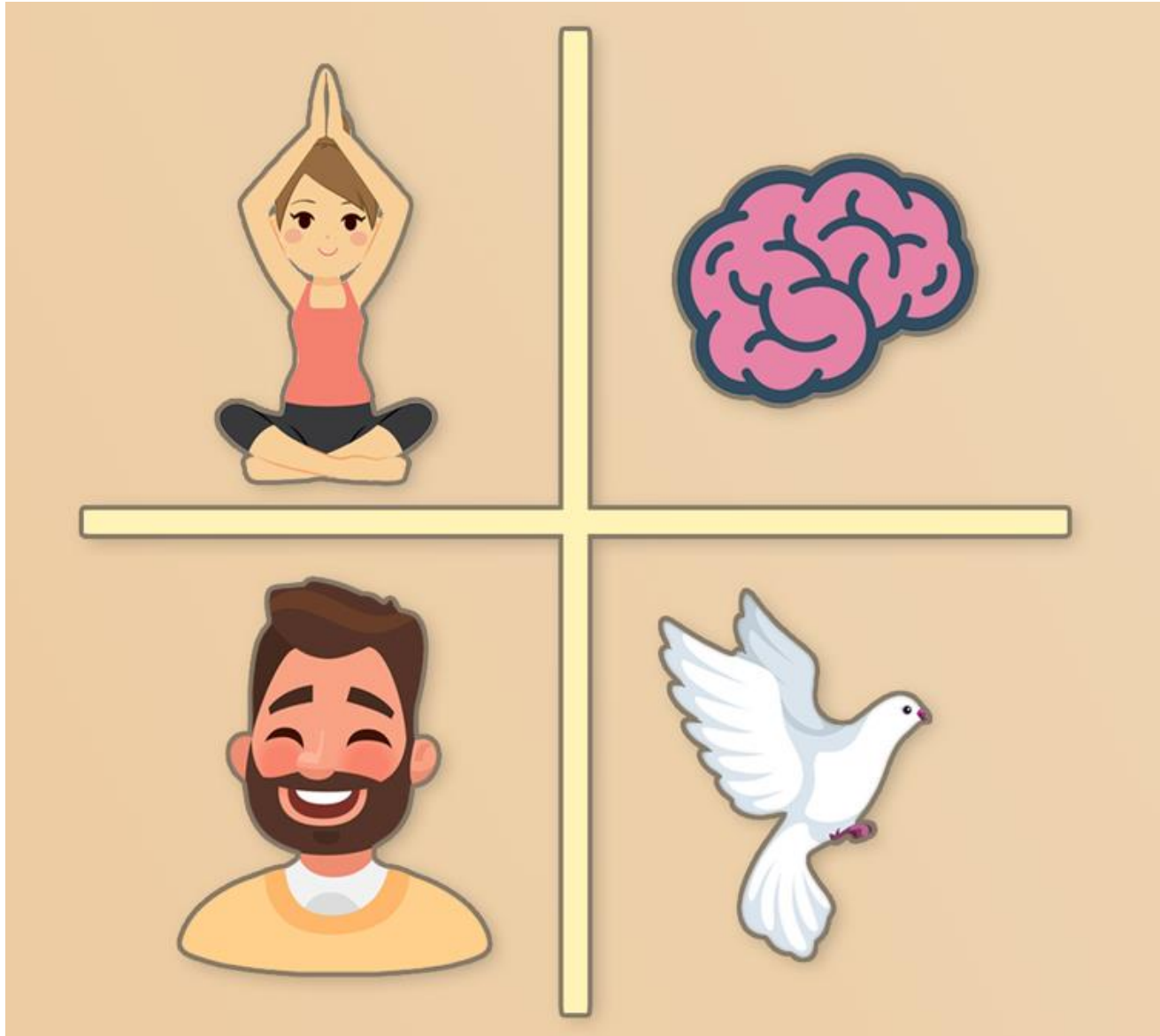
What did you observe?

What's different?

What's the same?



# 11 Benefits of meditation



1. **Reduces** Stress
2. **Controls** Anxiety
3. Promotes Emotional Health
4. Enhances Self Awareness
5. Lengthens Attention Span
6. May Reduce Age-Related Memory loss
7. Can generate kindness
8. Can help fight addictions
9. Improves Sleep
10. Helps Control Pain
11. Can Reduce Blood Pressure

# Brain activation





## Frontal Lobe

This is the most highly evolved part of the brain responsible for reasoning, planning, emotions and self-conscious awareness.

During meditation, the frontal cortex tends to go offline!



# Incorporating Principles of Meditation

Time

Space

Patience

Consistency

Journal

Explore

Remember  
it's a Practice







Now Let's Practice

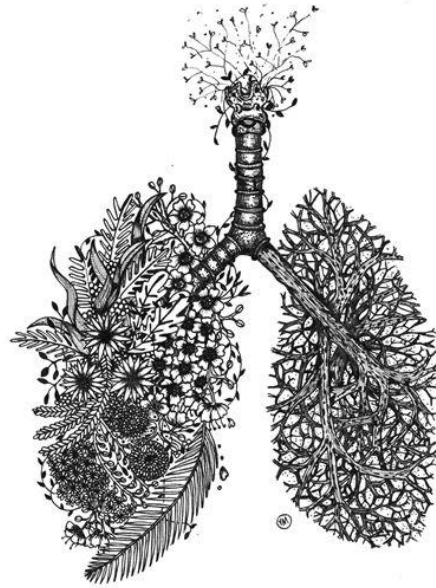
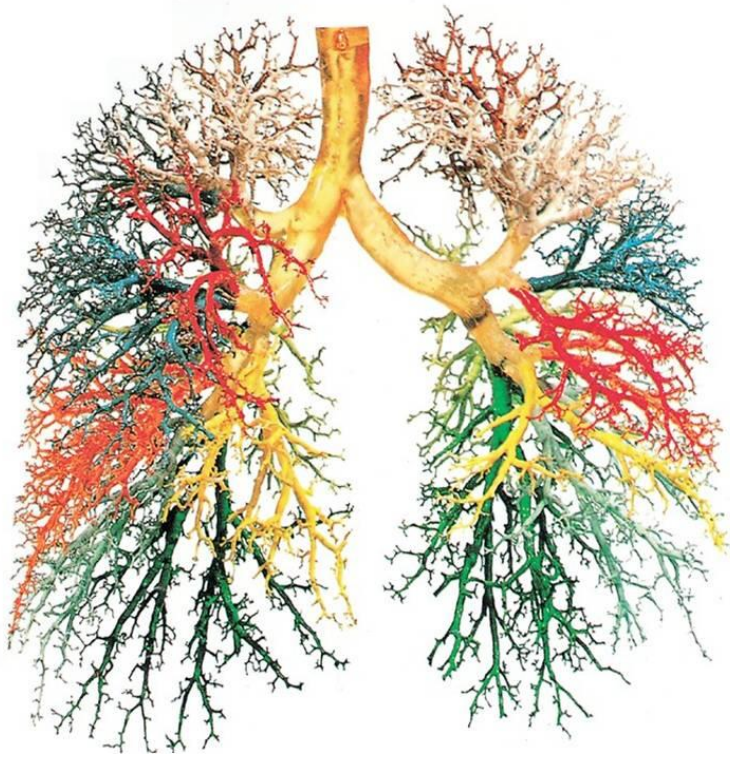
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How do you feel ?

What did you observe?

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Questions?

Thank you



# Resources

## Books:

- A new Earth: Eckart Tolle
- Wherever you go, there you are: Jon Kabat Zin
- Coming to our senses: Jon Kabat Zin

## Apps:

- Headspace
- 10% Happier
- Calm

## Website:

- [chopracentermeditation.com](http://chopracentermeditation.com)



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