

Meditation Articles

Jr. Shapiro

Meditation Deane H. Shapiro (Jr.), Roger N. Walsh, Many claim that meditation is effective in the treatment of many ailments associated with stress and high blood pressure, and in the management of pain. While there are many popular books on meditation, few embrace the science as well as the art of meditation. In this volume, Shapiro and Walsh fill this need by assembling a complete collection of scholarly articles--Meditation: Classic and Contemporary Perspectives. From an academic rather than a popular vantage, the volume takes the claims and counterclaims about meditation to a deeper analytical level by including studies from clinical psychology and psychiatry, neuroscience, psychophysiology, and biochemistry. Each selection is a contribution to the field, either as a classic of research, or by being methodologically elegant, heuristically interesting, or creative. Original articles cover such topics as the effects of meditation in the treatment of stress, hypertension, and addictions; the comparison of meditation with other self-regulation strategies; the adverse effects of meditation; and meditation-induced altered states of consciousness. Concluding with a major bibliography of related works, Meditation offers the reader a valuable overview of the state and possible future directions of meditation research. Today, in the popular media and elsewhere, debate continues: Is meditation an effective technique for spiritual and physical healing, or is it quackery? Meditation: Classic and Contemporary Perspectives weighs in on this debate by presenting what continues to be the most complete collection of scholarly articles ever amassed on the subject of meditation.

Meditation Jr. Shapiro, 2017-07-12 Many claim that meditation is effective in the treatment of many ailments associated with stress and high blood pressure, and in the management of pain. While there are many popular books on meditation, few embrace the science as well as the art of meditation. In this volume, Shapiro and Walsh fill this need by assembling a complete collection of scholarly articles--Meditation: Classic and Contemporary Perspectives. From an academic rather than a popular vantage, the volume takes the claims and counterclaims about meditation to a deeper analytical level by including studies from clinical psychology and psychiatry, neuroscience, psychophysiology, and biochemistry. Each selection is a contribution to the field, either as a classic of research, or by being methodologically elegant, heuristically interesting, or creative. Original articles cover such topics as the effects of meditation in the treatment of stress, hypertension, and addictions; the comparison of meditation with other self-regulation strategies; the adverse effects of meditation; and meditation-induced altered states of consciousness. Concluding with a major bibliography of related works, Meditation offers the reader a valuable overview of the state and possible future directions of meditation research. Today, in the popular media and elsewhere, debate continues: Is meditation an effective technique for spiritual and physical healing, or is it quackery? Meditation: Classic and Contemporary Perspectives weighs in on this debate by presenting what continues to be the most complete collection of scholarly articles ever amassed on the subject of meditation.

Mindfulness in Positive Psychology Itai Ivtzan, Tim Lomas, 2016-03-17 Mindfulness in Positive Psychology brings together the latest thinking in these two important disciplines. Positive psychology, the science of wellbeing and strengths, is the fastest growing branch of psychology, offering an optimal home for the research and application of mindfulness. As we contemplate mindfulness in the context of positive psychology, meaningful insights are being revealed in relation to our mental and physical health. The book features chapters from leading figures from mindfulness and positive psychology, offering an exciting combination of topics. Mindfulness is explored in relation to flow, meaning, parenthood, performance, sports, obesity, depression, pregnancy, spirituality, happiness, mortality, and many other ground-breaking topics. This is an invitation to rethink about mindfulness in ways that truly expands our understanding of wellbeing. Mindfulness in Positive Psychology will appeal to a readership of students and practitioners, as well as those interested in mindfulness, positive psychology, or other relevant areas such as education, healthcare, clinical psychology, counselling psychology, occupational psychology, and coaching. The book explores cutting edge theories, research, and practical exercises, which will be relevant to all people interested in this area, and particularly those who wish to enhance their wellbeing via mindfulness.

The Neuroscience of Meditation Yi-Yuan Tang, Rongxiang Tang, 2020-02-21 The Neuroscience of Meditation: Understanding Individual Differences explores the individual differences in learning and practicing meditation, while also providing insights on how to learn and practice effectively. The book comprehensively covers the research in brain areas and networks that mediate the positive effects of meditation upon physical and mental health. Though it examines how people differ in how they learn and practice meditation, it underscores how underlying mechanisms differ in learning and practicing meditation and how they remain unclear to researchers. This book addresses the research gap and explores the brain science behind meditation. Examines the biological mechanisms that give rise to individual differences Incorporates brain imaging and physiological recordings for further measurement of individual differences Covers the genetic association between meditation learning and practice Explores how meditation changes over the lifespan—from children to seniors

Meditation For Dummies® Stephan Bodian, 2011-03-03 The popular guide—over 80,000 copies sold of the first edition—now revised and enhanced with an audio CD of guided meditations According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

Meditation, Classic and Contemporary Perspectives Deane H. Shapiro, 1984 Many claim that meditation is effective in the treatment of many ailments associated with stress and high blood pressure, and in the management of pain. While there are many popular books on meditation, few embrace the science as well as the art of meditation. In this volume, Shapiro and Walsh fill this need by assembling a complete collection of scholarly articles--Meditation: Classic and Contemporary Perspectives. From an academic rather than a popular vantage, the volume takes the claims and counterclaims about meditation to a deeper analytical level by including studies from clinical psychology and psychiatry, neuroscience, psychophysiology, and biochemistry. Each selection is a contribution to the field, either as a classic of research, or by being methodologically elegant, heuristically interesting, or creative. Original articles cover such topics as the effects of meditation in the treatment of stress, hypertension, and addictions; the comparison of meditation with other self-regulation strategies; the adverse effects of meditation; and meditation-induced altered states of consciousness. Concluding with a major bibliography of related works, Meditation offers the reader a valuable overview of the state and possible future directions of meditation research. Today, in the popular media and elsewhere, debate continues: Is meditation an effective technique for spiritual and physical healing, or is it quackery? Meditation: Classic and Contemporary Perspectives weighs in on this debate by presenting what continues to be the most complete collection of scholarly articles ever amassed on the subject of meditation.

Your Life Is Meditation Mark Van Buren, 2020-10-06 In this mindfulness guide for a new generation, the author of A Fool's Guide to Actual Happiness provides accessible mindfulness teachings that reveal how simple it really is to entirely transform your life. This book's message is bold and clear: Your life is meditation—every moment and every circumstance can be a place of

mindfulness practice and transformation. Your entire life is a path to awakening; nothing is too mundane, nothing is left out. Mark Van Buren excels at communicating in a simple and breezy fashion the nothing-special quality of spiritual practice and how mindfulness helps us make peace with life as it actually is. He leaves the reader feeling empowered, encouraged, and up for the task of living a life of at least just a little bit more freedom and peace.

Meditation For Dummies Stephan Bodian,2012-07-31 Take an inward journey for a happier, healthier, more productive life Meditation is a great way to reduce stress, increase energy, and enjoy better health. It is believed to result in a state of greater calmness and physical relaxation, and psychological balance. Plus, practicing meditation can change how you relate to the flow of emotions and thoughts in your everyday life. This fun and easy guide has long been a favorite with meditation newcomers . . . and now it's even better. Meditation For Dummies offers a newly recorded CD featuring more than 70 minutes of music and guided meditations that are keyed to topics in the book, from tuning in to your body, transforming suffering, and replacing negative patterns to grounding yourself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Includes new information on the recent research on the causes of happiness and how meditation can improve mood Features a set of suggested meditations for becoming happier Examines new research on brain changes in people practicing meditation New, revised, and refreshed content throughout, including insight into the best meditation apps, electronic content, and websites Praised by Deepak Chopra as a useful guidebook filled with clear instructions and helpful hints, this hands-on, friendly guide gives you everything you need to begin experiencing the many benefits of meditation. CD-ROM/DVD and other supplementary materials are not included as part of the e-book file, but are available for download after purchase.

The Science of Meditation Daniel Goleman,Richard J. Davidson,2018-09 Drawing on cutting-edge research, friends and Harvard collaborators Daniel Goleman and Richard Davidson expertly reveal what we can learn from a one-of-a-kind data pool that includes world-class meditators. They share for the first time remarkable findings that show how meditation - without drugs or high expense - can cultivate qualities such as selflessness, equanimity, love and compassion, and redesign our neural circuitry. Demonstrating two master thinkers at work,The Science of Meditationexplains precisely how mind training benefits us. More than daily doses or sheer hours, we need smart practice, including crucial ingredients such as targeted feedback from a master teacher and a more spacious worldview. These two bestselling authors sweep away the misconceptions around these practices and show how smart practice can change our personal traits and even our genome for the better. Gripping in its storytelling and based on a lifetime of thought and action, this is one of those rare books that has the power to change us at the deepest level.

The Relaxation Response Herbert Benson, M.D.,Miriam Z. Klipper,2009-09-22 In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. *The Relaxation Response* has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

Psychoneuroendocrinology Owen M. Wolkowitz,Anthony J. Rothschild,2008-08-13 The mind-body connection is one of the hottest topics in medicine today, documented by enormous amounts of data regarding hormone effects on the brain and behavior. Yet it is only now -- with the debut of this thought-provoking volume -- that we find an up-to-date, sophisticated reference that focuses on the clinical relevance of behavioral endocrinology and is written for practicing clinicians and researchers. This wide-ranging volume shows how the principles and emerging findings of psychoneuroendocrinology can inform modern clinical practice and lead to new breakthroughs in future science and practice. Here, leading authorities -- internationally respected researchers and practicing clinicians -- review empirical findings in their areas of expertise, highlight the clinical significance of these findings, and provide, wherever appropriate, clinical guidelines for the management of patients. Beginning with a lively history of psychoneuroendocrinology (including its many false starts), this book continues on to discussions of the hypothalamic-pituitary-adrenal axis hormone system, the gonadal hormone system, and the thyroid hormone system from each of the three paths generally used for psychoneuroendocrinological investigation: Alterations in endogenous hormone levels observed in primary psychiatric illness Psychiatric concomitants or sequelae of hormonal dysregulation in primary endocrinologic illness Behavioral effects of exogenously administered hormones or hormone antagonists (both the study of the side effects of hormonal medications and the use of hormones and hormone antagonists as psychotropic medications) An unmatched diversity of topics reveals the full breadth and depth of this volume: diabetes mellitus, corticosteroid effects on mood and cognition, Cushing's syndrome and Addison's disease, oral contraceptives and estrogen replacement therapy, psychiatric illness associated with the menstrual cycle and perimenopause, postpartum behavioral changes, anabolic/androgenic steroid use, and a thorough review of thyroid function in psychiatric disorders. Particularly fascinating are sections on the role of neuropeptides and hypothalamic-releasing factors in psychiatric illness, the use of laboratory tests and imaging procedures in evaluating hormonal function in psychiatric patients, the place of newer alternative hormonal medications such as melatonin and DHEA in therapeutics, and a provocative and compelling final chapter on the role stress plays in precipitating illness. Designed for both clinician and researcher-scientist, this richly informative guide will also prove an invaluable addition to graduate courses in neuroscience, neuroendocrinology, the biological basis of behavior, and consultation psychiatry. Neuroscientists/neurologists, endocrinologists, obstetricians/gynecologists, internists, family practitioners, nurses, and interested laypersons round out the wide audience for this remarkable volume.

The Mayo Clinic Guide to Stress-Free Living Amit Sood,Mayo Clinic,2013-12-24 In this book, Amit Sood, M.D., M.Sc., a Mayo Clinic specialist in stress and resiliency, reveals how the mind's instinctive restlessness and shortsightedness generate stress and anxiety and presents strategies for living a more peaceful life. Have you ever driven several miles without noticing anything on the road, or read a page in a book without registering any of it? Do the day's worries and disappointments crowd your mind as you're trying to fall asleep at night? Do you feel stressed much of the time and aren't sure how to find peace? This book is based on the highly popular stress management program offered at Mayo Clinic that Dr. Sood developed after two decades of work with tens of thousands of people. Drawing on groundbreaking brain research, Dr. Sood helps you understand the brain's two modes and how an imbalance between them produces unwanted stress. From this basis, you learn skills that will help you: Develop deep and sustained attentionPractice gratitude, compassion and acceptanceLive a meaningful lifeCultivate nurturing relationshipsAchieve your highest potential All of these concepts are weaved into a practical and fun journey that has been tested in numerous scientific studies, with consistently positive results. Take the first step to discover greater peace and joy for you and your loved ones. Dr. Sood has put together a simple, secular and structured program that is anchored in science, is free of rituals and dogmas, and is

accessible to everyone. This book can change your life. -- Dr. Andrew Weil An important innovative approach to well-being, one we all should know about. -- Dr. Daniel Goleman

The Neuroscience of Mindfulness Meditation Yi-Yuan Tang,2017-08-09 This book presents the latest neuroscience research on mindfulness meditation and provides guidance on how to apply these findings to our work, relationships, health, education and daily lives. Presenting cutting-edge research on the neurological and cognitive changes associated with its practice Tang aims to explain how it reaps positive effects and subsequently, how best to undertake and implement mindfulness practice. Mindfulness neuroscience research integrates theory and methods from eastern contemplative traditions, western psychology and neuroscience, and is based on neuroimaging techniques, physiological measures and behavioural tests. The Neuroscience of Mindfulness Meditation begins by explaining these foundations and then moves on to themes such as the impact of personality and how mindfulness can shape behaviour change, attention and self-control. Finally, the book discusses common misconceptions about mindfulness and challenges in future research endeavours. Written by an expert in the neuroscience of mindfulness this book will be valuable for scholars, researchers and practitioners in psychotherapy and the health sciences working with mindfulness, as well as those studying and working in the fields of neuroscience and neuropsychology.

Simple Meditation Curt Remington,2011-05 The exercises and information in Simple Meditation can help people improve their relationships, tap into psychic abilities, and use quantum energy to release blocks to health and happiness.

Meditation Shapiro, Jr,2017 Many claim that meditation is effective in the treatment of many ailments associated with stress and high blood pressure, and in the management of pain. While there are many popular books on meditation, few embrace the science as well as the art of meditation. In this volume, Shapiro and Walsh fill this need by assembling a complete collection of scholarly articles--Meditation: Classic and Contemporary Perspectives. From an academic rather than a popular vantage, the volume takes the claims and counterclaims about meditation to a deeper analytical level by including studies from clinical psychology and psychiatry, neuroscience, psychophysiology, and biochemistry. Each selection is a contribution to the field, either as a classic of research, or by being methodologically elegant, heuristically interesting, or creative. Original articles cover such topics as the effects of meditation in the treatment of stress, hypertension, and addictions; the comparison of meditation with other self-regulation strategies; the adverse effects of meditation; and meditation-induced altered states of consciousness. Concluding with a major bibliography of related works, Meditation offers the reader a valuable overview of the state and possible future directions of meditation research. Today, in the popular media and elsewhere, debate continues: Is meditation an effective technique for spiritual and physical healing, or is it quackery? Meditation: Classic and Contemporary Perspectives weighs in on this debate by presenting what continues to be the most complete collection of scholarly articles ever amassed on the subject of meditation.--Provided by publisher.

Cognitive Aging Institute of Medicine,Board on Health Sciences Policy,Committee on the Public Health Dimensions of Cognitive Aging,2015-07-21 For most Americans, staying mentally sharp as they age is a very high priority. Declines in memory and decision-making abilities may trigger fears of Alzheimer's disease or other neurodegenerative diseases. However, cognitive aging is a natural process that can have both positive and negative effects on cognitive function in older adults - effects that vary widely among individuals. At this point in time, when the older population is rapidly growing in the United States and across the globe, it is important to examine what is known about cognitive aging and to identify and promote actions that individuals, organizations, communities, and society can take to help older adults maintain and improve their cognitive health. Cognitive Aging assesses the public health dimensions of cognitive aging with an emphasis on definitions and terminology, epidemiology and surveillance, prevention and intervention, education of health professionals, and public awareness and education. This report makes specific recommendations for individuals to reduce the risks of cognitive decline with aging. Aging is inevitable, but there are actions that can be taken by individuals, families, communities, and society that may help to prevent or ameliorate the impact of aging on the brain, understand more about its impact, and help older adults live more fully and independent lives. Cognitive aging is not just an individual or a family or a health care system challenge. It is an issue that affects the fabric of society and requires actions by many and varied stakeholders. Cognitive Aging offers clear steps that individuals, families, communities, health care providers and systems, financial organizations, community groups, public health agencies, and others can take to promote cognitive health and to help older adults live fuller and more independent lives. Ultimately, this report calls for a societal commitment to cognitive aging as a public health issue that requires prompt action across many sectors.

McMindfulness Ronald Purser,2019-07-09 Mindfulness is now all the rage. From endorsements by celebrities, to monks, neuroscientists, and meditation coaches rubbing shoulders with CEOs at the World Economic Forum in Davos, it is clear that mindfulness has gone mainstream. Some have called it a revolution. The evangelical promotion of mindfulness as a panacea for all that ails us has begun to give way to a backlash, with questions arising whether its claims for achieving happiness, wellbeing and career success have been over-sold. Expanding on his influential essay Beyond McMindfulness, Ronald Purser debunks the so-called "mindfulness revolution", arguing its proponents have reduced mindfulness to a self-help technique that fits snugly into a consumerist culture complicit with Western materialistic values. In a lively and razor-sharp critique of mindfulness as it has been enthusiastically co-opted by corporations, public schools, and the U.S. military, Purser explains why such programs inevitably fall short of their revolutionary potential. Simply paying attention to the present moment while resting snugly in our private bubbles is no mindfulness revolution. Mindfulness has become the new capitalist spirituality, a disciplined myopia, that mindlessly ignores the need for social and political change.

Meditation Lucia Brewer,2018 The Many Benefits of Meditation addresses prenatal meditation and its positive effects on maternal health, fetal health and infant health. The authors evaluate a Prenatal Eastern Based Meditative Intervention (EBMI) program developed for pregnant Chinese women in Hong Kong in order to evaluate the effects of meditation on pregnancy. The conceptual framework was based on the postulation of positive relationships between meditation and pregnancy health which is important for fetal health and child health. The following chapter discusses how the exponential growth of mindfulness-based interventions (MBIs) in recent years has resulted in a marketisation and commodification of practice (popularly labeled McMindfulness) which divorces mindfulness from its ethical origins in Buddhist traditions. Another article is included which examines the elusive primordial energy that the ancient yogis referred to as Kundalini. This energy is said to ascend through each of the seven chakras from the base of the spine to the crown of the head. When the Kundalini reaches the crown chakra, cosmic consciousness, a restructuring of the psyche, and paranormal abilities have been reported. The authors use a multidisciplinary approach to explore how Kundalini is typically expressed and safely managed, and the importance for recognition by health care professionals. Next, a review is presented with the objective of determining whether evidence exists that directly compares the utility of tai chi/qi gong and mindfulness meditation in the treatment of cancer pain in adults. Several articles described the benefits of tai chi/qi gong on the pain experience of adult cancer patients, and multiple articles discussed the positive effects of mindfulness practices on pain. A paper is presented which examines the effects of Concentrative Meditation on worry, attention, dispositional mindfulness, and decentering. The results suggest that short-term uses of concentrative meditation are likely to be effective for worry, which may be associated with enhanced selective attention and decentering. Later, the effects of cognitive decentering and thinking errors on eating disorder symptoms among women's college students are examined. A structural equation model of questionnaire data (N = 173) revealed that

cognitive decentering reduced eating disorder tendency by ameliorating thinking errors. The last study combines three distinct literatures. Burnout is a huge concern as workers and employers experience losses and challenges due to its effects, and DoS and mindfulness have been identified as important psychological traits for coping with burnout. The results of this study suggest that both DoS and Mindfulness are negatively correlated with burnout, indicating that these traits are important buffers against and resources for coping with emotional exhaustion.

Mindfulness-based Therapy for Insomnia Jason C. Ong,2016-07-30 Insomnia is a pervasive problem among adults that impairs cognitive abilities and the immune system, and it can intensify other mental and physical disorders. Yet, existing medical, psychological, and alternative treatments have only limited success in treating this persistent disorder. In this clinical guide, Jason Ong introduces mental health practitioners to an innovative, evidence-based form of treatment to treat chronic insomnia: mindfulness-based therapy for insomnia (MBTI). MBTI is an 8-session group intervention that combines mindfulness meditation with principles and strategies derived from cognitive behavioral therapy. Through guided meditations, group discussions, and daily activities performed at home, participants cultivate greater self-awareness and change their unhealthy thoughts and behaviours surrounding sleep to reduce stress, sleeplessness, and other insomnia symptoms long after treatment has ended. As well as teaching mental health professionals how to integrate MBTI into their own practices through detailed session-by-session guidelines, this book helps practitioners evaluate potential participants prior to treatment by assessing any physical and psychological issues that underlie their insomnia and determining whether MBTI will be appropriate for them. Practitioner competency is also given special focus.

The Buddha Pill Miguel Farias,Dr. Catherine Wikholm,2019-02-19 Millions of people meditate daily but can meditative practices really make us ‘better’ people? In The Buddha Pill, pioneering psychologists Dr Miguel Farias and Catherine Wikholm put meditation and mindfulness under the microscope. Separating fact from fiction, they reveal what scientific research – including their groundbreaking study on yoga and meditation with prisoners – tells us about the benefits and limitations of these techniques for improving our lives. As well as illuminating the potential, the authors argue that these practices may have unexpected consequences, and that peace and happiness may not always be the end result. Offering a compelling examination of research on transcendental meditation to recent brain-imaging studies on the effects of mindfulness and yoga, and with fascinating contributions from spiritual teachers and therapists, Farias and Wikholm weave together a unique story about the science and the delusions of personal change.

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Meditation Articles** . This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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