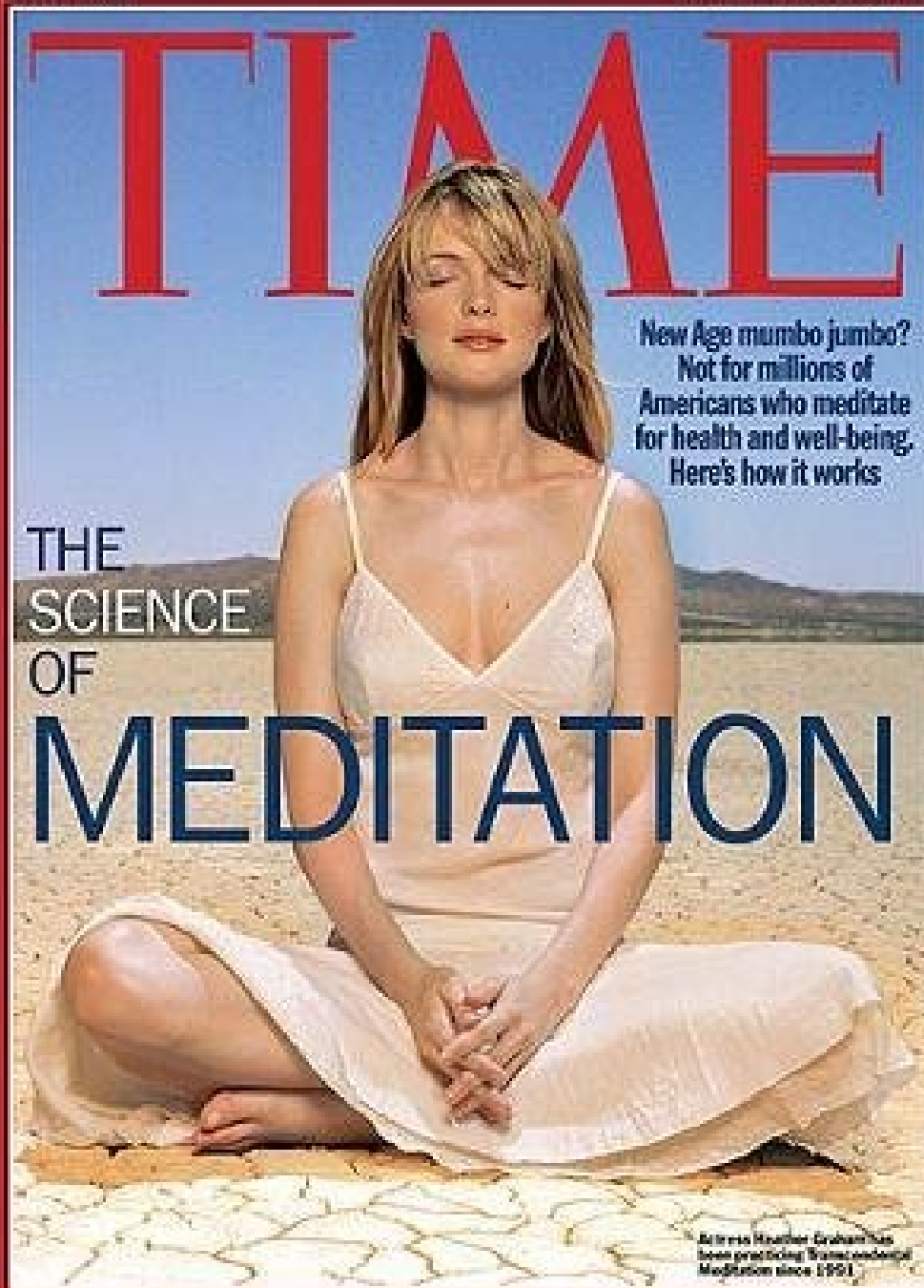




Meditation Improves Brain Structure and Function (I)



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Meditation becomes more Popular in Europe and US.

Nowadays meditation attracts more and more attention.

A US government report in 2007 shows there are 20 million Americans meditating regularly.

More and more medical centers start to teach patients to meditate to release pain and stress. ancient mysterious meditation methods are gradually becoming mainstream treatment.



In last 30 years, many studies on meditation point out, meditation is very effective to handle and release stress.

New research is even more exciting: meditation can train our mind, change our brain structure.



The practicability of meditation is not only proved by science, but also fueled by celebrities such as Hillary Clinton and the like.

Quote from Time magazine, ten million American adults meditate regularly (more than doubled compared with a decade ago). meditation became the fashion in mainstream of American society.

Pyramid is the most stable structure on the planet, but also a place to receive the highest cosmic energy.

Pyramid is at an angle of 52 degrees 51 minutes, which allows the pyramid to receive the highest cosmic energy.



When Meditate, people are often required cross-legged, legs superimposed, hands on his knees, which is called the five centers upward: centers of hands, feet and head top.

In this case, the shape of the human body in meditation forms a typical pyramid, can collect the omnipresent cosmic energy throughout the universe, get to the state of unification of man and Universe.

Long-term meditation will make the body healthy, thought quiet, mind clear, and more, develop wisdom and unveil one's potential.



I. Balance involuntary nerve system, improve healing power.

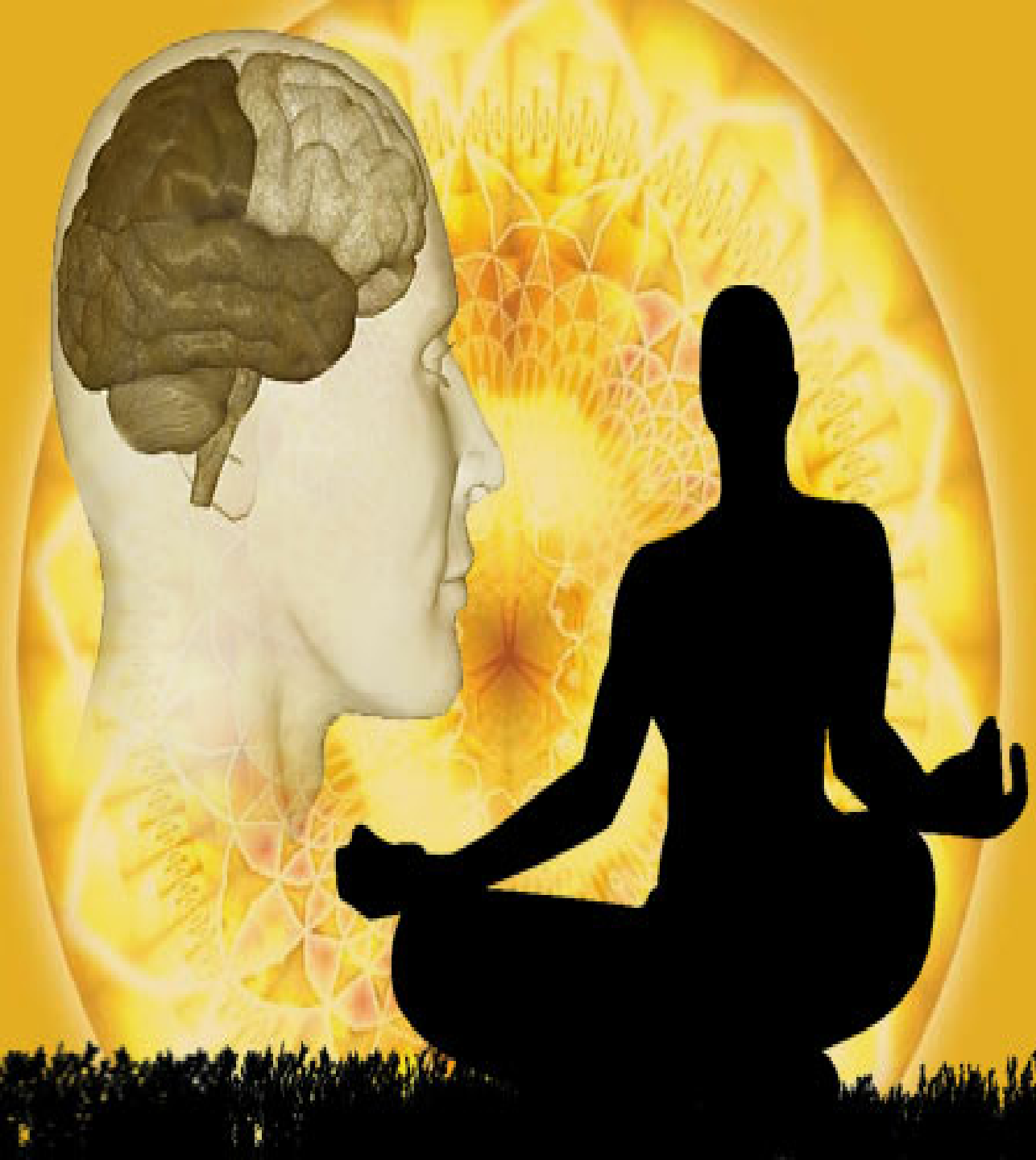
Meditation is basically a non-drug-induced but self-induced specific mental state.

Meditation relaxation can cause a variety of physiological changes.

Include oxygen consumption, carbon dioxide excluded volume, respiratory rate, heart rate, muscle tension and reduced sympathetic nerve activity, and increased skin electric resistance and parasympathetic nervous activity.



"Meditation can affect brain activity, especially in the limbic nervous system, metabolism, blood pressure; respiration and heart beat also will slow down."



More and more scientific research shows that meditation can indeed relieve pain, improve concentration and immune function, lower blood pressure, suppress anxiety and insomnia, and may even help prevent depression.



In recent years, The motivation of meditation has changed from seeking stress relaxation at early time to prevention, delaying or controlling of high blood pressure, heart disease, migraine headaches, chronic pain and even cancer and other diseases



II. Change Brain Structure

The areas of brains which dominate attention, sensory acuity inside the body thicken of long-term meditating people.

The part of brain responsible for regulating mood and attention has a larger volume, with more gray matter of the brain, which can improve mental function.

II. Change Brain Structures

Scientists have discovered: generally office workers meditating as long as 40 minutes a day can increase gray matter in their brains.

Meditation people think more agile.




III. Protect Immunity and Cardiovascular

Relation between stress and immunity has been well known.

Stress reduces the immune system, make you easy to get sick. When feel good you can start the immune response, increase endurance, and affect rehabilitation force.

The most direct effect of meditation is relaxation and reduced stress, and improve brain activity and immune response.



靜坐中可以獲得更多宇宙的數量，開啟我們的第三眼（松果體）。



IV. Meditation can mediate body's internal organs

Meditation allows organs to fully rest, restore to normal, adjust to the best condition, also exclude toxic and harmful things.

V. Cultivation method: Unity of body and mind

The most important thing of meditation is to relax .

Long Meditation exercises can help us develop a stable mind power,

can open the inner wisdom to guide people to reflect on the self, aware the existence of life, and reach enlightenment.





VI. Meditation bring happiness

Meditation can change brain waves, triggering a feeling of true happiness.

The associated pleasure neuronal activity index in the brains of meditators is seven times more than ordinary people.



VII. Meditation is more effective than sleep in making people energetic

Meditation energize people, even just a short sleep is enough.

Reading or chanting has no help in energy.

But meditation does.



Medical scientists say that 80-90% of disease originate from stress and anxiety, stress will accelerate the aging process.

Meditation is the only scientifically proved way that provides deeper rest and relaxation than sleep .

Meditation can dissolve deep entrenched stress and tension, promote health and reverse aging.