

# Science of Meditation

In this video, I'll explain some of the major scientific discoveries relating to meditation. We'll answer questions like, scientifically, "how long should I meditate?" I'll explain meditation's impact on stress physiology, our nervous system, and our neurocircuitry.

## References and further reading:

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- Mitchell, J. T., Zylowska, L., & Kollins, S. H. (2015). Mindfulness meditation training for attention-deficit/hyperactivity disorder in adulthood: Current empirical support, treatment overview, and future directions. *Cognitive and behavioral practice*, 22(2), 172-191.
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- Sinha, A. N., Deepak, D., & Gusain, V. S. (2013). Assessment of the effects of pranayama/alternate nostril breathing on the parasympathetic nervous system in young adults. *Journal of clinical and diagnostic research: JCDR*, 7(5), 821.

## Glossary

Adrenal Gland

Pituitary Gland

Adrenaline

Central Nervous System (CNS)

Hypothalamic Pituitary Adrenal (HPA)

Axis

Frontal Lobes

Ventral Medial Prefrontal Cortex

Flow State

Reticular Activating Formation (RAF)

Vagus Nerve

Autonomic Nervous System (ANS)

Eustress

Limbic System

Association Cortices

## Meditation Videos



P00 – Posture