

med·i·ta·tion  
,medə'tāSH(ə)n/  
noun

## 4,7,8 Breathing

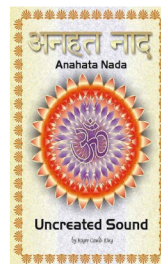
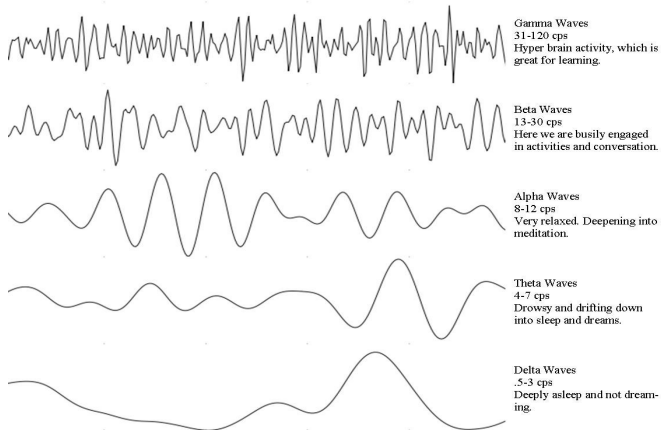
noun: **meditation**

the action or practice of meditating. "a life of meditation"

synonyms: contemplation, thought, thinking, musing, pondering, consideration, reflection, deliberation, rumination, brooding, reverie, brown study, concentration; prayer, formal cognition  
"cultivating the presence of God through meditation"



Brain Waves Graph



AUM Unstruck Sound **Anahata Nada** primal energy when we chant Om, we create within ourselves a vibration that attunes sympathy with the cosmic vibration and we start thinking universally

Past-Present-Future Heart Charka Awake-Dreams-Deep Sleep

Universe—Manifestation—Integration—One

<http://www.spiritsound.com/aum.html>

### Meditation 101:

Techniques, Benefits, and a Beginner's How-to

<http://www.gaiam.com/discover/158/article/meditation-101-techniques-benefits-and-a-beginners-how-to>

[MEDITATION](#)

Mindfulness = Awareness

### [Binaural Beats](#)

Kelly Howell <https://www.youtube.com/watch?v=QS7XowzEW0k>

Rasa Lukosiute <https://www.youtube.com/watch?v=vh95F3Vb2S8&t=48s>

### It Boosts Your HEALTH

- 1 - Increases immune function
- 2 - Decreases Pain
- 3 - Decreases Inflammation at the Cellular Level

### It Boosts Your HAPPINESS

- 4 - Increases Positive Emotion
- 5 - Decreases Depression
- 6 - Decreases Anxiety
- 7 - Decreases Stress

### It Boosts Your SOCIAL LIFE

- Think meditation is a solitary activity? It may be (unless you meditate in a group which many do!) but it actually increases your sense of connection to others:
- 8 - Increases social connection & emotional intelligence
  - 9 - Makes you more compassionate
  - 10 - Makes you feel less lonely

### It Boosts Your Self-Control

- 11 - Improves your ability to regulate your emotions
  - 12 - Improves your ability to introspect
- ### It Changes Your BRAIN
- 13 - Increases grey matter anti-aging
  - 14 - Increases volume in areas related to emotion regulation, positive emotions & self-control
  - 15 - Increases cortical thickness in areas related to paying attention

### It Improves Your Productivity

- 16 - Increases your focus & attention
- 17 - Improves your ability to multitask
- 18 - Improves your memory
- 19 - Improves your ability to be creative & think outside the box
20. It Makes You Wiser

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