

THE EFFECTS OF MEDITATION ON THE BRAIN

MRI scans have shown that meditation increases Gyrification, or cortical folding, which allows the brain to process information faster. The extent of gyrification is highly implicated as being positively related to intelligence.

Meditation increases whole brain function, by synchronizing the right and left hemispheres of the brain while increasing balance and amplitude in alpha, theta and delta brain-wave patterns.

Gyrification

Brain Function

Meditation improves focus by causing an increase in cortical thickness in regions of the brain responsible for attention.

Meditation increases dopamine and serotonin levels by stimulating regions of the brain which are associated with happiness and positivity.

Focus

Mood

Stress Reduction

Cognition

Meditation decreases stress and anxiety by downregulating cortisol and adrenaline creating a state of deep relaxation in which our breathing, pulse rate, blood pressure, and metabolism are decreased.

Meditation improves cognitive function, mindfulness and the ability to sustain focus by increasing grey matter, brain volume and cerebral blood flow.

DON'T THINK  **MEDITATE**

synchronicity.org/meditation