

## 1-CENTERing for Learning and Experiencing Article Briefs

### **Giving Meditation a Spin**

By Katherine Ellison Special to The Washington Post Tuesday, January 23, 2007; HE01  
...A study at Massachusetts General Hospital, for instance, found that parts of the cerebral cortex were thicker in people who had practiced meditation daily for just 40 minutes for several years. Did this mean people with that kind of brain gravitated to the practice, or had meditation actually changed the part of their brain known to be involved in attention and sensory processing? And is thicker better? The answers aren't known (though we do know that the cortex thins with age).

Other studies appear to show behavioral benefits. For instance, Zindel Segal, a professor of psychotherapy at the University of Toronto, has found that combining principles of mindful awareness with cognitive therapy -- stressing the links between thoughts and feelings -- has helped people suffering from depression. And scientists at the University of Wisconsin have reported that people newly trained in meditation have shown an increase in electrical activity in the left frontal part of the brain, an area associated with positive emotion -- while also showing a significant boost of immunity to the flu...

<http://www.washingtonpost.com/wp-dyn/content/article/2007/01/19/AR2007011901443>

### **Raw Emotions: 5 Ways to Buffer Your Suffering Parts 1-5**

By Don Munro, Special to LifeScript

The best way to keep those dark emotions at bay? Practice awareness of the feelings as they arise and give yourself permission to feel them (getting hostile, resentful or insecure doesn't make you a bad person; it makes you human). By giving difficult feelings their due, you'll minimize your own suffering and improve your ability to cope.

[http://www.lifescrypt.com/channels/well\\_being/Meditations\\_Motivations/raw\\_emotions\\_5 ...](http://www.lifescrypt.com/channels/well_being/Meditations_Motivations/raw_emotions_5...)

Meditate daily to experience the joy of your soul and to receive inner guidance for your life.

Energize your body daily with regular walks, exercises and/or yoga.

Bring more color into your home and your clothing to uplift your energy.

Play music regularly that inspires your spirit.

Dance often to free your body and open your heart.

Eat healthy, organic foods to care for your body, the temple of your spirit.

<http://www.surfingtheapocalypse.net/cgi-bin/forum.cgi?read=164763>