

How to Change Your Brain with Meditation

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Did you know that you can actually **grow your brain with meditation**? It's true, and there's good science behind it. By the time you get to the bottom of this article, we hope to convince you that a meditative practice can change your life just as much as it can change your brain!

How They Grew Their Brain

During a [study](#) on the effects of meditation, 16 individuals participated in an 8-week mindfulness-based stress reduction course. Neuroscientists took MRI brain scans before and after the study and the [results](#) were shocking.

The MRI scans revealed that the mindful meditators *increased gray matter concentrations within the left hippocampus, posterior cingulate cortex, temporo-parietal junction, and the cerebellum*. To put this in relatable terms, **meditation helped grow parts of the brain responsible for learning, memory, emotion, sense of self, and perspective talking.**

If that isn't reason enough to start meditating today, we don't know what is.

How to Meditate for Beginners

In the study referenced above, participants integrated [mindfulness](#) into their everyday activities, like washing dishes and eating. They also used traditional mindfulness exercises like seated meditation and yoga.

To meditate, we recommend starting with **body scans**. Instead of trying to be thoughtless, which can prove to be extremely difficult for beginners, a meditative body scan can give you something to focus on. Here's a guide on starting a [body scan practice](#).

Another form of meditation that is growing in popularity is yoga. **Yoga has proven benefits** specifically for [neurological disorders](#), so if you're looking for some movement during your meditation, this is definitely for you.

The [Yoga Journal](http://www.yogajournal.com/) (<http://www.yogajournal.com/>) is a great resource for starting an at-home yoga practice. But please consult with your therapist first as he/she can help you choose your safest options.

Implications for Stroke Survivors

[Study](#) after [study](#) has proven that meditation and mindfulness exercises can help with neurological recovery. If you're looking for a boost in your stroke recovery, **meditation will calm your nerves, boost your mood, and grow your brain!** Really, it doesn't get any better than that.