



# MEDITATION

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WHAT IS MEDITATION AND  
WHY DOES IT WORK?

MEDITATION'S PURPOSE IS TO ...



Empty your mind - Create flow - Introduce structure - Just be in your body and feel what it is to exist

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WHERE DID MEDITATION  
COME FROM?





# Hinduism

**The Indian Ascetics**



# Buddhism

**Zen Monks**



DIFFERENT TYPES

# Types of Mindfulness

## **Mindfulness**

- surroundings
- the here and now
- body sensations

## **Loving Kindness**

- compassion towards <->
- focus on sending positive intentions

## **Chakra Meditation**

- balance the body's energy centers
- localized energy in color

## **Mantra**

- repeating a word, phrase or sound to focus the mind

## **Body Scan / Sleep**

- observe
- relax
- head-to-toe

## **Visualization**

- creating a mental image of a peaceful place

## **Breath Awareness**

- focused attention
- steady rhythm
- inner peace

## **Gratitude**

- positive reflection
- focused remembering



THE SCIENCE

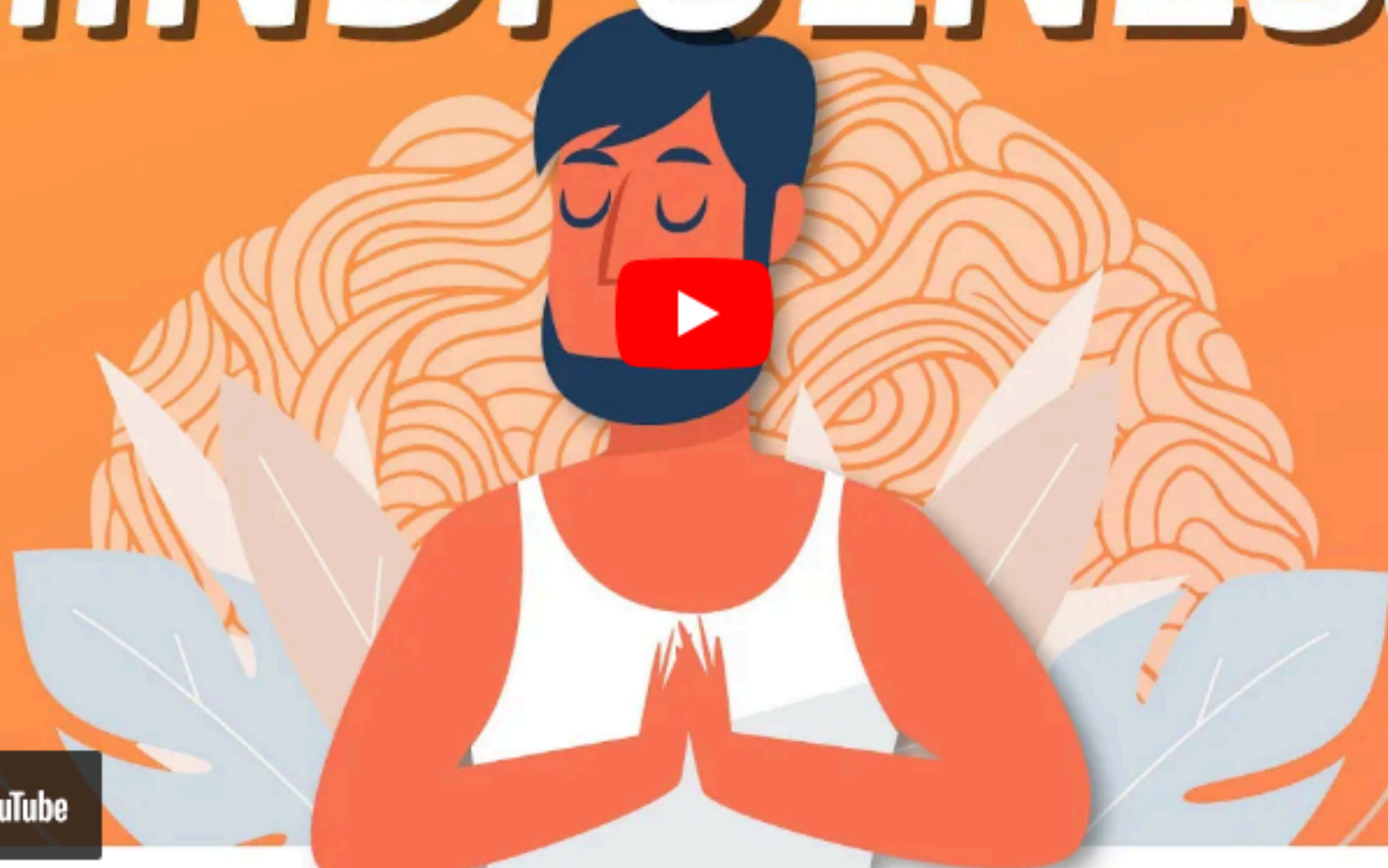



The Neuroscience of Mindfulness - What exactly happens to your brain when you meditate...



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# MINDFULNESS



Watch on  YouTube

# CHANGES TO THE BRAIN

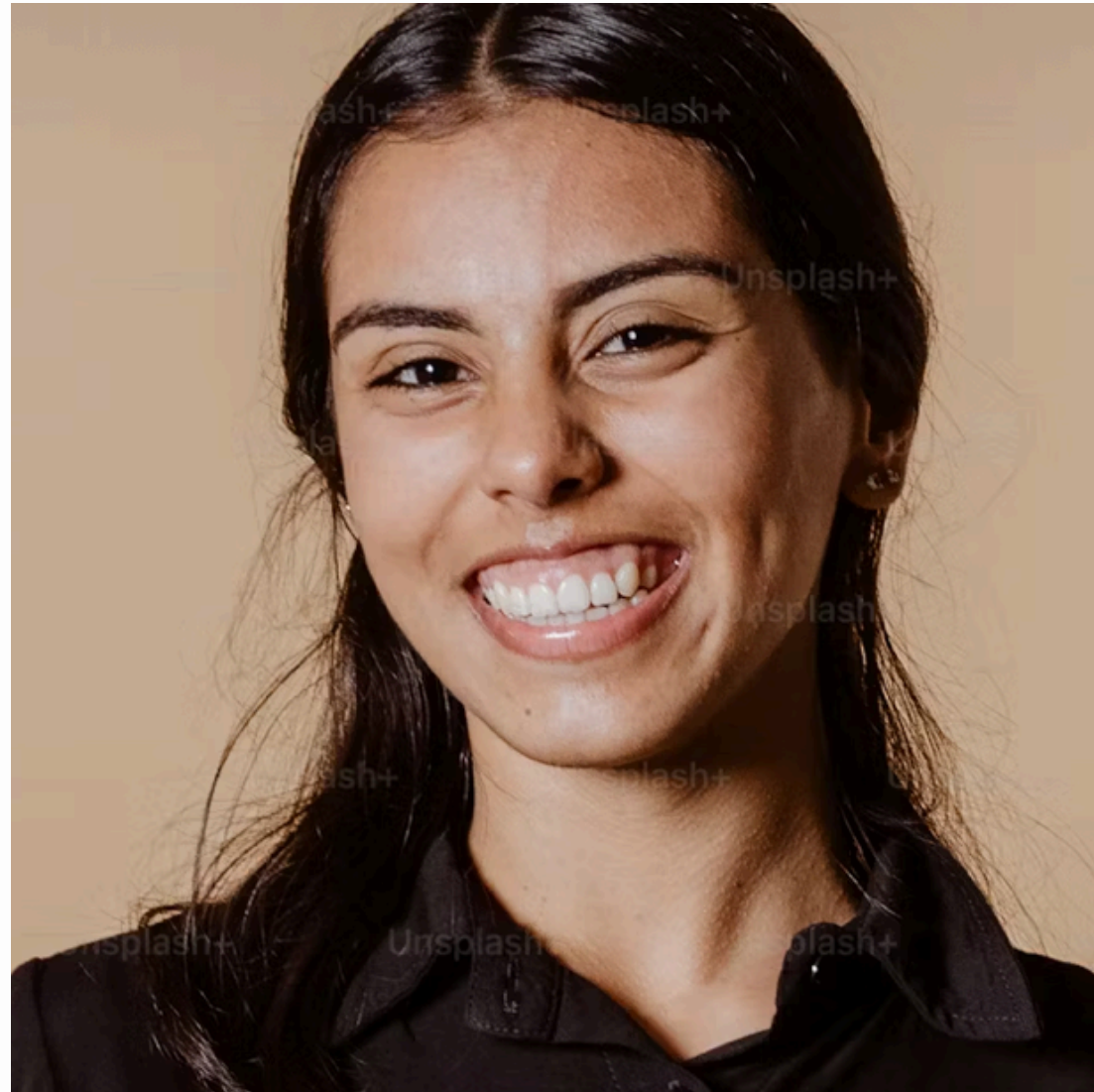
**Chemical** - Transfer of chemical signals between neurons helps with short term memory & motor skills

**Structure** - Changes the connections between neurons alters the size or functions of the brain. This helps with long term learning and stress response

**Functional** - The more you use a specific part of the brain, the easier it is to trigger that usage again. Its like building brain muscle memory! This is especially important when helping improve self-image and confidence

B E N E F I T S





# MEDITATION BENIFITS

- Stronger learning
- Better memory
- Less stress
- Stronger motor skills
- Realse from negative emotions
- Better muscle memory
- Increased compassion
- Sustained positive emotion