



Courtesy of Arizona State University

A study by Max Planck Institute with participants between 20 and 55 years showed changes in brain structure through three different types of meditation, increasing volume in the corresponding brain areas.

Training in the 'Presence' module was linked to enhanced thickness in the areas known to be strongly involved with attention.

Training in the 'Affect' module was linked to increased thickness in regions known to be involved in socially driven emotions like empathy.

The 'Perspective' module training associated with changes in areas involved in understanding the mental states of others, and, interestingly, inhibiting the perspective of oneself.

Your brain's functions and structure change through meditation. Armed with this knowledge, you can choose, through meditation, to strengthen the areas in your brain that increase focus, memory and attention. This will thereby improve on your attention span, concentration, focus and other skills.

Remember the more often you meditate, the greater the impact. This may mean a change in lifestyle or in certain operations.

Of course, given these benefits, meditation also improves your mental health!

It may mean for example, disciplining yourself to spend less time on social media, bingeing on NetFlix or your favourite series. Self-discipline and consistency are absolutely key in improved brain training and function becoming a reality.

It is important to understand as well that creating or being in the right environment conducive to meditation is a major aspect in accomplishing this. Being in a quiet area void of distraction is important for focus and concentration.

Here is why a 90-Day Meditation Journal was created for this course - to train your brain into forming a habit of consistent meditation in Christ.

This consistency will form a neural pathway that will be activated each time in routine.

Answer the following questions and be committed to enhancing your brain's powerful capabilities.

When will you meditate?

How often will you meditate?

How will you create the environment for the best meditation?

Use your 90-Day Meditation Journal and Holy Spirit Meditation Guide to help you in this process.