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When you don't know what to do, get still. The answer will come. --Oprah Winfrey

8 Weeks to a Better Brain

A pause in a busy day, meditation can be like the eye of a storm. For centuries, there's been no logic to it. Yet more and more, researchers are beginning to map its effects on the brain. In a recent study, a team led by Harvard-affiliated researchers become the first to document meditation-produced changes over time in the brain's gray matter. Their conclusion? Participating in an eight-week mindfulness meditation program appears to make measurable changes in brain regions associated with memory, sense of self, empathy, and stress. Research fellow Britta Holzel remarks, "It is fascinating to see the brain's plasticity and that, by practicing meditation, we can play an active role in changing the brain and can increase our well-being and quality of life."

Be The Change:

Spend time in stillness today.