



# Meditation and the Youthful Mind

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# **“We get better and better at what we are already doing.”**

**Unhealthy aging: Automatic default neural network & Chronic stress:**

- Wandering, ruminating thinking
- Worrying, rehashing, rehearsing
- Self referential judgment and worry
- Numbing and lack of engagement
- Conditioned thought habits and reactive patterns
- Muscle tension and bracing

# Your Mind on Meditation

- Reduction in stress (lengthening of telomeres and improvement in stress related illnesses and symptoms)
- Change in neural networks
- Leading to greater awareness and acceptance, greater access to the prefrontal cortex enabling down regulation of emotional reactivity
- Less internal noise, greater equanimity, wisdom, clarity and different ways of knowing beyond the analytical problem-solving mind

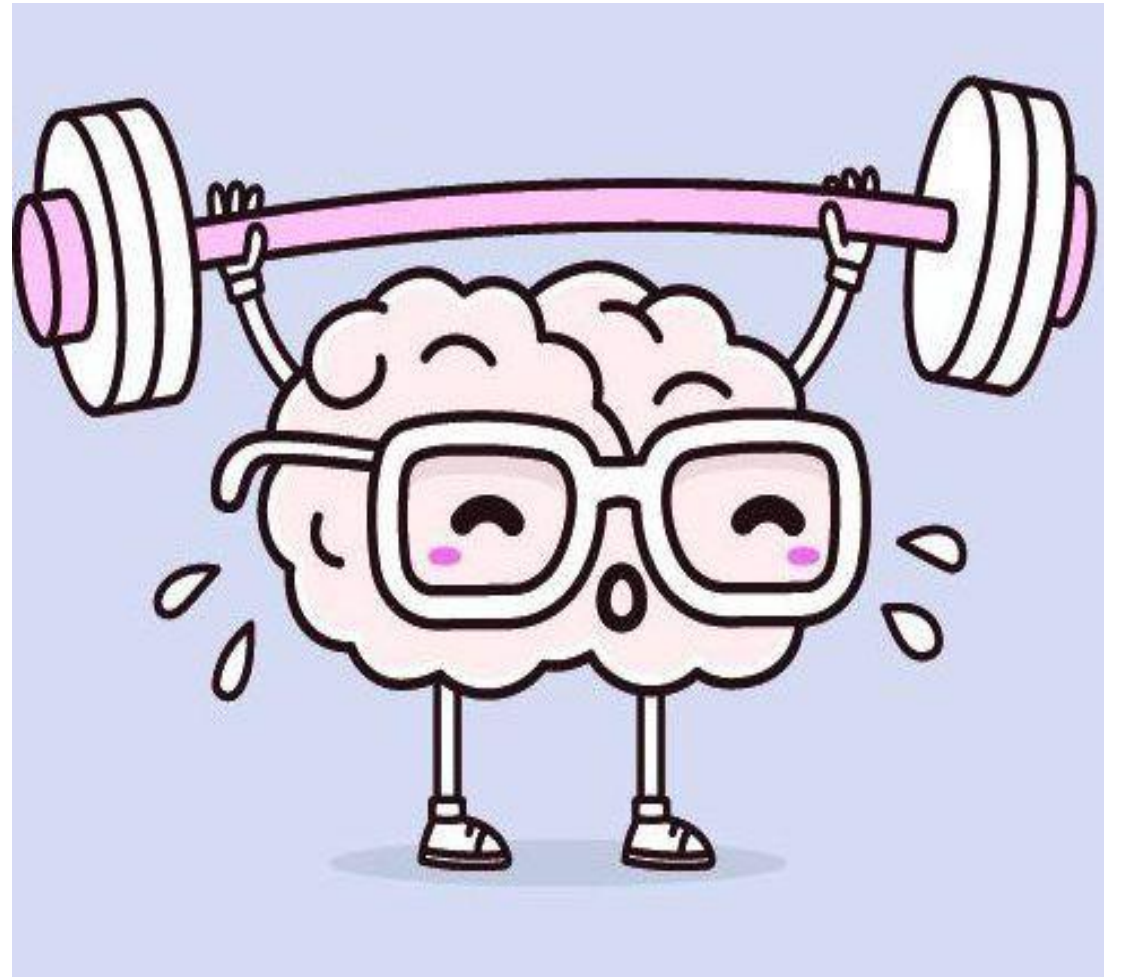
# Meditation

- Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Meditation is practiced in numerous religious traditions.

[Wikipedia](#)

# Meditation

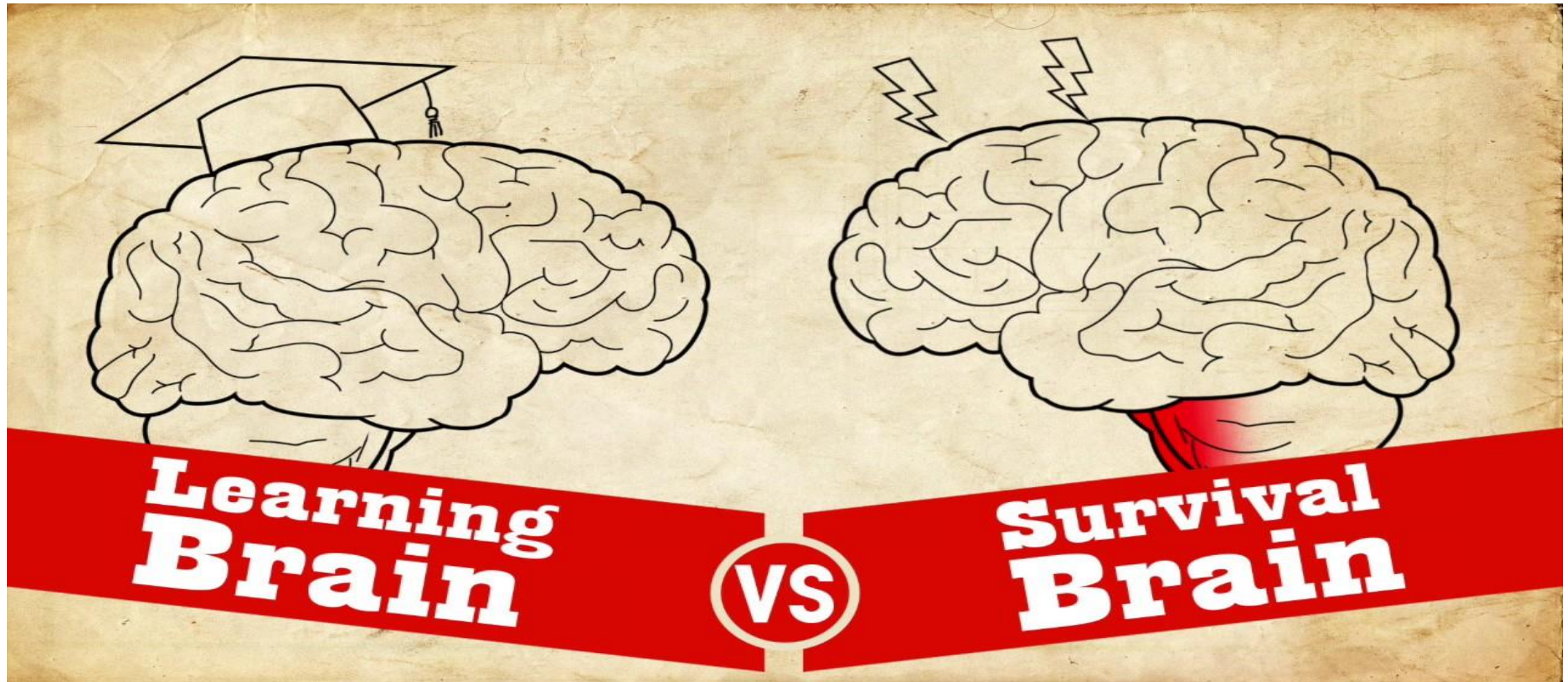
- Mental training
- focused attention
- Present moment
- Curiosity
- Acceptance & Kindness
- Without judgment
- Leading to self awareness & Emotional intelligence



# Mindfulness Meditation



# What are you filling your mind with?



# Inviting Inner Silence

- *mental and emotional health can be ameliorated by the experience of inner silence, which induces a state of equanimity and leads to improved attention and increased relaxation.*

Practices such as mindfulness meditation, Vipassana, Yoga, and Tai Chi have been reported to positively impact well-being. *In fact, they can be considered emotional and attentional regulatory activities, which, by inducing a state of greater inner silence, allow the development of increased self-awareness. Inner silence can therefore be considered a powerful tool to counteract the negative effects of overabundant environmental noise, thanks to its power to relieve stress-related symptoms.*

- [Veditti, S., Verdone, L., Reale, A., Vetrioni, V., Caserta, M., & Vampian, M. Front Psychol. 2020; 11: 1767.](#)



***You can't stop the waves, but you  
can learn to surf.***

***Jon Kabat-Zinn***





Longevity and Healthy Aging Symposium