

# ***HOW MEDITATION IMPROVES THE MIND***





Meditation is an ancient practice that many of us have picked up for various reasons. People meditate as a way to find soulful connections, calm the mind, and relieve stress. Although largely linked to spiritual roots, we can now notice an influx of scientific research providing evidence of its benefits.

Many of us know meditation for its calming effects; however, this practice can also improve the mind. Some studies even show us that meditation can cause brain structure changes such as gray matter concentration [\[1\]](#). Imagine regulating your learning ability, emotions and memory simply by sitting still for a few minutes! There are several ways meditation helps in improving your mind. We're giving you an insight into some of these ways below.

## **Tune in to Greater Focus, Attention and Memory**

There's no denying that many people experience difficulty in concentrating. This is largely due to how fast-paced our world is, leading to greater levels of pressure and stress. There are also many things competing for our attention which can affect our ability to quickly remember things. If you have trouble remembering tasks, you just might want to examine the possible effects of meditation.

There are now several studies that show us that meditation is beneficial in cognitive performance and improved attention. For instance, results show us that cultivating a mindfulness or meditation practice can improve your working memory [\[2\]](#). The effects of this practice make sense since one of the main ideas behind the practice is to help decrease mind wandering.



Cultivating a meditation practice places you in the driver's seat of directing your focus and attention to what matters in your life. You can view the process as a way to reclaim your energy from external situations that leave you feeling drained.

## **Preserve the Aging Brain**

We're humans, and part of our growth process includes aging. As you probably know, as our body ages and changes, so does our brain. As the human brain deteriorates, this affects the functioning of our mind since we can view the mind as the brain in motion. We can't afford to lose our minds if we truly want to unlock its full potential. Although we can't alter the natural process of aging, we can be proactive by maintaining a healthy brain.

Here's the great part: studies are now linking the possible effects of meditation on the aging brain. Meditation provides you with the power to train and recondition your brain. Through training, the brain can better manage higher-order functions linked to decision-making and awareness [\[3\]](#). If you truly want to enjoy this improved function, you'll need to take up meditation as a regular practice. Although you can enjoy certain benefits almost immediately, long-term effects lie in constant practice. People who meditate regularly or long-term meditators have better-preserved brains compared to those who don't meditate [\[4\]](#). Although meditation is not the solution to every brain or mind-related issue, you can enjoy remarkable benefits by quieting your mind.



## Meditation is Available to You Now

The great thing about meditation is that anyone can pick up the practice no matter what stage of life they're in. There's no age limit, so even if you haven't been meditating, you have limitless access to it. Whether you've been struggling with focus or concentration-related issues, you can tap into the benefits of meditation. This practice can boost your cognitive performance, improve concentration and preserve the aging brain from decline. By conditioning the brain and mind through practice, you'll also be improving your mood and wellbeing. After all, who doesn't desire a sharper and more improved mind?