Welcome to th	ne data sheet for Evidence for Meditation.
Use the tabs to	navigate through different sheets of data.
https://informat	ionisbeautiful.net/visualizations/what-is-meditation-mindfulness
	twinned with a visualisation from the book, Knowledge is avid McCandless
You can find ou	ut more here:
http://www.info	rmationisbeautiful.net/2014/knowledge-is-beautiful/
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Thanks	
David	
Sep 2014	

posture	https://informationisb
Sit	
Relaxed but erect	
Comfortable	
Straight spine	
Eyes open or closed	
Tuck chin	
tongue roof of mouth	
lips lightly pressed together	
shoulders back	
knees lower than hips	
no tension in shoulders	
pelvis forward	
belly out	
buttocks back	
chest up & out	
erect, alert, still	
posture	
breath naturally	
through the nose	
timing	
ideally first thing in the morning	
before a meal	
ideally every day	
tips	
stretch first	
make it regular (2 x a day)	
try different types of meditation	
early in the morning is best	
it's not what you think	
the goal of meditation is not empty the mind	
the goal is to observe mental phenomena non-judgementally	
this gives us insight into how the mind works	
and allows us to relax more deeply	

benefit	sub-benefit	category	plain language	strength of	shady disscription	study source	Nok to study 1 — Nok to study 2 — Nok to study 3 — Nok to study 4 — Nok to study 5	other link dropoff >>> bitto-lineau minderelfille bits illness hulltestone bits line ultimetic coal
Mips: Unfo	_			strength of science 4 strong, 3 promising, 2 inconclusive, 1 slight, 0 none				
attention	focus + concentration	cognitive	Improves ability to concentrate on tasks and ignore distractions. Measurable differences in brain activity between regular meditations and non-mediations in regions responsible for controlling and directing	4				
	focus + concentration	cognitive	mediators and non-mediators in regions responsible for controlling and directing attention, even while not mediating.		Performance on a 32-min response inhibition test following one month of intensive, daily Vigassana meditation training showed	Zanesco et al 2013	Life Name and John six pooling formed 24005092	
					Anderson as in 15° cs. Improve trible in the Name, are small of latent, a high Years in reduction control and security of mediate control and the Name of the Name of latent and the Name of the Name of latent and the Name of laten			
	focus + concentration	cognitive			study whose that amount of time an individual spends practicing meditation is associated with nativity and connectivity changes in the boars, particularly in statement implement. Performance with more meditation supplement enhables chansaed connectivity within attentional entereds; as well as between attentional segions and medical fearth angions. These recurst establishment may be included the property of the property in property and property of the property in property in property of the property in property of the property in property in property of the property in property of the property in property in property of the property of the property in property of the	Hasenkamp and Bansalou 2012	Edita Universe mode of the pile growth and the PMAC DESCRIPE.	
	focus + concentration focus + concentration	cognitive cognitive cognitive			mediative (yesting) state, bits may represent a transference of cognitive abilities "of the custion" risk daily tile, replicable longitudinal changes in brish coscillatory activity (as measured by an EEE) during mediation middluness mediation may after the efficiency of silocoting cognitive resources, leading to improved self-regulation of attention.	Saggar et al 2012 Moore et al 2012	Maulinous and rim oils and societament 2007/2498 Maulinous and rim oils and positioned 2007/2498	
	focus + concentration	cognitive			6 weeks of meditation training, compared to relaxation or no training, appears to help reduce enrollman interference on tasks and increasess selection regulated. Undergatable subjects entel images as eightening learn regulates and though earlier as available, including an expensive of the contract of the contract and contract an	Menezes et al 2013 Chiesa et al 2011	htto: literare misk olm oils positios demoit 20005684 billo: literare misk olm oils positios demoit 2183266	
					of cognitive fields executed with present conscitations are required to the constitution of the conscitations are required to the constitution of			
	focus + concentration	cognitive			equitable to equipal out diseases in the contribution of section of the contribution o	Lavy et al 2012	Consultanativa and indican adalestitaten hauding 52, 52, pet	hills: Evenus actioncosticals com-heliumeus 201 2006 1200 14004 118 htm
	visual discrimination		Meditation training may help people focus	1	long-lenn meditation practice is associated with an enhancement of caretoni areas related to atherton.  meditation training helps people do better at flocating for a long time on a test that requires them to datinguish small differences flowers things flow years.	Maclean et al 2010	Colon-Colonia Colonia	hito. Oroma action celaita com histoanea (2010/07/1907/4122737.htm
	musical engagement	cognitive + emotional	Meditation training may help people focus for a long time on a task that requires them to distinguish small differences between things they see.  Focusing on the physical sensation of breathing before latering to music appears.	1	persons mags new seas  Study (larbricoming in Psychology of Marigh bound in rise of focused engagement among 132 student participants who findered to a 15- minute socrept of Glicocom Shouth's open "Lis Editions" after filiatining to a 15- entitle recording of a segment produced by the Date Linkwardy Center for Mindfulness Research.		Mitro Skonners unreapon adulant bios insue release 500 31 intellidense -ne dileten kelah kera bis eners musikal-aconsensed	bita: Dayon animonefully com/helessess (2015) (2015) 2015 htm
			to increase aesthetic sensitivity and focused engagement, enhancing the experience.		University Center for Mindfulness Research.	meditation heightens a listener's musical engagement		
intelligence	general IO	cognitive	One month of meditation might improve IQ and cognitive functioning - but evidence is weak. It's possible meditation only affects intelligence if a person believes it will (expectation effect).	1	Singh et al 2012 in the long-term (1 month), meditation brought significant improvements in IQ and accres for cognitive functions, whereas participant's stress levels (CGR and AS) docussed. Publiquist et al 2012. Among normal, intelligent, metally healthy persons, short-ferm if vessel healthing meditation particles will not likely change perplatibility symptoms, remonly factor, intellectual.	Singh et al 2012; Paholpak et al 2012; Canter and Ernet 2003	tattas illuennen metak inte Vattas illuennen metak sisi tattas illuennen metak sisi	
					logic et 2011 i de la popular i mandi), metallos loquel i popular i provincio i i care con la copilità feciliari.  Mentana paticipati de la coloni di considerati di considerati provincio i i care con la copilità feciliari.  parena, silvo i len si seva il pradicipi produzio procos vi et al la più quego populariz proprio, metrory beccio, midicicali proprio i la coloni provincio i coloni			
	memory	cognitive	Types of meditation involving opening the mind to thoughts and emotions appear to promote creative thinking. May boost short- to medium-term memory for factual details, possibly by reducing stress, but results are mised.	2	Certain meditation techniques involving opening the mind (but not those involving bossed attention) can promote creative thinking, as assessed by an alternative uses to take their consoled dense as possible, as assessed by an alternative uses to take the consoled dense as possible, as absorbed where the leacure scored better on a quite that followed them students who did not need the consoled dense who meditated better the leacure scored better on a quite that followed them students who did not need that followed them students as assessed which students present sets the meditation even prediction even prediction sets indicated as the consoled them.	Colinito et al 2012 Ramaburg et al 2013	httm://dx.doi.org/10.3006/fileson.2012.00/110 httm://dx.doi.org/10.3006/fileson.2012.00/110 httm://dx.doi.org/10.10007/st-2877_013.04906_5	hills (Norm aniencedal), cominielames (2012/06/12/04/19/102/17/hills hills (Norm aniencedal), cominielames (2012/06/12/04/19/102/17/hills hills (Norm aniencedal), cominielames (2012/06/12/04/19/10/11/hills hills (Norm aniencedal), cominielames (2012/06/12/04/11/hills)
	memory	cognitive	stress, but results are mixed.		As a specimen companing the efficient of a weeks or either meditation or to tools electation against a cortical group on multitaking performance among human reasonars personnel, tash meditation and relatation groups showed removed removed removal or defaults of performance among human reasonars personnel. Early N remove, your demands in option of terminal removal or the default of memory improvement for less result of inductive terminal your personnel in result of inductive terminal results of global charges to the second removal or the results of inductive terminal removal personnel production pro	Levy et al 2012	Mitter of the contribution is and unknown declarated in 12.00 and	bito (Iwana animonefaily com/helemass/2012/05/1405415E htm
	memory	cognitive			menony improvement in the seal of included abeaus.  Philodopis et al 2012-Among norms, intelligent, mentally healthy pensons, short-term breathing mediation practice (20 minutes a day for 4 weeks) will not likely change psychiatric symptoms, memory function, intellectual performance, and academic achievement.	Paholpsk et al 2012	Editor Trianness model and	
ethical awareness	empathy + compassion	emotional	Practicing meditation focused on cultivating compassion appears to increase activation	3	Desbordes et al 2012 Study has found that participating in an 8-week compassion meditation training program based on Tibelan Buildfalan can have measurable effects on how the boils responds to emotional images, both positive and negative, even when	Desbordes et al 2012; Lutz et al 2003; Mascaro et al 2013; Lutz et	below side, data of 5 feets (feeter mode, and this Unever mode of this Unever mode of much provised mode) 19-55817.	tifiz (Peres acianos dally com/reference/2) 21112112 2153339 htm
			Practicing meditation focused on cultivating compassion appears to increase activation in brain regions associated with engality in neapones to emotional images or sounds, even when a parent in not activately never sharing, Meditation boots the ability to need to be a second or sound or and may even make a person more likely to come to anothers' aid.		Residence is 200° 200, that but the profession is no A seek competent medicine record grown based in Tables. Another can be inserted earlier in the last common terminal contractions, and contract original contraction contractions and contractions of the contraction	an Andrew		
	empathy + compassion	emotional	and may even make a person more likely to come to anothers' aid.		meditation-based compassion practices can reduce pain, and how compassion training can promote positive emotions and social closeness, which in turn can improve mental and physical health	Tania Singer and Mathias Botz (eds) 'Compassion: Bridging Practice and Science' (2013)	bits increa mad 4x752207 recensarios effects	hito (liveres aciencement or prices from \$24.151.53.55. summary;
	empathy + compassion	emotional			subjects who book part in the meditation classes were more likely to come to the aid of a person in pain, even in the face of everyone else ignoring her.	Practice and Science' (2013) Northeastern University College of Science (2013, April 1). Can meditation make you a more compassionate person?.	bits: News northwarters eductors 2013/04 Indexes can meditation make you a more compressionable person?	hito (Iwana Adenostal); coministrates/2013/04/13/04/11/05/13/am
	forgiveness political views	emotional emotional	People become more open and politically	1	Oman et al 2008: Evidence suggestés that meditation-based sitres-management practices reduce sitresa and enhance forgiveness among collings undergradulates. Pesque become more que and collically librari Immediately siter practicing a spiritual exercise such as meditation, researchers at Pesque become more open and collically librari Immediately siter practicing a spiritual exercise such as meditation, researchers at	ScienceDaily Oman et al 2008 Hirsh et al 2012	Latin University model within such consists demand 10x4000775 billion University of 117771164850001724441500	Adia (Vivere Action cells); com/relicenses 204 3/03/4 3/02/5 31452 Aria
	positive thinking /	emotional	People become more open and politically liberal immediately after practicing guided meditation, regardness of whether they are liberals or conservatives to begin with.		among unifugu undergatuhulus. Projekt become new gene md golfschijf bleen invendeling sliet greatings a spikula sexoda such as mediation, mescriben at the University of Discrete have found. "Inducing a spikula separating a spikula sexoda such as mediation, mescriben sin the University of Discrete have found." "Inducing a spikula separating shape and enderlation sexoda better the Conservatives is content some lateral public subsides. 1, 1 19th indispitations at conservations are develoated to a specific reduction, and conservatives in content of conservatives are conservatives and conservatives of conservatives are conservatives and conservatives are co	Kerr et al 2013	Editoriole dels cess 10, 3000 Printers 2013, 000 LB	http://www.aciencostells.com/helesess/2015/00/15/01/16/03/00 http://
	positive thinking / present centredness positive thinking / empathy / forgiveness	emotional			CONCRECATE.  Aboly proposes a neurophysiological framework to explain clinical benefits of mindfulness meditation (training in swamness of present increase experience, which includes preventing depression and reducing delivers in chronic pain.)  meditation helps meditate in healthy mind be guilled peopless recentions and industries, such as desire, anger and annies, and excounsiging more positive dispositions such as compassion, expertly and forgineness.	Vago et al 2012	Class Administration of the American Administration of the Ame	http://www.acionomially.com/heleness/2012/10/12/10/21/6/4/62 Adm
self- regulation	wilpower	emotional, cognitive	Improves activation and connectivity in brain areas related to self regulation.	3	Tang et al 2015: madibation codel provide a measure for improving self-regulation and perhaps enducing or proventing various mental disorders. Fleese et al 2012: Mincilainess meditation appares to prevent depletion of self-circlet (paging of willipposer) after an	Tang et al 2010; Friese et al 2012; Tang et al 2013; Merezas et al	Missilinene anne an vitro linene anda sin hitro linene anticani hitro hinese anticani anticani quo in America 2005/1884	
			brain areas related to self regulation. Appears to strengthen self control and prevent sapping of willpower by reducing emotional interference on tasks.		They all 2016 mellion could provide a mean in improving an departure and period and period and solution of providing content and administration. Final seed 2017 Meditabless residently agree to provide displaces to provide displaces and period of a solution of period in the solution of period in the solution and contenting a more among the content and period of the solution and contenting a more among the contenting and the solution of period period period and the solution of period period period and the solution of period period period period and the solution of period period period period period and the solution and the solution and connections and the solution and connections and the solution and the solu	2013		
	weight loss	physical, emotional	Mindhiness practices may help to control stress-related binge eating, but results for weight loss so far inconclusive. Many studies small or lacking control groups.	2	whether on thomas greates having whose considerate contraction of the constraints regiment in the property of the contraction o	Daubenmier et al 2011; Miller et al 2013; Sojcher et al 2012; Keamey et al 2012	bits illnesse hindes of the illnesse scale sid bits illnesse scale	title (Ivoes und educeres/2011/2/1924 intress reduction and mindful-safing custs weight sain among commetable comes
			and a same of taking control graph.		socialistic in device or control of the control of			
					Compiled that Sealeric Challer, shall were implicated that panciples in the SH was allabolish war selected enterpaint in earny to hough reaching and an ideal behalf with allabolish war selected enterpaint in earny through reaching an ideal particular shall be a considerable with a selected and a common particular shall be a selected and a common particular shall be installationable and a common particular shall be installationable and a selected enterpaint in the installations behavior and expenditure by greater decreases in bod crawings, dichotomous thinking, body image account, encolonal eating and external entire of the selected entire and an expension of the selected entire			
	smoking	physical, emotional	Preliminary results suggest meditation might help smokers quite, but more studies needed. In one study, 2 weeks of meditation training reduced smoking rates by 60% and increased brain activity in areas relating to self control.	2	Carrier Todd et al 2013, review of 54 studies of yogs - meditation; parenting results on smoking cessation but studies fembet. More think with larger rample issues needed. Tampe et al 2013 review on the representation of emidlation installed (5 in totall) produced as significant reduction in smoking of 00%; no enduction was bound in the relaxation control. Residing-shell brain access aboved increased assessed as the residence of the residence o	Caxin-Todd et al 2012; Tang et al 2012; Davis et al 2013	hatte silvenere motik del "otter side deal oma 112 bitte silvenere motik olen milh anneknationessi (24.000)(03	thin (Years asianced also comhelesses) 221 3/08/17/2007/15/24 filt him
	drug addiction	physical, emotional	areas relating to self control.  A promising treatment for substance abuse disorders, but more research needed. In one study, Vipassana meditation significantly reduced alcohol, margiuans, and crack cocains use among ex-pisoners.	2	(sg) This et al. 2012: Mortulations Training for Emchans shows promise for emoting cassistion and alcohol use reduction in treating young adult emotines with hicked bulks. Journal for edit perigificant, larger amplia mediadij. Eleanout 2011: Results of six circled insis evaluating bour different individuous programs were found. Five studies were controlled and both were emotionated. Disposit critics was even belookly bly from 28 to 25(5), if the cases out of six, the programs applicatively reduced to the view emotionated. Disposit critics was evaluablely blory and to 25(5), if the cases out of six, the programs applicatively reduced	Skanavi et al 2011; Dakwar and Levin 2009	billion illemente models del billion illemente docks del billion illemente models allem milion provincialement il 1600/0716	
			significantly reduced alcohol, marijuana, and crack cocaine use among ex-prisoners.		Likelishor size: Yellor opportunity that also for yell variative/some stakes of Williams (and yellor size) and the stake of the stake o			
	pain sensitivity	physical, emotional	Seems to make pain less unpleasant by reducing its emotional impact. Might even reduce the need for painkillers.	3	People who meadstain regulatry find pain issis unpleasant because thair brains entirigate the pain less 2009 More experienced mediators perceived the pain as less unpleasant entails to controls, with mediators experience considering inventory with injuriously with accordance perceived the pain as less unpleasant entails to controls, with mediators experience considering injuriously with accordance with the property of the part of the property of the part of	Brown and Jones 2009; Grant et al 2010; Grant et al 2011; Ahmed et al 2013	Informational bifull insurant area bifull insurant area in the linear area in the change and a linear area.	hilles (Sentence and encode
	body temperature	physical	Some expert meditators can maintain a slightly raised body temperature to withstand threating environments, including Tibeton nuns and a man with several world records for cold follows.	1	brain regions that delect join from those that evaluate it as being but if they lest join without being as disturbed by it. 2012: reduces need for paintifiers in children underloging cancer to statistically or the control of the paintifiers of the children in children in children in children in children in children in the children in childr	Koshevnikov et al 2013; Kox et al 2012	bits lite dat crast ( hits literas Acid sinn sils could berned 20000346)	hitra: Desens action central p.com/beloneses/2011/04/13/468064568 htm
mental			Tibetan nums and a man with several world necords for cold tolerance.		performance problems associated with decreased body temperature.			
mental health	anxiety	cognitive, emotional, physical	Effective at reducing anxiety symptoms. Appears to activate parts of the brain associated with regulating self-referential thoughts.	3	2012 review of 26 RCTs: 25 showed improvement in symptoms in the anxiety group. Mean study quality 0.72 on 0.0 (worst) -1.0 (bast) scale. Some efficacy of modistive therepies in reducing anxiety symptoms, which has imported clinical implications for applying mediative benchmarks in the same study. However, mod indices measured only improvement in anxiety engrations, during mediative techniques in treating materials. However, mod indices measured only improvement in anxiety engrations, during containing the contraction of the same study of the sam	Chen et al 2012; Vallestad et al 2012; Cochrane 2009; Marchand 2012; Klim 2013; Monti et; Zeidan	better there exists del better there exists die better therefore better there exists of better the exists of better there exists and the three exists of better the exist	ni) billo (fiscere aciencedial); cominelesses 2011/205130004114001 hitto
			accepta.		SICH was set of MICH, SI should represent to require in the reason properties and up again \$2.5 to \$2 to \$2.5 to \$3.5	et al 2013, tang et al 2013		
	PTSD	cognitive, emotional, physical cognitive, emotional, physical	Mixed results for war veterans suffering from post-traumatic stress disorder	2	training increases efficiency of white matter in a part of the train.  Mindfulness exercises that include mediation, whething, and acceptance of thoughts and emotions might help witerans with combat- nished post-manufic classes disorder find milet from their symptoms.		bitusiis, dei orgal (-1000);ib 22164	title. (Ivens aciencidals comininaes (2013)4412447130007 http
	PTSD	physical cognitive, emotional, physical cognitive, emotional, physical			Empirical evidence of the efficacy of meditation for PTSD is very limited but holds some promise. Additional evaluation of meditation-	Lang et al 2012	Material Newson and Artifer and Apparatus Americal 2006060888 Material Newson and Artifer and Apparatus Americal 200605088	
	PTSD				based trainment appears to be simmerfield.  Plet dury's Lingth (seeks problems embeddiend is a proclice designed to writenous feelings of livridenses and compassion for others. Were velocities and hypothesis embeddiend and souther curelentics as "Linear board board and proclination and the second proclination	Keamey et al 2013 (21	Selection and Assessment of the contract of th	
		cognitive, emotional, physical cognitive, emotional,	Focusing on the present rather than letter-	3	concurrent receipt of other treatments and received as the contract of the statement on PTDD or depression found four price study of our sections and received as mindfulness program. No reliable effects of treatment on PTDD or depression found four months later. Some positive efficies used found on mental health-ministed quality of life and PTDD symptoms, depending on the way the data was analysed, from research medical form mental health-ministed quality of life and PTDD symptoms, depending on the sway the data was analysed. Some measure in execution of the state of the stress form money or absolute at all 2013. Focusing on the present order than helding the mind drift may help to lower liveled of the stress form money confiscil.	Jacobs et al 2012: Pare et el	The second of th	http://www.aciencostelly.com/histores/2015/00/15/00/1642313.htm
		physical	Focusing on the present rather than letting the mind wander may help to lower levels of the stress hormone contain, and protect against the effect of chronic stress. Engagement in compassion meditation may also neduce stress-induced immune and behavioral responses.		Section 2. The Processing of the Section 2 and t	2009, 2010; Chiesa and Servitti 2000; Maclean et al 1997	A STATE OF THE PROPERTY OF THE	
	depression	cognitive, emotional, physical	behavioral responses.  Mindfulness therapies recommended as the almost for depression, and may also recommended.	3	nead in document control involvit, as well as a heighteend control response to acute shear—which has been interpreted to suggest that TM care project the impact of chronic stress.  Rases et al 2015 Secondary school students who follow as in-class mindulenses programme report reduced indications of ofspressions, analysing and steep up to an incrofted last Moreover, these students were found that you downlop promounced depressions has a proglams.	Raes et al 2012; Vallestad et al 2012; Marchand 2012; Paul et al	to the side and 15 who leaves noted and the sidence and any then have and all the sidence and all the side	bills./Deces a circonstalls.com/beleases/2011/001130315060916.htm
			Mindfulness therapies recommended as treatment for depression, and may also prevent it. Non-reactivity to inner experience is the key facet of mindfulness that protects individuals from psychological raik for depression.		MINISTER IN THE MEMORY AND ADMINISTRATION OF THE MEMORY ADMINISTRATION OF THE M			
	insomnia	cogneve, emotional, physical cognitive, emotional, physical	No evidence yet that meditation works as a tool for haining attention among people with attention-deficit hyperactivity disorder. Emerging evidence from senal trails that mindulneas techniques, including meditation and yoga, may improve sleep quality and duration and reduce worry.	2	The extract or the street number or incusion studies, the small sample store and the high-risk of bias, we are unable to draw any conclusions regarding the efficiencement of modification interput ACMED.  1. To date, controlled studies have not clearly demonstrated the positive effocts of MISCO on sleep quality and duration. However, there is no more extract to suggest that increased practice or includiness to suggest that increased practice or includiness to include in association with increased sleeper and the size of the size	Commence ad 10	http://documents.org/documents/10.1000/1465.9158.CD0005027.auth-2/mathed http://documents.org/documents/10.1000/1465.9158.CD0005027.auth-2/mathed http://documents.org/documents/16602020	tidis Premu sidencestalis com helmmes 00000000000007719 him
					1. To date, controlled studies have not clearly demonstrated the positive effects of MSSS on deep quality and duration. However, makes a some selection is suggest that increased predict of modification studies as the controlled with improved deep and find of the controlled of th	Keno et al 2014	Miss livew and of much province in delay PMCX2771 69/	
		cognitive, emotional, physical	Clinicians should be aware that meditation programs can result in small to moderate reductions of multiple negative elementors of psychological shees. Stronger study designs are needed to determine the effects of meditation programs in improving the positive dimensions of mental health and stress-related behavior.		inductions in both deep and size-part initiated anomals. Findings Aller residently (1972) and the property of	,		
	psychological stress		the positive dimensions of mental health and stress-related behavior.		mediation programs were before than any active treatment (e., drups, exercise, and other behavioral therepies).  Citizions should be assers that designing programs can small be readed to readed as the control of the programs of the progra		totas ilaccilecte Jamanesbarck, comiscride a seas "Zericiteis" 199754	
physical health								
nealth	psychosomatic liness	cognitive, emotional, physical	Patients with conditions like fibromysigle, initiable bowel syndrome and chronic fatigue syndrome - incorporating disabling physical conditions without a well-defined cause - might be helped by mindfulness therapy.	1	Prisents with conditions like fibromysigis, initiable bowel syndrome and chonic falique syndrome - incorporating disabiling physical conditions without a well-defend cause - can be helped by mindfulness therapy.	Fjorback 2012; Fjorback et al 2012	bits linear mild of bits linear mild of mild have mild on a humber of 22272665	
	inflammation	physical	cause - might be helped by mindfulness therapy.  Mindfulness based therapies accear in nive	1	The results show that behavioral interventions designed to reduce entolional reactivity are beneficial to people suffering from investments	Rosenkranz et al 2013	http://dx.doi.org/10.0010/bbi.2012-10.013	Mate Planes a science fails comhideranes 201 (2011) 201 95 (5000) à tem
	cardiovascular health	physical	Mindfulness based therapies appear to give people the ability to dampen down the information) reports in temporary to the information of the people of the information of the information to information of the information of information of the information of positively affect as well market of confidencedors handles to a pear that of information of the information of information of the information of the information of the information of the information of the information of the information of information of the information of information of information of information of information of information of information of information of information of information	2	The results show that behavioral interventions designed to reduce environal reactivity are beneficial to people suffering from chronic informative conditions. The study also suggests that includines techniques may be more effective in seleving informative yappetons than order activities that promote self-design synghters than other activities that promote self-design.  Substant as all 2010 CLI cold study intervention mediations reported to beautiful information and conditions.	Whites at al 2004 (V) Potent		
	erusvällicutar health	populi	positively affect several markets of cardiovascular health. In a 5-year trial of 200 African Americans with heart classes, those who practiced TM regularly were 48% less likely to her.		White of a 200 (1), that could research southern agrees to have worth of collect. A reselve of resident states, where the collection of th	al 2012; Barnes and Onne- al 2012; Barnes and Onne- Johnson 2012; Walton et al 2004 (2)	of various database of various cases and discussed restriction and discussions of \$54.5306	
			was very to have a neart altack, shoke or die from all causes compared with those who attended a health education class.		Indicates the control process and the control process			
	immune system	physical	Meditation may reduce stress-induced immune responses and reduce susceptibility to coids and flux in traits, meditating subjects took fewer days off	2	international performance exercitives per expectation to the time inducting these trials before, namely, reversal of abbrackments and excluding of expectation of expectations and extractions are successful expectations; successful expectations, and exclude the expectation of extractions of expectations are performed by the expectation of expectations of expectations are performed by the expectation of expectations of expectati	Pace et al 2009; Saaticoglu 2013; Barret et al 2012; Rakel et al 2013	Material brown make of the Disease make significance make only the Disease make of much production of 2004 5322	the line chestitude or a time distinction of our action with a with medital loss."
			susceptibility to coids and flur in trials, meditating subjects took fewer days off work.		compassion mediation may reduce sheet-induced immuse and behavioral responses. Sastroigs 2012. Three scool studies stated is provide some of the information through one segments or persiling in challable immuse calls, within support the hypothesis better proprietable practices have a measurable efficie of the inducate level. Earnet of a 2012. Subsy shows that propiet duffer too XD and the use of secretarious reduces reprint the Systems of the secretarious and the use of secretarious are reduced propiets by 30 to 40 percent. Pealed at 2012. Substitute induced as call as secretarious reduces regions by 30 to 40 percent. Pealed at 2012. Substitution states cannot associated in the secretarious are reduced propiets by 30 to 40 percent. Pealed at 2012. Substitution states cannot associate substitutions.			
	ageing	physical	Practicing meditation is associated with longer telements – biomarkers associated with longevity – possibly because it reduces stress. One study showed Zen meditation could reduce age-related cognitive decline.	2	associated costs sep, through reduction in related days of work, companed to exercise or controls.  2013. Among 16 contemp practice) by this bear section and 22 controls, the reducting group bed longer telecroses, a biomerater associated with longerity. Relatively that insures length may serve as a marker of accelerated aging, and shocker structures are controlled with longerity. Relatively that insures length may serve as a marker of accelerated aging, and shocker structures where the infect of control creers. Specific Relatively behaviour that can origing the self-citic or less regist to associated with longer that the control of the control or contr	Hoge et al 2013; Epel et al 2009	Manufactures and all this literal and all this literal and all this literal and all literal and all manufactures are all manufactures and all manufactures and all manufactures are all manufactures are all manufactures and all manufactures are all manufactures are all manufactures and all manufactures are all manufactures are all manufactures a	
	blood pressure	physical		2	which was not come that the control of the control	Brook et al 2013; Chiesa and	bits shown and of this flower and of the flower	
			Evidence that regularly practising Transcendential or Zen meditation may reduce blood pressure.		mocracypas (Lusse of Evidence C.), yogo (State III), Level of Evidence C.), other relaxation therapies (Class III, Level of Evidence C.), other relaxation therapies (Class III, Level of Evidence III), generally plant modast, mission or no consistent evidence and present plant modast. Install, or no consistent evidence and the control of the control	semetti 2010; Anderson et al 2008; Barnes et al 2004; Suskhsohale and Phatak 2012		
					compans wer controls. These are clinically meaningful changes, Edingraps analysis of hyperientive groups and high-quality studies in those of similar reductions. Bears as it all 2004: Interactivation mediation appears to residue being descenses among African, Analysis and Analy			
	motor skills	physical, cognitive	Mindfulness associated with slower, more controlled body movements and better awareness of movement.	1	Assarps and Contract mindfulness associated with slower body movements, which may lead to an increase in monitoring of body state and optimized in adjustment of movement trajectory and consequently to better motor performance.	Naranjo and Schmidt 2012	bito illnesse nock sim oli gaselas honed 20066 500	

neft	sub-basefit	catagogy	plain language	strength of	study description	study source	link to study 1	Sele to about 2	Enk to whiste 5	Enk to study 4	Sole to strady 5		ether link	depend from	http://www.mindandille.	hitro Casana hadiinetenno	Mitro San williowilla com	nd.
				science														
a: Union				4 strong, 3 promising, 2 inconclusive, 1 slight, 0 none														
	brain structure		Meditation physically changes your brain. Long-term meditation practitioners show significant differences in brain structure compared to non-meditating controls in several areas, including those relating to breathing, pain and emotion.	4	differences in brain stem regions concerned with heart rate and breathing [cardiorespiratory control]. Kang et al 2012: long term	Vestergaard-Poulsen et al 2009; Rong et al 2013; Leung et al 2013; Grant et al 2010	http://www.ncbi.nle	htto://www.ncbi.nlr	hills //www.ncbi.nl	ir bilito i Tenene rocibi mi								
	binge eating	physical	Mindfulness training decreases binge eating across a variety of samples.  It reduces emotional eating for individuals engaging in this behavior.  Mindfulness meditation does not consistently produce significant weight loss.	2	Moduluses-based approaches are growing in popularly as interventions for disordered using and weight test initializes are foliated in the medical between fine of pages atterpt insteads are taken as extended many to an effective intervention for page safety, between conjugate and initializes are substantially as the primary intervention and not necessary that assembles in self-or in additional interventions. As in primary intervention and extended using a refer eventions as the primary intervention and assemble college pages and extended and page of the production and paging or primary intervention and assemble college pages. As a second of a second and assemble and paging or primary intervention and assemble and page of the page	Katherman et al 2014	hills i leave a cleroor											
	age-related brain atrophy	physical, cognitive	We observed that the age-related gray matter loss was less pronounced in meditators than in controls, both globally and locally.	3	Examining the lick between age and whole-brain pay matter, we observed a dysflicted require consider in controls (> 0.001) as well as it an endication (> 0.001) as well as it an endication (> 0.001) as well as it and some (> 0.001) as well as a final desired of the in the pass, (Investige, as those in Figure 1, the slopes of the represents fear awar considerably integer in control than in mediation. Moreover, the proxy-specific consistion conflictants are will help in controls (> -0.077) than it mediation (> -0.081). The proxy-specific consistion conflictants are will help in controls (> -0.077) than it mediation (> -0.081). The proxy-specific consistion (> 0.003), altogether suppossing less age-estated gray matter decline in mediations than in controls.	Luders et al 2015	http://journal-fronti	ierein orpiarticiei 10.	1389/bays 2014 C	HESSANII								
	Problems with scientific research into meditation >>>				many mediation shudes, including Devictorin, are funded by the John Templeton Foundation, a philanthropic organization that has feeparelly been criticated for Inging to bis in the boundaries between science and origine. (Devictors assys that the foundation is vibring a great service" and that the money comes with no origing states/ord, Another problem is that mediation research in set Income for reject in 2009, calentate socking for the U.S. National Center for Complementary and Alternative Medicine shifed through more than 800 studies looking at mediation in basis finest. They were not impressed.								bilo il enere acien	semag org/content/3416	(52) 1336 summary			
	Problems with scientific research into meditation >>>				Back in 2007. Many uncertainties surround the practice of meditation. Scientific research on meditation practices does not appair to have a common horsentical prespectes and is characterized by poor meditation place from conclusions on the effects of meditation practices in healthcare cannot be drawn based on the available evidence. Future research on meditation practices must be more spoous in the design and execution of studies and on the analysis and reporting of results.		blits illnesse nechi nin	n.nih.gov/pubmedi	7764223									

broad area	summary	detail	specific area of change	category	strength of science	
https://informatio				social, cognitive, emotional, physical	4 strong, 3 promising, 2 inconclusive, 1 slight, 0 none	see evidence long for details and sources
awareness	Improves ability to concentrate on tasks and ignore distractions.	Measurable differences in brain activity between regular meditators and non-meditators in regions responsible for controlling and directing attention, even while not meditating.	concentration	cognitive	4	
awareness	slightly better eyesight	Meditation training may help people focus for a long time on a task that requires them to distinguish small differences between things they see.	visual discrimination	cognitive	1	
intelligence	may boost memory	May boost short- to medium- term memory for factual details, possibly by reducing stress, but results are mixed.	memory	cognitive	2	
intelligence	weak evidence for intelligence boost	One month of meditation might improve IQ and cognitive functioning – but evidence is weak. It's possible meditation only affects intelligence if a person believes it will (expectation effect).	general IQ	cognitive	1	
intelligence	might enhance creative thinking	Types of meditation involving opening the mind to thoughts and emotions appear to promote creative thinking.	creativity	cognitive	1	
awareness	slightly increased aesthetic sensitivity	Focusing on the physical sensation of breathing before listening to music appears to increase aesthetic sensitivity and focused engagement, enhancing the experience.	musical engagement	cognitive + emotional	1	
mental health	reduces anxiety	Effective at reducing anxiety symptoms. Appears to activate parts of the brain associated with regulating self-referential thoughts.	anxiety	cognitive, emotional, physical	3	
mental health	reduces stress	Focusing on the present rather than letting the mind wander may help to lower levels of the stress hormone cortisol, and protect against the effect of chronic stress. Engagement in compassion meditation may also reduce stress-induced immune and behavioral responses.	stress	cognitive, emotional, physical	3	
mental health	alleviates depression - and may prevent it	Mindfulness therapies recommended as treatment for depression, and may also prevent it. Non-reactivity to inner experience is the key facet of mindfulness that protects individuals from psychological risk for depression.	depression	cognitive, emotional, physical	3	
mental health	may relief symtoms	Mixed results for war veterans suffering from post-traumatic stress disorder	PTSD	cognitive, emotional, physical	2	
mental health	may improve sleep quality	Emerging evidence from small trials that mindfulness techniques, including meditation and yoga, may improve sleep quality and duration and reduce worry.	insomnia	cognitive, emotional, physical	2	
mental health		No evidence yet that meditation works as a tool for training attention among people with attention-deficit hyperactivity disorder.	ADHD	cognitive, emotional, physical	0	
physical health		Patients with disabling physical conditions without a well-defined physical cause — such as fibromyalgia, irritable bowel syndrome and chronic fatigue syndrome — might be helped by mindfulness therapy.	psychosomatic illness	cognitive, emotional, physical	1	
self regulation	improves self-control	Improves activation and connectivity in brain areas related to self regulation. Appears to strengthen self control and prevent sapping of willpower by reducing emotional interference on tasks.	willpower	emotional, cognitive	3	
physical health	may affect longevity	Practicing meditation is associated with longer telomeres – biomarkers associated with longevity – possibly because it reduces stress. One study showed Zen meditation could reduce age-related cognitive decline.	ageing	physical	2	
physical health	possibly reduction	Evidence that regularly practising Transcendental or Zen meditation may significantly reduce blood pressure.	blood pressure	physical	2	
physical health	may protect against stress-induced illnesses	Meditation may reduce stress-induced immune responses and reduce susceptibility to colds and flu: in trials, meditating subjects took fewer days off work.	immune system	physical	2	
physical health	may positively affect heart health	Transcendental Meditation appears to positively affect several markers of cardiovascular health. In a 5-year trial of 200 African Americans with heart disease, those who practiced TM regularly were 48% less likely to have a heart attack, stroke or die from all causes compared with those who attended a health education class.	cardiovascular health	physical	2	
physical health		Mindfulness based therapies appear to give people the ability to dampen down the inflammatory response in response to stress, so might be useful treatments for inflammatory conditions.	inflammation	physical	1	
self regulation	expert meditators can boost their body temperatures	Some expert meditators can maintain a slightly raised body temperature to withstand freezing environments, including Tibetan nuns and a man with several world records for cold tolerance.	body temperature	physical	1	
other	physically changes the brain, especially in areas related to breathing, pain & emotion	Long-term meditation practitioners show significant differences in brain structure compared to non-meditating controls in several areas, including those relating to breathing, pain and emotion.	brain structure	physical, cognitive	4	
other		Mindfulness associated with slower, more controlled body movements and better awareness of movement.	motor skills	physical, cognitive	1	
self regulation	makes pain less unpleasant by reducing its emotional impact	Seems to make pain less unpleasant by reducing its emotional impact. Might even reduce the need for painkillers.	pain sensitivity	physical, emotional	3	
self regulation	may help weight-loss	Mindfulness practices may help to control stress-related binge eating, but results for weight loss so far inconclusive. Many studies small or lacking control groups.	weight loss	physical, emotional	2	
self regulation	may help smokers quit	Preliminary results suggest meditation might help smokers quit, but more studies needed. In one study, 2 weeks of meditation training reduced smoking rates by 60% and increased brain activity in areas relating to self control.	smoking	physical, emotional	2	
self regulation	could have a role in substance abuse cessation	A promising treatment for substance abuse disorders, but more research needed. In one study, Vipassana meditation significantly reduced alcohol, marijuana, and crack cocaine use among ex-prisoners.	drug addiction	physical, emotional	2	

broad area	summary	detail	specific area of change	category	strength of science	
https://informatio				social, cognitive, emotional, physical	4 strong, 3 promising, 2 inconclusive, 1 slight, 0 none	see evidence long for details and sources
awareness	increases empathy and responsiveness to others' emotions	Practicing meditation focused on cultivating compassion appears to increase activation in brain regions associated with empathy in response to emotional images or sounds, even when a person is not actively meditating. Meditation boosts the ability to read others' facial expressions accurately, and may even make a person more likely to come to anothers' aid.	empathy + compassion	social, emotional	3	
awareness		One study showed people become more open and politically liberal immediately after practicing guided meditation, regardless of whether they are liberal or conservative to begin with.	political views	social, emotional	1	

https://informationisbeautiful.net/visualizations/what-is	
Mindfulness-based cancer recovery and supportive-expressive therapy maintain telomere length relative to controls in distressed breast cancer survivors	http://onlinelibrary.wi