

**IMPORTANCE OF PRACTICING MEDITATION SUPPORTED BY SCIENTIFIC RESEARCH FROM
Massachusetts General Hospital (USA), Published in NeuroReport (November 15, 2005)
and World Science (November 13,2005)**

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... mantra, prayer, deep prayer, meditation, transcendental meditation, and so on, have been practiced by almost all religions and almost all people on the planet, based on principles and resulting in effects that are almost identical to all. This is very important for all people on Earth because it comes from their homogeneity and identity, regardless of whether they are Muslims, Catholics, Buddhists, Orthodox, Protestants, and so on. This uniqueness of humans, that is to say, our anatomic and energetic structural identity, the bio-energy and its universality, makes us equal, which is confirmed in practice. In this sense, by everyday practice of meditative relaxations and exercises, and with a friendly mood, humankind could develop to perfection; in other words, benefit would come out of it. We should not be thinking about how to harm somebody and rejoicing at someone's suffering, which is highly malicious; nor should we be burdening ourselves with thoughts about how to get revenge on somebody for something, which would lead to temptation, sin or similar and burden the organism with additional energetic and psychosomatic stress, and later damage and sin. On the basis of a negatively developed manner, nature of living with and resounded spin of subatomic particles and reduction to self-absorption of energy, these thoughts can cause the collapse of the organism. We should be doing the opposite. We should be doing good, only unconditionally good, and then everything and everybody would be bright, happy and well, friendly and cherished. We can only imagine the progress individuals and the whole humankind would make. Then, and only then, and in that way, can Mankind become more of what it is considered to be — human being.

At this point it is worth mentioning research reporting that regular meditation appears to produce structural changes in areas of the brain associated with attention and sensory processing. "The area where we see these differences is involved in both the modulation of functions like heart rate and breathing and also the integration of emotion with thought and reward-based decision making — a central switchboard of the brain," said Dr Sara Lazar of the Psychiatric Neuroimaging Research Program at Massachusetts General Hospital (USA). An instructor in Psychology at Harvard Medical School, Lazar also stresses that the results of the study now need to be validated by larger, longer-term studies. The research, undertaken at Massachusetts General Hospital (USA) using functional MRI scans, was carried out on a group of 20 practitioners of Buddhist Insight meditation, who had practised meditation for many years, and 15 people with no experience of meditation or yoga. The results were published in NeuroReport (November 15, 2005) and World Science (November 13, 2005), and were presented at a Society for Neuroscience meeting in Washington DC (USA) on November 14, 2005. Other observations by the researchers included the fact that meditation affects and alters the brain and its activities, as well as causing other long-term structural changes of the brain, slowing down the aging process and reducing thinning of callus in certain centres of the brain.

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*From: LIGHT Intelligent Creation, By Dr. Vasko M. Najdovski