

## Articles

### Meditation in the Classroom

In the Classroom, a New Focus on Quieting the Mind

By Patricia Leigh Brown

### Mindful Kids, Peaceful Schools

by Jill Suttie

Take A Breath: Meditation in school is not a religious practice that raises any church-state issues

By Nick Street

### Meditation and the Body

University Of Wisconsin Study Reports Sustained Changes In Brain And Immune Function After Meditation

ScienceDaily (Feb. 4, 2003) &mdash; MADISON &ndash; In a small but highly provocative study, a University of Wisconsin-Madison research team has found, for the first time, that a short program in "mindfulness meditation" produced lasting positive changes in both the brain and the function of the immune system.

### Using Meditation to Manage Pain and Painful Emotions

By Barbaranne Branca, Ph.D., DABFE, DABFM

Michigan Head Pain and Neurological Institute

### Meditation and the Brain

### Body-mind Meditation Boosts Performance, Reduces Stress

ScienceDaily (Oct. 9, 2007) &mdash; A team of researchers from China and the University of Oregon have developed an approach for neuroscientists to study how meditation might provide improvements in a person's attention and response to stress.

### Brain scans show meditation changes minds, increases attention

Study led by Richard Davidson, University of Wisconsin-Madison

### How Thinking Can Change the Brain

Sharon Begley, Wall Street Journal

### Meditate To Concentrate

Science Daily (Jun. 26, 2007) &mdash; Researchers at the University of Pennsylvania say that practicing even small doses of daily meditation may improve focus and performance.

#### Meditation Experience Is Associated with Increased Grey Matter In The Brain

ScienceDaily (Nov. 11, 2005) &mdash; Meditation is known to alter resting brain patterns, suggesting long lasting brain changes, but a new study by researchers from Yale, Harvard, Massachusetts General Hospital, and the Massachusetts Institute of Technology shows meditation also is associated with increased cortical thickness.

Research shows how meditation changes the mind

Richard Davidson, PhD

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