



In this exercise,
I'll share the effects of mindfulness on 2 of our brainwave frequencies,
Stimulating a relaxing, calming, and even creative state of mind,
Reducing the likelihood for a migraine to strengthen any time soon.

Recent scientific studies behind mindfulness tells us amazing things about the brain.
Numerous studies have demonstrated that mindfulness meditation
changes areas of the brain that are associated with memory,
compassion, anxiety, stress and fear.

Using neuro-imagery on the brain,
Recent research shows that mindfulness stimulates the parts of the brain
Responsible for stress-reducing neurotransmitters

When you meditate,
you're generating higher alpha and theta brainwave signals,
Which helps stimulate the pre-frontal cortex in the brain which improves your mood,
decreases pain,
incites relaxation, and boosts the immune system.

It's also an added plus
that alpha and theta waves are both associated with high levels of creativity,
intuition and insight.

These side effects are a lot better than opiate side effects, right?

By simply closing your eyes,
even when you're awake and not meditating,
your brain slows down to the alpha cycle.
Alpha brainwaves are associated with being in a relaxed,
non-aroused state of mind.
This is why closing your eyes throughout the day instantly helps you feel more relaxed,
because it slows down your brainwaves.

Theta waves are associated with deeper levels of meditation.
They also can produce feelings of relaxation
which are more intense than those experienced in alpha.

So let's see if we can stimulate your alpha and theta brainwaves



By doing a guided mindfulness practice
With our eyes closed,
Feeling super relaxed and at ease.

GUIDED MINDFULNESS PRACTICE INCORPORATING CLOSED EYES, RELAXATION, & EASE

Excellent. Well done.

So, to recap,

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even when you're awake and not meditating,
your brain slows down be in a relaxed,
non-aroused state of mind.

I hope some of this has been useful for you.
Thank you for your mindfulness!