

The Science of Meditation

Time Magazine August 4, 2003

For this assignment you need to read Time Magazine pages 48 to 56. Take a look at the questions before you do the reading. Then read. Don't go hunting and pecking for answers, you'll miss the point of the article. Instead, write in the margins when you note an answer - Read actively. Then go back and do the writing portion of the assignment.

1 - The Author's Thoughts

The author of the article starts out pretty skeptical about this whole idea of meditation. Tell me how he thinks. Do you or did you have any of the same thoughts?

2 - Meditation Today

"They no longer have to go off to some bearded guru in the woods to do it. In fact..." In fact where is meditation popping up today.

3 – What About Science

...but the current interest is as much medical as it is cultural. Talk about some of this medical evidence.

4 – Meditation and parts of the brain

Lots of smart people are doing lots of testing with meditation and the brain. Summarize the following

Dr.Gregg Jacobs and the frontal lobe.

Dr. Andrew Newberg and the parietal lobe.

Richard Davidson University of Wisconsin and the right left brain.

5 – Meditation Techniques

What are some of the types of meditation techniques being used today?

6 – Jon Kabat – Zinn and the Stress Reduction Clinic at UMass

“These people have cancer, AIDS, chronic pain, if we think we can do something for them we’re in deep trouble. But if you switch frames of reference and entertain the notion that they may be able to do something for themselves if we put very powerful tools at their disposal, things shift extraordinarily.”

So how does John Kabat Zinn think meditation can make a difference?

7 – Meditation and its influence

Studies show meditation has influence on some of the following conditions. Note the influence?

flu shot antibodies

immune cells for breast tumors
