

Meditation elevates mood

Robert S Wilson, PHD, and colleagues at Rush University Medical Centre in Chicago have discovered personality predictors of dementia in their research on elderly men and women participating in long-running studies. he notes that personality traits tend to persist throughout life, it may help to be aware that fretting, getting upset by minor frustrations, and being stressed and in a low mood may damage an ageing brain. his findings support taking up the way of achieving calmness and serenity through meditation.

UCLA researchers agree that meditation may help "build a bigger brain." MRIs scans revealed that people who had meditated 10 to 90 min every day for 5 to 46 years had larger volumes of grey matter in certain regions of the brain related to memory and emotions than control subjects who did not meditate.

The differences in brain anatomy may help explain why people who consistently meditate have more positive emotions, retain emotional stability, and engage better in mindful behaviour (that is, are more focused).