

THE
BUSY WOMAN'S
MEDITATION PROGRAM

By

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THE SCIENCE BEHIND HOW MEDITATION CHANGES THE BRAIN FOR THE BETTER

There is an increasing body of evidence around the benefits of meditation and neuroscience now shows that 50-year-olds can even have the brains of 25-year-olds, by meditating for just a few minutes a day. Studies also show that meditation decreases stress, depression, and anxiety, reduces pain and insomnia, and improves quality of life and you can see significant positive changes in just 15 to 20 minutes of meditation a day.

Neuroscientist Sara Lazar, of Mass General and Harvard Medical School, started studying meditation by accident. She sustained running injuries training for the Boston Marathon and her physical therapist told her to stretch so she took up yoga and in doing so, also learned how to meditate. She started noticing that she was calmer, better able to handle more difficult situations, more compassionate and better able to see things from others' points of view and realized it was in large part due to practicing mindfulness meditation.

So she decided to study long-term meditators as well as those with just eight weeks of meditation to see why this happened. She surprisingly found evidence that meditation changed people's brains for the better. The results showed that the participants in the study had increased gray matter in several areas of the brain linked to decision-making and working memory: the frontal cortex. While most people see their cortexes shrink as they age, 50-year-old meditators in the study had the same amount of gray matter as those half their age!

There was also thickening in several regions of the brain, including the left hippocampus (involved in learning, memory, and emotional regulation); the TPJ (involved in empathy and the ability to take multiple perspectives); and a part of the brainstem called the pons. Plus, the brains of the new meditators saw shrinkage of the amygdala, a region of the brain associated with fear, anxiety, and aggression. This reduction in size of the amygdala correlated to reduced stress levels in those participants.

Maybe it's time YOU started meditating and started having a younger brain, too!

Source: <https://www.businessinsider.com/neuroscience> 4-8-19

Hi Sweet Soul,

In the [Busy Woman's Meditation Program](#) I offer meditation coaching that has been created especially for busy women who have full and active lives and careers and want to learn a super-easy way to meditate. I invite you to learn how effortless it is to start your own meditation practice, no matter how busy your life is! [LEARN MORE HERE](#)

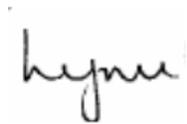
If you are new to meditation, I'd love an opportunity to meet with YOU on the phone in my 30-minute, complimentary [Less is More Session](#). You can get a taste of what working with me is like, we can get to know each other a little better, I'll answer your questions about coaching and we can both decide if working together is the right next step for you. You'll also learn how in just a few weeks you can have a solid meditation practice that will benefit you for a lifetime.

To choose a time to meet with me on the phone:



I can't wait to connect with you!

Warmly,



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[Have we connected on FaceBook yet?](#)



P. Lynn Ahearn

Life Coach, Meditation Teacher, Author, Reiki Master, former Director of the Law of Attraction Training Center, Certified Career Intuitive Coach®, Higher Consciousness Coach and Law of Attraction Coach Trainer.

As a life coach working with women for the past 17 years, it's Lynn's intention to make meditation simple, practical and accessible *for all women*. It's her great honor to help busy women to easily incorporate meditation into their lives as part of their daily self-care and create their own solid meditation practice that supports them and helps them to have a better life.

Lynn is also the author of the book, *Awakening To The Wisdom Of Your Soul*, a memoir about her own journey of spiritually Awakening. Read an excerpt [HERE](#).

Visit [Busy Woman's Meditation](#) for a variety of resources to move you forward on your life's journey.

Discover More

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