

Complete the notes below.

Write **NO MORE THAN THREE WORDS** for each answer.

Meditation: Studies on Beneficial Results

Measurement of meditation's effects on the brain

- Scientific studies focus on 23 changes in brain activity or more permanent changes.
- EEG is good at measuring the 24 of brain activity.
- Neuroimaging tracks blood flow around the brain.

Recent studies on benefits of meditation

- State changes
 - Meditators in Vipassana and Zen meditation experience greater control of their 25
 - Antoine Lutz noticed 26 activity in the parts of the brain connected to emotion.
- Longer-term trait changes
 - Meditation defends against the natural reduction of 27 caused by the ageing process.
 - It has several clinical applications.
 - It has physiological applications when used in 28 , particularly yoga.