

The is linked to
positive emotions,
increased

[Life](#), [Emotions](#)



The main premise in the article, *What is Meditation and How It Affects Our Brains*, written by Belle Beth Cooper is that meditation positively affects our brains. She singles out two specific types of meditation that create this effect: focused-attention meditation, also referred to as mindful meditation, and open-monitoring meditation. In focused-attention meditation, an individual's focus is centered on one thing while in open-monitoring meditation, an individual's focus is on multiple things.

Belle Beth Cooper states that during meditation the brain sees a decrease in beta waves which are viewed via fMRI scans. The following are four pieces of evidence used by Cooper to support her main premise. Firstly, meditation improves attention (Cooper, 2016). Cooper states that the more meditation an individual does, the better their ability to focus and control their attention (2016). The research article from where this information originates states that an improvement in attention is noted due to an increase in perceptual sensitivity as a result of an improvement in visual discrimination (MacLean et al., 2010).

Furthermore, Cooper states that meditation improves memory (2016). She states that focused-attention meditation leads to an adjustment in brain waves which minimize distractions to increase productivity leading to rapid memorization and recall (Cooper, 2016). Subsequently, regular meditation increases compassion and empathy (Cooper, 2016). Cooper cites a 2008 study which found that upon hearing sounds of individuals suffering there was an increased activation in the part of the brain tied to empathy, the temporal parietal junctures, as compared to the control group (2016). Lastly,

the hippocampus and frontal area of the brain depict an increase in gray matter (Cooper, 2016).

Gray matter is linked to positive emotions, increased emotional stability and attention (Cooper, 2016). Hence, regular meditation is beneficial for our minds.