Hey, my name is Josh Burns, and for the past two years I’ve been "healthily obsessed" with Mindfulness Meditation. It’s the kind of thing I might have gotten bored with by now, if it wasn’t for one nagging fact...

**Scientists and researchers keep finding **solid proof of more and more ways that Mindfulness transforms lives.**

What once started out as a Buddhist meditation tradition, has quickly become a proven technique for:

- **Stress Relief** - Which, if you know much about stress, is "kinda like a big deal" :-)

- **Immune Health** - Less stress hormones means a stronger immune system.

- **Stronger Relationships** - If at least one partner uses Mindfulness Meditation, the relationship is healthier and lasts.
• **Telomere Preservation** - Telomeres are the protective caps on your chromosomes. (By protecting them, you can slow or STOP the aging process!)

• **And Better Brain Health** - Which is really why you’re here in the first place.

• **So let’s dive in!**

**BRAIN AGE: How Mindfulness Meditation Gives You More Grey Matter, Quicker Thinking, Stronger Memory, Greater Creativity, Focus, And A Whole Lot More…**

Think of your brain like a person who wants to get into shape.

It’s the first of the year, the gym membership is brand new, and your brain is off to the gym. Except, exercise for brains isn’t quite like exercise for bodies…”

Instead of doing crunches, planks, squats or chin-ups, brains need to do one very difficult and very critical exercise:

Focus.

When we talk about Mindfulness, or Mindful Awareness, what we’re really talking about is focus and attention.

The more intently you can pay attention and be aware of what’s going on inside your own mind, what’s going on around you - and what’s going on with your body and emotions... The more Mindful you are being.
If You Want The Best Brain Benefits From Mindfulness Meditation, You'll Need To Stay Neutral.

The more you can be truly aware, inside and out - the stronger your brain gets.

Now, there are caveats to this. You need to know what "flavor" of awareness to shoot for.

What that means, is that as you’re spending time in the now, and focusing on the present moment, it’s important not to focus on it through a lens of fear, anger, discontent or judgement.

We’re shooting for a nice, even, non-judgmental attitude.

Research shows that if you can meditate like that - non-judgmentally, with awareness inside and out - fully immersed in the now, then the improvements you’re making to your brain are simply outstanding.

Why The Present Moment Is Crucial:

When we think about the past or the future, we’re putting our brains in a stressful situation. We’re also stressing out our emotions, and our bodies a lot of the time too.

It’s easy to get wrapped up in guilt or shame about things that happened to us or things we did that we regret.
It’s also easy to worry or feel anxious about the future. Those thoughts and feelings about past and future cause physical reactions, don’t they?

You might feel tension, headaches, or restlessness... You might notice teeth grinding, jaw clenching or back spasms... You may even notice tightness in the chest or outbursts at people who don’t deserve to be "out-bursted at"...

Yet if you think about it - in this moment - this very second that you are reading this sentence - is there anything stressful happening?

Are you being stung by bees?

Are you being chased by an angry mob?

Are you on fire?

**So - What Kinds of "Brain Changes" Can You Expect As You Master Mindfulness Meditation?**

better our brains get, the less stress we experience, and the happier we become.

Well, a great many actually.
And keep in mind, these are generally not "temporary gains" - in many cases the reaction your brain has is permanent. You are physically improving the structure of your brain as you practice Mindfulness.

It doesn’t take years of practice to notice results either. As little as 20 minutes will give you a noticeable improvement to your mindset, level of focus, and general attitude.

The more you practice, the more improvements you’ll see...

One way your brain improves is in the prefrontal cortex. That’s the chunk of your brain behind your forehead. You can actually grown more grey matter there - which is something I had been told when I was a kid was impossible...

And that part of the brain controls your working memory, judgement, mental flexibility, attention span, and a lot of your personality.

So who you are, and what you do is largely controlled by the prefrontal cortex.

**Just imagine what a boost to that part of your brain could do for you!**

Another part of the brain that benefits is the temporal lobe.

That’s where a lot of your emotional associations, visual memories, and short term memories come are stored.

It also controls your language processing and auditory processing, so that’s another crucial area of the brain that you’re building more grey matter in.
How would your life change if you experienced less anxiety, less fear, and less worry?

You might think that parts of your brain shrinking would be a bad thing, until you realize that these almond shaped parts of the brain are where your fear and anxiety come from.

There’s seemingly no end to the ways that Mindfulness can improve your brain, but this last one is probably the most fascinating, at least to me:

Mindfulness Meditation makes your brain more wrinkly!

It’s a process called Gyrification. The more wrinkles and folds your brain has, the faster it can think!

You can speed up your brain by as much as 50% or more, just by mastering Mindfulness Meditation.

Now, the real question is - how do I do that?

Mastering Mindfulness Meditation isn’t hard, but it’s also not easy to do on your own.

So, there are many things you can try:
Traditionally, people would go away to a Buddhist Monastery for years to be trained in meditation. That’s a great option if you’re devoted to the Buddhist faith, since you’ll get full immersion in that way of life.

Alternately, there are courses at many colleges and medical schools that you could take or audit, if you wanted to learn about mindfulness academically.

Yet for most people, something a lot simpler is more convenient right?

Obviously, there are books on the topic, though I’ve found many of them to be confusing and contradictory.

That’s why I’ve been holding web classes, teaching simple Mindfulness Meditation to anyone who wants to learn.

If you’d like to join one sometime, you’re more than welcome, and I’m happy to waive the fee so you can start to learn and practice for free.

If you’re excited to start using Mindfulness Meditation, I would love to help you find easy ways to practice every day without spending a ton of money or time.

It’s a great way to see if Mindfulness Meditation is the best way for you personally to reduce your brain age, improve your health, and enjoy your life in a whole new way.

Click the button below to sign up for a free web class with me: