

symptoms of anxiety, depression and pain after participants underwent what was typically an eight-week training program in mindfulness meditation. They discovered low evidence of improvement in stress and quality of life. There was not enough information to determine whether other areas could be improved by meditation. In the studies that followed participants for six months, the improvements typically continued.

They also found no harm came from meditation.

Meditation, Goyal notes, has a long history in Eastern traditions, and it has been growing in popularity over the last 30 years in Western culture.

“A lot of people have this idea that meditation means sitting down and doing nothing,” Goyal says. “But that’s not true. Meditation is an active training of the mind to increase awareness, and different meditation programs approach this in different ways.”

Mindfulness meditation, the type that showed the most promise, is typically practiced for 30 to 40 minutes a day. It emphasizes acceptance of feelings and thoughts without judgment and relaxation of body and mind.

He cautions that the literature reviewed in the study contained potential weaknesses. Further studies are needed to clarify which outcomes are most affected by these meditation programs, as well as whether more meditation practice would have greater effects.

“Meditation programs appear to have an effect above and beyond the placebo,” Goyal says.

Check this link:

http://www.sciencedaily.com/news/mind_brain/spirituality/