



FENG SHUI  
CONSULTING SERVICE

## Meditating Mice



Humans have long known that meditation has the power to reduce anxiety and stress hormones while also improving attention. What hasn't been fully understood, however, is why mediation does this.

Now new research by Michael Posner, professor emeritus in the Department of Psychology at the University of Oregon, has demonstrated that it is likely that meditation impacts our brains' theta waves. Theta waves move more slowly than beta and alpha waves, down to a frequency of four to seven cycles per second. This produces a state of very deep relaxation, such as what is seen in hypnosis or REM sleep.

In Dr. Posner's research, mice who were exposed to pulses of light designed to stimulate their theta brainwaves were less anxious after 20 days than mice who were not.

I am not suggesting you walk around with your own personal strobe light, however. There are other ways to stimulate our theta waves. Dr. Lee R. Bartel, professor of Music at the University of Toronto and founding director of the Music and Health Research Collaboratory, has produced several different music compilations designed to foster better concentration, reduce stress and improve sleep. You can find these on Amazon.

If you would like to understand more about meditation, including its role in the art and science of Feng Shui, please **contact me**. No strobe lights required.

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