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Kavli Frontiers of Science Symposium Series

Ninth Annual Japanese-American Kavli Frontiers of Science Symposium

Japan Society for the Promotion of Science
U.S. National Academy of Sciences

December 8-10, 2006
Irvine, California

Meditation and the Brain: Symposium Introduction [-Presentation](#)
Linda E. Carlson, University of Calgary

Please click on the above link to watch the presentation - both slides and audio. This presentation file is in [Flash](#) format, available free online.

This introductory talk will summarize in broad terms several background areas that will help to set the stage for the two keynote speakers. These topics include defining meditation, describing different types of meditation practice and reviewing methodology for the study of meditation. The two main methodologies used to study meditation are observational studies, typically investigating adept Eastern or Western practitioners, and experimental studies investigating the effects of learning meditation in new practitioners. Studies typically explore outcomes such as psychological functioning (mood, stress levels), biological measures (immune system function, stress hormones), and neuroscience measures such as EEG (monitoring brain waves) or PET/fMRI (measuring structure and function of specific brain areas). Clinical outcomes such as symptom reduction in medical populations have also been of interest. Major groundbreaking research results in these areas will be summarized, and organizations interested in the study of meditation and the brain will be overviewed.

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US Frontiers (2005):

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Japanese-American Frontiers (2004):

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