

Tune Up Your Brain, Lesson Four, Module Three

How does Meditation Help with Learning?

One of the most important ways in which meditation helps you learn better is by boosting Alpha brainwaves. The Alpha state is the predominant state for learning, studying, memorizing, and recollecting large sums of information.

Can you remember a time when you felt “in the zone” —totally focused, extremely calm, and 100% alert? That’s the Alpha state, and you can summon this enhanced learning state with meditation.



You can use meditation music with Alpha waves included and this can help you achieve that state more quickly if you have trouble getting into that state by meditation alone. There are many recordings available – I enjoy [THIS ONE](#).

Meditation also stimulates learning-associated brain regions. The hippocampus and the frontal lobe, which are especially important for memory storage and recall, are stimulated during meditation.

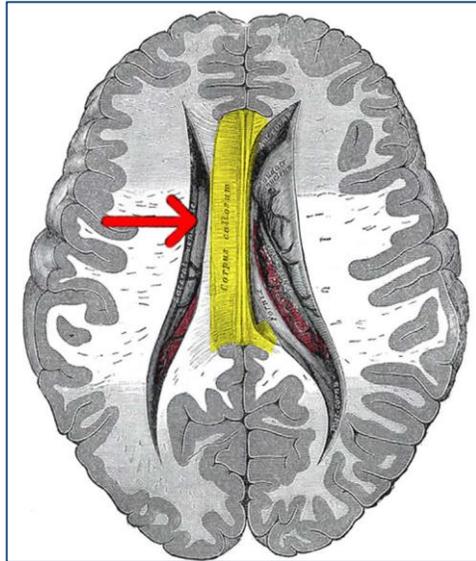
By flexing these parts of the brain, meditation multiplies your ability to memorize, store, and recollect large sums of information. Many scientists agree that the implications of this are huge, with meditation being the leader as the best brain exercise, multiplying study skills across the board.

Remember we learned that musicians have larger corpus collosum and the two hemispheres of their brains work better together? Well, meditation also works to balance the hemispheres of the brain.

When the left hemisphere is dominant, people are generally more logical, practical, and analytical, and often better at math and science. If the right hemisphere is dominant, you are generally more intuitive and sensual, often excelling at philosophy and the arts.

As a result, many of us have what you could call an “unbalanced” brain. Our dominant brain hemisphere gets so much action, one side of the brain is over-developed while the other side is neglected.

But to be truly successful and to learn and remember with ease, it is best to use both brain hemispheres in harmony. You can use meditation on its own, or by using special brain-wave recordings, to create “whole brain synchronization”. When you activate this highly active brain state, you can boost your ability to remember and retain information.



And, just as the corpus callosum is thicker and stronger in trained musicians, researchers have found that this Grand Central station-like cable of nerves cross-linking the brain hemispheres is remarkably stronger, thicker, and more well connected in meditation practitioners.

By constructing a "hyper-connected," "ultra-efficient" bridge between our brain halves, meditation integrates our brain hemispheres, which leads to better focus, deeper thought, super creativity, excellent mental health, enhanced memory, and clearer thinking.

Meditation also shapes the hippocampus, which is the learning and memory center of our brain. The

hippocampus is key for learning and memory, and studies have shown that just a few weeks of mindfulness meditation practice increased the size of this brain region.

Meditation also helps increase overall grey matter. Grey matter is the brain cell bodies important for processing power and linked to intelligence.

You can see that mindfulness and meditation are exceptionally powerful to help with learning and focus.

If you don't have the brain you want now, maybe it isn't focused or full of mental energy, then the good news is that you *can* in fact change your brain with meditation. Although a thick hippocampus might not make you a genius, it's a worthwhile improvement that can impact something that's with you at all times determining your entire reality in each moment: your mind.