

The Science of Meditation – by Ken D Foster

The Science of Meditation – Why Meditate

- **Harvard yoga scientists find proof of Meditation benefit**

Article: <http://www.bloomberg.com/news/2013-11-22/harvard-yoga-scientists-find-proof-of-meditation-benefit.html>

- **Harvard Medical School - Mindfulness meditation may ease anxiety, mental stress**

Article: <http://www.health.harvard.edu/blog/mindfulness-meditation-may-ease-anxiety-mental-stress-201401086967>

- **MIT neuroscientists explain why the practice helps tune out distraction and relieve pain.**

Article: <http://web.mit.edu/newsoffice/2011/meditation-0505.html>

- **Eastern Meditation – The science of reuniting your soul with the infinite spirit.**

Video: <https://www.youtube.com/watch?v=OanRLgKiUV4>

Article: http://www.yogananda-srf.org/Meditation_Kriya_Yoga.aspx#.U4eAKPldV16

The Science of Meditation – Instruction on Proper Posture

Video: http://www.yogananda-srf.org/Learn_to_Meditate.aspx#.U4k9ivldV14

Science of Meditation – Guided Meditations

- **Guided Meditation with Parmahansa Yogananda**

Video: http://www.yogananda-srf.org/Guided_Meditations.aspx

- **Guided Meditation with Dr. Wayne Dyer**

Video: <https://www.youtube.com/watch?v=KADc4U2rng0>

- **Guided Meditations with Oprah and Dr. Depak Chopra \$50.00**

Video: <https://chopracentermeditation.com/store/product/44>

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