

In his book Mindsight Dan Siegel outlines the nine functions of the prefrontal lobes. Thanks to FMRI Imaging we now know that the prefrontal lobe area of the brain is strengthened through mindfulness meditation. What does this mean? Take a deeper look at the nine prefrontal lobe functions:

1. **Bodily regulation.** If your stress response is over-active because of past trauma, mindfulness can help regulate and soothe the nervous system.
2. **Attuned communication.** Do you find yourself over-reacting in certain conversations? Mindfulness can help you respond as opposed to react, and help you better understand your conversation partner's point of view. Now wouldn't that make your spouse or boss happy?
3. **Emotional balance.** Having more control of your emotions on a daily basis leads to less stress, and better health. With regular mindfulness practice, you will experience fewer peaks and valleys in your emotions.
4. **Fear modulation.** You're late for work, speeding, and you get pulled over. The kindly police officer lets you off with a warning but your nervous system didn't get the message. Your mindfulness meditation practice will help you get back to base-line faster, and allow you to go about your day without your heart pounding out of your chest.
5. **Response flexibility.** John Gottman, the marriage guru who claims to be able to predict within 98% accuracy whether a couple will stay together or not says "there is only one social skill, and that is self-regulation." Mindfulness allows helps you self-regulate your nervous system and choose your response to a situation as opposed to having the response choose you.
6. **Insight.** Mindfulness meditators often report "aha" moments. We may be struggling to find a solution to a problem, and paradoxically, when we let go of the obsession, the answer comes in a moment of mindfulness.
7. **Empathy.** Feeling resentful of a person or situation? Empathy and compassion are much healthier emotions. Better for you, better for your nervous system, better for the world. Mindfulness trains up your empathy and compassion muscles.
8. **Moral Awareness.** More often than not solutions found during mindfulness practice will benefit yourself and others. This is moral awareness in action and is the focus of the Mind and Life Institute, an organization spearheaded by the Dalai Lama and leading scientists and policy makers from around the globe.
9. **Intuition.** That gut feeling that we often ignore comes out loud and clear during meditation, often cutting away the stories we tell ourselves, allowing us to make better decisions with ease.

Mindfulhub.com - We wish you twenty minutes of mindfulness every day!

