

Meditation facts True or False

A fun way to inspire kids to want to meditate.

Print these out, chop them up and divide them between the kids. They each take turns to read them out. We guess the answers.

Meditation slows the ageing process.

True

Meditation strengthens your immune system

True

Meditation reduces stress.

True

Meditation delays the onset of alzheimers.

True

Meditation can reduce symptoms of asthma

True

Meditation improves reaction times

True

Fighter pilots meditate to perform better.

True

Meditation reduces asthma symptoms

True

Meditation is proven to reduce anxiety

True - Airports have meditation rooms to reduce flying anxiety.

Meditation has been practiced for over 6000 years

True

Meditation can help with the creative process in the brain such as when you are making art or writing a speech.

True

Meditation sharpens your attention and memory

True

We can use meditation to affect our body temperature

True - During meditation monks can raise their body temperature to not feel the cold, especially in their hands and feet, raising hand and foot temperature by up to 17 degrees.

Will Smith has a meditation lounge at home

True

Meditation makes you happier

True

Daily meditation makes it easier to fall asleep at night.

True

Regular meditation can make decision making easier

True

Meditation can help people overcome addictions

True- meditation has been proven to support addiction recovery by helping you feel calm, cope with triggers and avoid relapse.

Daily meditation makes people more social and less fearful of engaging with others

True

Meditation lowers blood pressure

True

Meditation increases oxygen in the brain helping us think clearly

True

Meditation can make you braver

True

Meditation increases neuroplasticity (developing new connections in the brain) leading to better control of thoughts and improved learning abilities.

True

Meditation can be a more efficient painkiller than morphine by relaxing the body and releasing a natural painkiller we store in our body called anandamide

True

Consistent daily meditation is more important than lengthy meditation.

True

Heart health is improved from daily meditation

True

Meditation is used as a tool for holding your breath underwater for mind boggling lengths of time.

True

Kobe Bryant (the famous basketballer) attributes a lot of his success to daily meditation.

True

Steve jobs (founder and genius mind of apple) attributes a lot of his success to meditation.

True

Einstein's theory of relativity and the laws that govern our universe was discovered in meditation.

True

Isaac Newton (the man who discovered the three laws of motion, theory of gravity, discoverer of calculus, inventor of the reflection telescope that we still use in astronomy today) meditated every day

True

You can control your heart rate and fear response to situations through meditation

True

Meditation can give you a sore but from sitting to long

True

Meditating regularly connects you with a deep inner wisdom, clarity and knowing
True

Meditation practices allow you to connect with the energy of the earth

True - With practice people feel the difference in energy quality within them as they connect their physical bodies with the earth. Through this practice a deep Love and care develops with the earth.

Meditation is a powerful tool for Self transformation

True - With regular practice meditation we can develop self awareness and self love. When we love ourselves all of our life experiences change because our fears reduce.

A focused daily visualisation meditation of doing muscle building exercises will cause those muscles to get stronger and grow

True

10 minutes meditation is equivalent to 20 mins of sleep for mental and brain restoration

True

Japan's first meditation hall was opened in the year 1203

False - actually it was the year 653

Meditation will causes forgetfulness

False - However Meditation does improve memory

After Meditation you feel spaced out, drowsy and can be clumsy

False - Race car drivers meditate before a race to achieve their best lap times.

Meditation slows your reflexes

False - Martial arts experts meditate before a fight to improve their abilities.

People with ADHD aren't very good at meditating and struggle to access any benefits.

False - Challenging symptoms of ADHD can be reduced by meditating daily

If you meditate you will lose touch with the logical thinking part of your brain

False - Meditation has been shown to improve school test scores.

Meditation does not affect how we treat other people

False - Daily meditation has been shown to make people kinder

Meditation will turn you into a hippie

False

Meditation will slowly make you wear baggy clothes

False

Meditation will make your beard grow faster

False

Meditation will improve vision

False - It can however open you up to perceiving inner vision

Meditation can improve your hearing

False - but it can make you a better and more patient listener.

Donald trump meditates every day

False - but Bill Gates the founder of microsoft and one of the wealthiest people in the world does!

If you spend a lot of time meditating you become more feminine

False

Meditation takes away your ability to think for yourself

False - Through a deeper connection with yourself, meditation can develop independent thinking.

Meditation makes your body slow down which makes you slow in sport

False - Mountain bikers record faster lap times after practicing short meditations.

Meditation makes your bones more dense.

False

A man climbed mount everest in shorts and a t- shirt in negative 50 degree temperatures using meditation to heat his body

False - actually he did do this, however he didnt wear a shirt at all. His name is Wim Hof.

Meditation can make alter your skin tone

False

Meditation can make your sweat smell better

False

Meditation can alleviate gas (otherwise known as smelly farts)

False

Meditation can make you levitate

False

You can get stuck meditating and not escape the meditation

False

Deep breathing in meditation can cause over oxygenation of the body resulting in air leaking out of your skin

False

If you meditate every day you will keep growing

False