

5 “Action-Taker” Questions

1) When is the best time of day for you to devote just 15 minutes of your uninterrupted time to meditate?

2) What is the best way for you to schedule this daily 15 minutes so you are automatically reminded to meditate?

3) What's a way you can reward yourself for meditating every day?

4) Who's someone you can tell about this so you can have a buddy to go on the journey with you?

5) Who's someone you can tell about this so you can have them hold you accountable if you don't do it?

Here is the full list of benefits of meditation we mentioned in Video #1.

The numbers correspond to the relevant study in the list of citations, if you want to do further research.

Feel free to circle the ones that are most important to you:

Meditation makes you more empathetic and compassionate.^[62]

Meditation improves your ability to make good decisions.^[64]

Meditation slows down neuro-degeneration.^[65]

Meditation enhances your creativity.^[66]

Meditation makes you learn faster.^[67]

Meditation increases your attention span.^[68]

Meditation makes you feel less lonely.^[69]

Meditation helps you combat the cravings of addiction.^[70]

Meditation gives you a higher pain threshold.^[71]

Meditation helps with PTSD.^[72]

Meditation improves your visuospatial memory.^[73]

Meditation helps you become less distracted and more focused.^[74]

Meditation makes you happier.^[75]

Meditation improves your immune response.^[76]

Meditation reduces anxiety.^[77]

Meditation makes your sleep deeper and more restful.^[78]

Meditation gives you clearer skin.^[79]

Meditation improves your hearing.^[80]

**Here is the full list of current medical conditions
we mention in Video #1.**

The numbers correspond to the relevant study in the list of citations, if
you want to do further research

Feel free to circle any, as you did above.

Alcohol addiction^[8]

Alzheimer's^[9]

Atrial fibrillation^{[10][11]}

Asthma^[12]

Anxiety Disorders^[13]

Autism^[14]

Bulimia nervosa^[15]

Burn-induced organ dysfunction^[16]

Chronic heart failure^[17]

Chronic intractable hiccups^[18]

Colitis^[19]

Comorbid personality disorders^[20]

Coronary artery disease^{[21][22]}

Diabetes^[23]
Dravet syndrome^[24]
Drop-attacks^[25]
Epilepsy^[26]
Fibromyalgia^[27]
Heatstroke^[28]
Heroin seeking behavior^[29]
inflammatory bowel disease^[30]
Intestinal epithelial barrier breakdown^[31]
Lennox-Gastaut syndrome^[32]
Memory^[33]
Migraines^{[34][56]}
Mood disorders^[35]
Multiple sclerosis^[36]
Myocarditis^[36]
Obesity^{[23][38][39]}
OCD^[40]
Peripheral arterial occlusion disease^[41]
Postoperative cognitive dysfunction^[42]
Rasmussen's encephalitis^[43]
Rheumatoid arthritis^[44]
Severe mental psychosis^[45]
Sepsis^[46]
Spinal trigeminal neuronal^[47]
Tinnitus^[48]
Transient focal cerebral ischemia^[49]

Trauma-hemorrhagic shock^[50]

Traumatic brain injury^{[51][52]}

Treatment Resistant Depression^{[53][54][55][56]}

Vaginal-Cervical self-stimulation in women with complete spinal cord injury^{[57][58]}

Visceral pain-related affective memory^[59]