Propositions belonging to the dissertation

The neural and psychological mechanisms of yoga and mindfulness meditation

Tim Gard

1. Meeting the unwanted with mindfulness makes it less unpleasant. (this dissertation)

2. Pain modulation through mindfulness in experienced meditators involves a brain activation pattern that is in sharp contrast to other cognitive pain modulation strategies. (this dissertation)

3. Yoga and mindfulness meditation rely on overlapping psychological mechanisms including mindfulness and self-compassion. (this dissertation)

4. Older long-term yoga and mindfulness meditation practitioners have a more integrated functional brain network architecture than persons of the same age and with similar lifestyles but without meditation or yoga practice. (this dissertation)

5. The dialogue between contemplative scholars, practitioners and neuroscientists in the field of contemplative neuroscience is not only highly inspiring; it is a necessity to unravel the mechanisms of how contemplative practices foster human flourishing and well-being.

6. If the community is aware of the interdependence of all its members, diversity will enrich all the relationships and thus enrich the community as a whole, as well as each individual member. (Fransico Varela)

7. All religions, arts and sciences are branches of the same tree. (Albert Einstein)

8. The detailed understanding of the mechanisms of yoga and mindfulness meditation can be used for the improvement of existing, and the development of new interventions to foster health and well-being.

9. There is suffering. (Buddha; this dissertation)

10. There is an end to suffering. (Buddha; March 20, 3pm)

11. You can’t stop the waves, but you can learn to surf. (Jon Kabat-Zinn)