

K01 Meditation Application

January 2010

Intro: If there were a medication you could take that would reduce stress, lower your blood pressure, reduce anxiety, increase your ability to focus, prevent disease and improve your quality of life would you take it? Well, there is no such drug, but research shows that meditation can help all of those things. Doctors at Mayo Clinic have developed an iPhone application to help you fit the many benefits of meditation into your busy life.

Video

Total running time 1:37

Audio

ANN MARIE GULLICKSON'S LIFE IS PACKED. SHE WORKS, TAKES CLASSES, KEEPS HER FAMILY ORGANIZED AND SOMEHOW FINDS TIME TO SEW COSTUMES FOR HER KIDS' PERFORMANCES.

"WHEN MY MIND IS REALLY BUSY WITH ALL THE DIFFERENT BALLS I HAVE IN THE AIR." MEDITATION IS WHAT KEEPS HER TOGETHER.

"IT REALLY HELPS ME FOCUS"
EVERY DAY ANE MARIE CARVES OUT 10 MINUTES AND TURNS ON HER IPHONE MEDITATION AP FOR

Ann Marie Gullickson
Practices meditation

A QUICK, BUT VERY EFFECTIVE
SESSION.

“SOMETIMES WHEN I’M
MEDITATING OR RIGHT AFTER, I
MAYBE DON’T FEEL ANY
DIFFERENT. BUT LATER I’LL
NOTICE THE SENSE OF
AWARENESS, OF CALM, OF
PRESENCE. ”

THEN, ANN MARIE SAYS, THE TO-
DO LIST THAT USED TO FEEL
MILES LONG, SEEMS A LITTLE LESS
DAUNTING. SHE FEELS LESS
STRESSED.

Amit Sood, M.D.
Mayo Clinic

“MEDITATION IS A STATE OF
CONCENTRATION WITH
RELAXATION.”

DR. AMIT SOOD AND HIS
COLLEAGUES AT MAYO CLINIC
DEVELOPED THE APPLICATION
AFTER FOUR YEARS OF
RESEARCH.

“WE COMBINED CONCEPTS AND

IDEAS FROM A VARIETY OF
MEDITATION STYLES. WE ALSO
LOOKED AT SOME OF THE
SCIENTIFIC DATA AND PUT IT ALL
TOGETHER INTO A PROGRAM THAT
COULD BE LEARNED IN AS LITTLE
AS 10 MINUTES.”

Standup
Vivien Williams
Reporting

IT’S VERY USER-FRIENDLY.
MUSICAL CHORDS SYNCRONIZED
WITH MOVING CIRCLES HELP YOU
FOCUS YOUR BREATHING AND
MIND. DR. SOOD SAYS IF YOU
PRACTICE THIS TWO OR MORE
TIMES A DAY, YOU WILL BEGIN TO
FEEL MORE ALERT, FOCUSED,
RELAXED, AND LIKE ANN MARIE,
BETTER EQUIPPED TO CONFRONT
A BUSY DAY.
FOR MEDICAL EDGE, I’M VIVIEN
WILLIAMS

Anchor tag:

Dr. Sood says everyone can benefit from meditation. There is no mystical, ritualistic or religion-based approach to it. It’s simply a way to train your mind so that your attention becomes strong. And that can help you live a fuller, more balanced life.

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