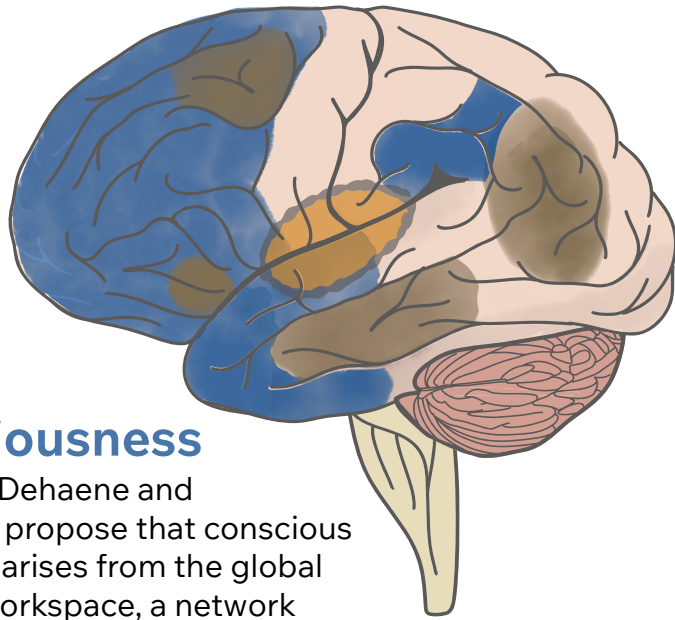


THIS IS YOUR BRAIN when centered

Centering is a form of mindfulness meditation that involves gathering our scattered bits of attention and awareness into a physical space in your body (a “center of gravity” so to speak) and simply being present in that centered place with openness and acceptance.

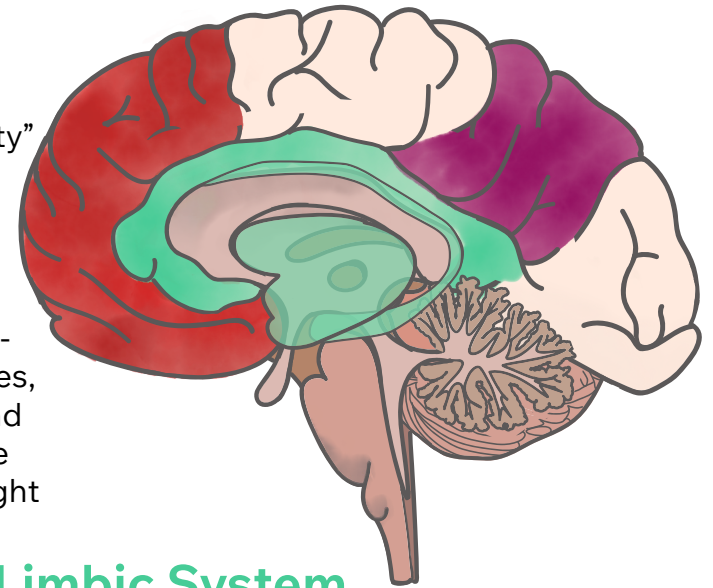


Consciousness

Stanislaus Dehaene and colleagues propose that conscious awareness arises from the global neuronal workspace, a network that brings together the prefrontal cortex and many others in order to keep an idea in mind.

Self-Awareness

When we think about ourselves and our experiences, the **precuneus**, **insula**, and other key members of the **default mode network** light up.



Limbic System

Mindfulness activates limbic areas like the cingulate cortex to keep track of how we are feeling.

