

Study: Loving-Kindness Meditation Slows Biological Aging & Protects DNA Strands



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In today's world, where there's no money there's no attention. This is especially true when it comes to the medical industrial complex, and it's why the science behind health interventions that can be quite beneficial are not at the forefront of mainstream medicine.

The mind body connection is one of these health interventions. [A study](#) published in 2019 is one of many that has provided proof of just how impactful mindfulness interventions can be on human biology. It's titled "Loving-kindness meditation slows biological aging in novices: Evidence from a 12-week randomized controlled trial" and was published in the *Journal Psychoneuroendocrinology*.

The study suggests that loving-kindness meditation has a measurable positive impact at the cellular level. The study examined how different types of meditation influenced telomere length, which is an indicator of physiological aging.

Telomeres are the protective caps on the ends of the strands of DNA called chromosomes. With time they get shorter. For the most part, the more we age the shorter they get. Other environmental toxins, like smoking and unhealthy habits also contribute to the shortening of our telomeres. There are also a number of habits and substances that have been shown to slow down this process & even lengthen our telomeres, like fasting for example, which in essence means one is reversing the aging process.

“Chronological age and biological age are not identical. The former is measured in years, whereas the latter is often indexed by telomere length,” the authors explained. “Telomeres progressively shorten with cell division (i.e., aging) in general but may also be replenished or lengthened by the enzyme telomerase.”

The study was 12 weeks long and comprised of 176 participants between the ages of 35-64 years old. All of the participants had little to no meditation experience and were assigned to a 6-week long loving-kindness meditation workshop, a 6-week mindfulness meditation workshop, or a waitlist control group.

Researchers collected blood samples at the beginning and end of the study in order to measure telomere length before and after the meditation intervention.

The mindfulness meditation workshop helped the participants focus on the present moment and develop a non judgemental attitude. It was simply used to help bring one's awareness into the present moment, while the loving-kindness meditation workshop focused on helping participants cultivate warm and friendly feelings towards others.

The researchers found that telomere length shortened for everybody, which is normal, but the daily practice of the loving-kindness meditation created a buffer against the decline. The researchers explained that in the loving-kindness group, there was "no significant telomere shortening over time."

These results correlate with other studies that have looked at meditation and telomere length. Research published in the journal [Cancer in 2014](#) found that telomeres maintained their length in breast cancer survivors who practiced mindfulness meditation. Additionally, a 2018 study in the journal [Brain, Behavior, and Immunity](#) found that telomere length actually increased in meditation retreat participants after three weeks.

Feeling gratitude, which can be part of a loving-kindness meditation also changes the molecular structure of the brain. Neuroimaging studies have

shown this to be true.

Having an attitude of gratitude changes the molecular structure of the brain, keeps gray matter functioning, and makes us healthier and happier. When you feel happiness, the central nervous system is affected. You are more peaceful, less reactive and less resistant. Now that's a really cool way of taking care of your well-being.

[UCLA Newsroom, Joan Moran.](#)

You can read more about that [here](#).

Other fascinating research in this area has come from the scientists at the HeartMath Institute. Their research has also shown the importance of emotions not just on our own biology, but on others as well.

[According to](#) Rollin McCraty, Ph.D, and Director of Research at Heartmath,

Research findings have shown that as we practice heart coherence and radiate love and compassion, our heart generates a coherent electromagnetic wave into the local field environment that facilitates social coherence, whether in the home, workplace, classroom or sitting around a table. As more individuals radiate heart coherence, it builds an energetic field that makes it easier for others to connect with their heart. So, theoretically it is possible that enough people building individual and social coherence could actually contribute to an unfolding global coherence.

You can read more about that [here](#).

Peace, compassion, service to others and positive emotions are often overlooked when it comes to being game changers for the world and changing our human experience. Despite being so overlooked, they may be the dominant and most important factors for humanity to cultivate if we are going to progress, move forward and thrive as a human collective.

A portion of our membership, which is what helps to sustain us and keep us going in this world of censorship, is committed to help people cultivate these feelings. If you'd wish to explore and start a free trial, you can do so [here](#).

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