

Can mindfulness meditation protect your DNA?

“I think, therefore I am” is perhaps the most familiar one-liner in western philosophy. Even if the stoners, philosophers and quantum mechanically-inclined skeptics who believe we’re living an illusion are right, few existential quips hit with such profound, approachable simplicity. The only catch is that in Descartes’ opinion, “we” – our thoughts, our personalities, our “minds” – are mostly divorced from our bodies.

The polymathic Frenchman and other dualist philosophers proposed that while the mind exerts control over our physical interaction with the world, there is a clear delineation between body and mind; that our material forms are simply temporary housing for our immaterial souls. But centuries of science argue against a corporeal crash pad. The body and mind appear inextricably linked. And findings from a new study published in *Cancer* by a Canadian group suggest that our mental state has measurable physical influence on us – more specifically on our DNA.

Lead investigator Dr. Linda E. Carlson and her colleagues [found](#) that in breast cancer patients, support group involvement and mindfulness meditation – an adapted form of Buddhist meditation in which practitioners focus on present thoughts and actions in a non-judgmental way, ignoring past grudges and future concerns — are associated with preserved telomere length. Telomeres are stretches of DNA that cap our chromosomes and help prevent chromosomal deterioration — biology professors often liken them to the plastic tips on shoelaces. Shortened telomeres aren’t known to cause a specific disease per se, but they do whither with age and are shorter in people with cancer, diabetes, heart disease and high stress levels. We want our telomeres intact.

Read full original article: [Changing Our DNA through Mind Control?](#)