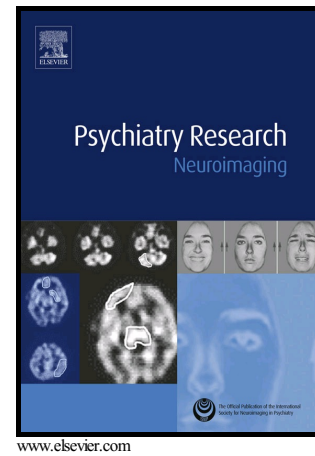


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**Meditation and the brain –neuronal correlates of mindfulness as assessed  
with near infrared spectroscopy**

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**ABSTRACT**

Mindfulness meditation as a therapeutic intervention has been shown to have positive effects on psychological problems such as depression, pain or anxiety disorders.

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