

# In pain? Try meditation

April 05, 2011

**CNN:**

You don't have to be a Buddhist monk to experience the health benefits of meditation. According to a new study, even a brief crash course in meditative techniques can sharply reduce a person's sensitivity to pain.

In the study, researchers mildly burned 15 men and women in a lab on two separate occasions, before and after the volunteers attended four 20-minute meditation training sessions over the course of four days. During the second go-round, when the participants were instructed to meditate, they rated the exact same pain stimulus — a 120-degree heat on their calves — as being 57 percent less unpleasant and 40 percent less intense, on average.

Read the whole story: [CNN](#)