



FIGURE 2 Region of interest results: Effects of meditation emotion regulation techniques on activation in the default mode network (DMN). (a) Differential DMN activation associated with ACCEPT vs. BREATH meditation instructions. Yellow colors indicate greater BOLD response in the DMN for ACCEPT vs. BREATH. (b) Differential DMN activation during meditation instructions (ACCEPT) vs. a non- meditation instruction (DISTRACT). Blue colors indicate lower DMN activation during meditation instructions (ACCEPT) relative to non-meditation instructions (DISTRACT). Results significant at small-volume corrected threshold ($p_{FWE} \leq 0.05$, > 5 voxels) and shown at $p < 0.005$ for display purposes. BOLD — Blood-oxygen level-dependent; MFC — medial frontal cortex. X, y, and z are MNI peak coordinates.