



**FIGURE 3 Whole brain results: Effects of meditation emotion regulation techniques on activation in the default mode network (DMN).** (a) Differential DMN activation associated with meditation (BREATH) vs. non-meditation (DISTRACT) instructions. Green colors indicate lower BOLD response in the DMN for BREATH vs. DISTRACT. (b) Differential DMN activation during meditation instructions (BREATH) vs. a control condition (LOOK). Red colors indicate lower DMN activation during meditation instructions (BREATH) relative to a control condition (LOOK). Results significant at a whole brain threshold ( $p < 0.001$ ,  $> 6$  voxels) and shown at  $p < 0.005$  for display purposes. BOLD — Blood-oxygen level-dependent; MTG — middle temporal gyrus; PCUN — precuneus; PHG — parahippocampal gyrus; CUN — cuneus; PCC — posterior cingulate cortex. X, y, and z are MNI peak coordinates.