Figure 1. Additional segmentation of the nuclei of the amygdala in the coronal view (top left) and of the hippocampal substructures in the coronal (bottom left) and sagittal views (top and bottom right), carried out using the hippocampal subfield module from Freesurfer. The analyzed volumes from these structures were extracted from the hippoSfVolumes-T1.v21.txt and amygNucVolumes-T1.v21.txt files that Freesurfer produces.
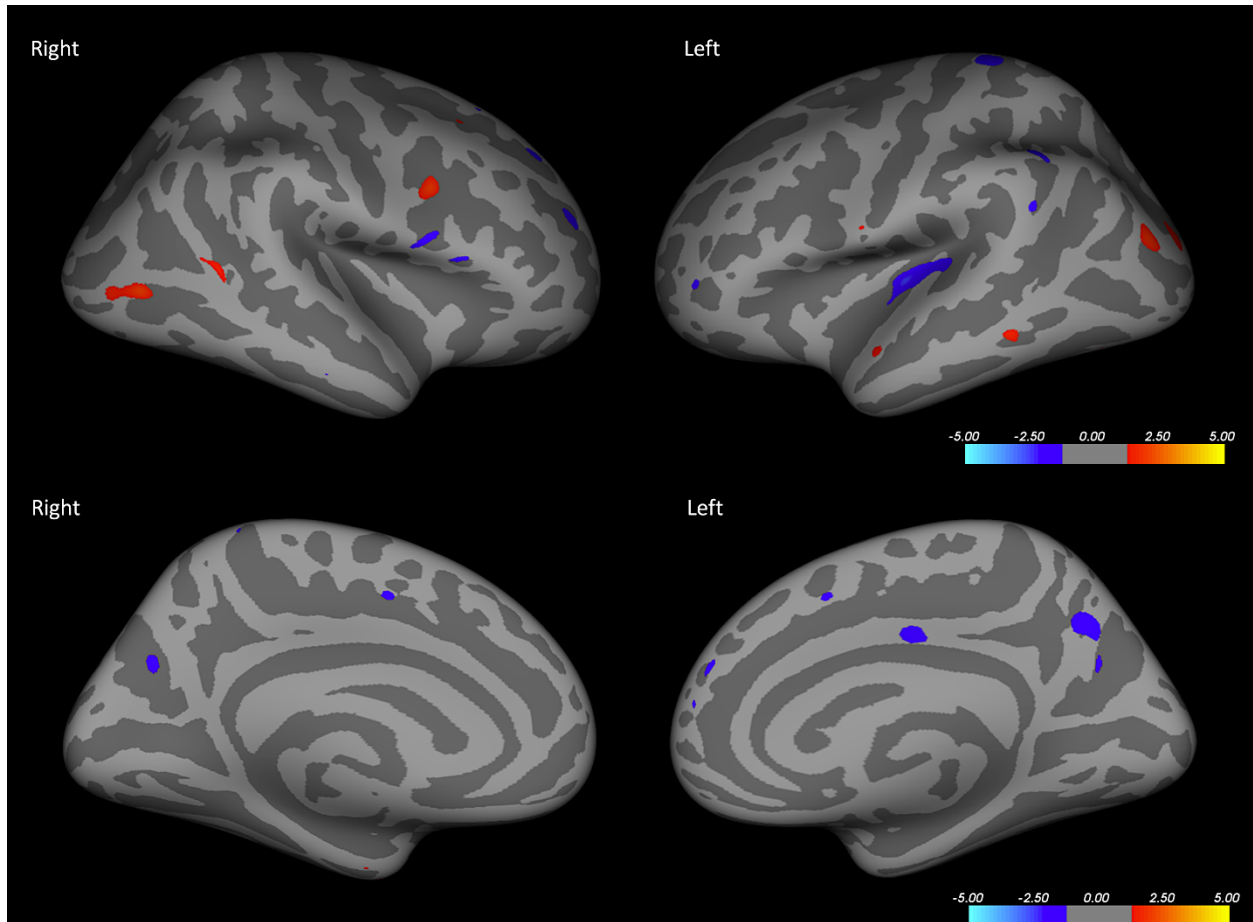
Figure 2. Whole brain volume analysis performed using Qdec. In the right hemisphere (left images), meditators showed significant higher volume than controls (blue voxels) in the anterior aspect of the superior frontal gyrus, rostral middle frontal, *pars opercularis* of the inferior frontal gyrus, inferior pre-central gyrus, pre-cuneus and paracentral lobule. They showed lower volume than controls (red voxels) in the pre-central gyrus, posterior aspect of the middle temporal gyrus, lateraloccipital gyrus. In the left hemisphere (right images), meditators showed significant higher volume than controls (blue voxels) in the left rostral middle frontal gyrus, insula, postcentral gyrus, supramarginal gyrus, medial superior frontal gyrus, posterior cingulate gyrus and precuneus. They showed lower volume than controls (red voxels) in the precentral opperculum, anterior aspect of the superior temporal gyrus, middle temporal gyrus, occipital pole (lateraloccipital) and the fusiform and entorhinal gyri (both not shown in the image).
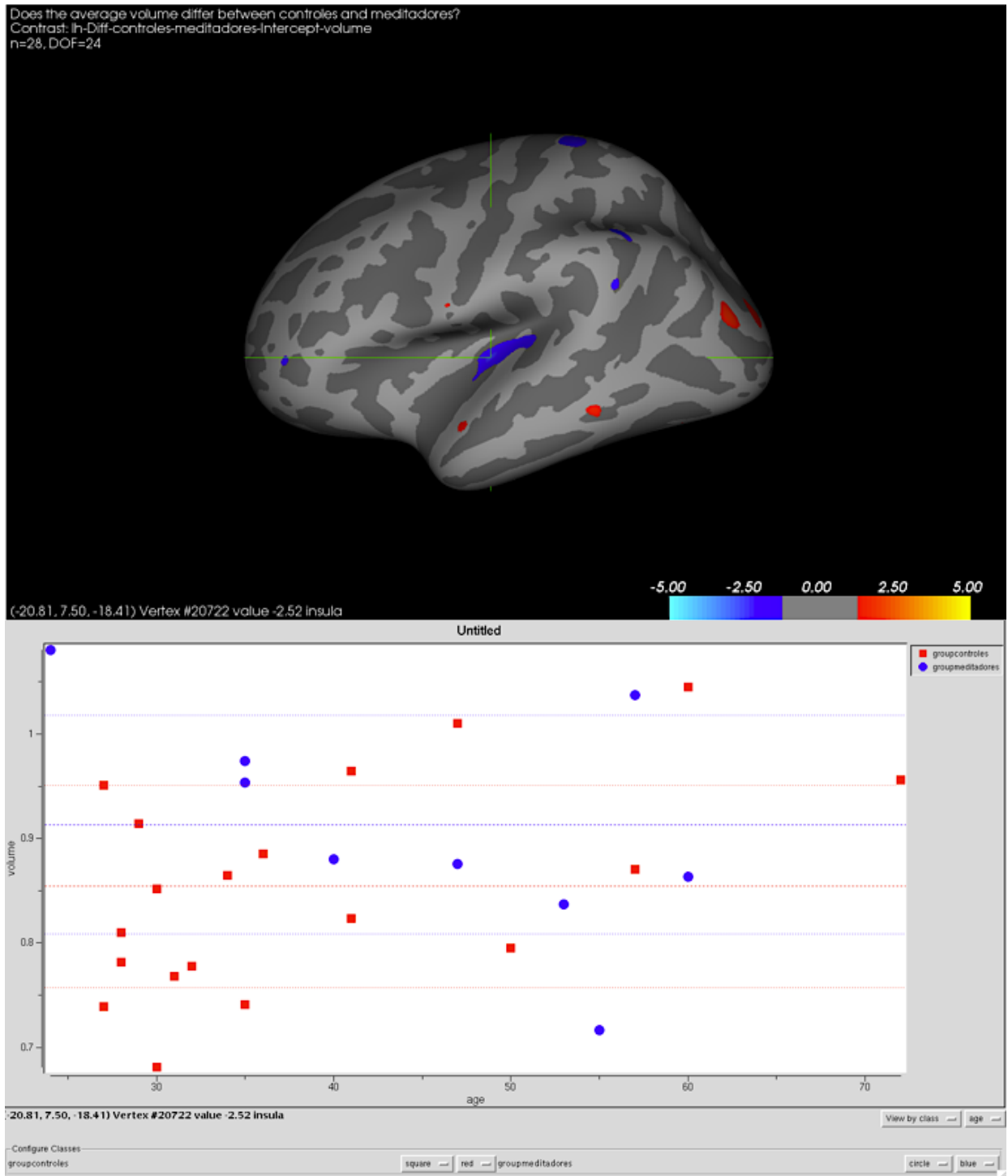
Figure 3. Plotting the largest cluster with significant difference in the volume across groups. The plot shows the cortical volume on the y-axis and the age on the x-axis for each individual subject, denoting their age and cortical volume at the vertex selected. The information at the bottom of the both the Qdec window (above) and the plot window (below) shows that this vertex has surface coordinates (-20.81, 7.50, -18.41) and is Vertex# 20722. The significance value is -2.52 and it is in the insular region. The significance

in this display is a -log(10)p value, and not a straight p-value. The thickest dotted line in the plot represents the average volume and in this vertex is higher in the meditators.