

The Benefits of Meditation

Physical Benefits:

The latest scientific studies and research have indicated that the practice of meditation for only 20 minutes each day can improve one's health and can potentially alleviate the symptoms of more serious illnesses. For example, meditation can:

- Increase one's energy and vigor
- Speed up healing time and recuperation
- Decrease the frequency and severity of asthma attacks and other allergic reactions.
- Reduce stress-related illnesses such as heart disease, insomnia and high blood pressure.
- Ease the chronic pain that results from arthritis and back pain.
- Improve one's reflexes, coordination and motor skills.

Psychological Benefits:

Scientific studies indicate that the practice of meditation can enhance psychological well-being and one's mental attitude. Other benefits include:

- Improved mental health
- Greater emotional stability
- Enhanced relationships
- Spontaneity
- Decreased depression and anxiety
- Reduced dependency on medication
- Increased empathy and interest in spirituality
- Enhanced creativity
- Improves memory and sharpens intelligence

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