

# BENEFITS OF MEDITATION

## **PHYSICAL BENEFITS**

The latest scientific research has indicated that the practice of meditation for only 20 minutes a day can improve one's health and potentially alleviate the symptoms of more serious illness.

- a. Meditation reduces problems relating to physical impairments.
- b. Helps us heal and recover more quickly from illness
- c. Increases one's energy and vigor
- d. Speeds up healing time and recuperation
- e. Decreases the frequency and severity of asthma attacks
- f. Reduces stress-related illnesses such as heart disease, insomnia and high blood pressure.
- g. Eases chronic pain
- h. Improves one's reflexes, coordination and motor skills

## **PSYCHOLOGICAL & EMOTIONAL BENEFITS**

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

- a. Reduces life stressors
- b. Creates a sense of balance and harmony
- c. Increases both our creativity and our ability to focus
- d. Offers a different angle of vision on problems we face
- e. Improves mental health
- f. Greater emotional stability
- g. Increased empathy
- h. Improved memory and sharpens intelligence
- i. helps us become calm and peaceful

## **BENEFITS FOR THE WORLD**

- a. connectivity with humankind
- b. compassion for all living creatures
- c. radiate peace to our community and the world

# MEDITATION INSTRUCTIONS

Meditation practiced daily connects you with the bliss and joy within and helps your physical, mental, emotional, and spiritual well-being.

- Sit comfortably in any pose in which you can remain for an extended period of time.
- Close your eyes gently, just as you do when you go to sleep, but remain wide awake.
- Focus your attention 8-10 inches in front of you.
- Mentally repeat any calming word or phrase slowly, at an even pace. This silent repetition prevents the mind from wandering.
- You may see flashes of light, circles of light, or lights of various colors. When your attention is focused, you see the light.

Keep your attention focused in the middle of the experience, and enjoy its calming and peaceful effect.

## READING RECOMMENDATIONS

[author – Rajinder Singh]

Meditation as Medication for the Soul  
Inner and Outer Peace through Meditation  
Empowering Your Soul through Meditation  
Spark of the Divine

[author – Michael Singer]  
The Surrender Experiment

[author – Eben Alexander, M.D.]  
Proof Heaven – A Neurosurgeon's Journey into the Afterlife

**For additional information**  
Umesh Bhatia, M.M.S., M.S.  
umeshb60@gmail.com