



13
awesome
BENEFITS
OF MEDITATION

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Next

WHY MEDITATE?

Research has proven that meditation benefits are physical, mental, emotional, physiological, and chemical. Meditation is an extremely powerful tool for you to use to help improve your life.

Becoming awake and more aware in the present moment, you accept the moment as it is... and you begin to find inner peace. Being at peace with the present moment creates acceptance in and of that moment and the situation at hand. When there is acceptance, there is no struggle. With no struggle, all your energy is free to be directed toward finding peaceful solutions or ways to improve the situation and more effective responses to achieve inner peace.

Yes! I'm In!

Think of meditation as an upward spiral—a way of opening up and accepting what is around you. It frees your forces and energies enabling you to make better choices and create better outcomes. Ultimately, you also get better rest and discover you sleep more deeply and are more rejuvenated. All of these factors lead to greater peace, more calm, stronger mental function, an improved immunity and an ability to give joyfully and generously.*

“The Mayo Clinic claims that meditation eases the symptoms of and/or reduces anxiety, asthma, depression, heart disease, cancer, high blood pressure, pain and sleep problems.”

The Department of Defense and the Armed Forces of the United States in conjunction with several of the top universities in the nation have been conducting experiments on meditation to determine its benefits for performance under stress as well as recovery from stressful events. There are further studies on the use of meditation practice to heal those suffering from Post Traumatic Stress Disorder.

The results are astounding. After an 8-week course in mindfulness meditation, Marines who participated in the course and those who did not, spent a day in mock immersive and intense combat. Subsequent testing demonstrated that meditation appears to change how the brain responds to and recovers from highly stressful situations. Post meditation:

- * Breathing rates returned to normal much sooner
- * Blood levels suggested improved immune function
- * MRI scans showed reduced activity patterns in areas of the brain in which high activity indicates anxiety and mood disorders

Many of us are not in combat situations... and some of us are. To practice meditation regularly is to prepare yourself to handle what is to come and respond with ease and grace, with clear-headedness and insightfulness, with calm and strength. We create a more peaceful world beginning with our own small steps.

Now.... WHAT YOU HAVE BEEN WAITING FOR!

*Study published in May 16, 2014 online Journal of American Psychiatry.



13 awesome BENEFITS OF MEDITATION

1

Reshapes your brain and how you see yourself and the world around you

2

Reduces anxiety, stress and fear

3

Increases contentment and acceptance

4

Reduces or eliminates insomnia and deepens sleep

5

Reduces physical and emotional pain and depression

6

Boosts your self-esteem, increases self-love and acceptance

7

Improves your memory

8

Heightens your focus and attention

9

Bolsters your immune system and your general well-being

10

Builds your will power and sense of who you are

11

Develops your connection to something bigger than yourself

12

Reverses aging on a cellular level

Lucky
13

Balances hormones: increases DHEA and supports low cortisol