

Benefits of Meditation

(Source; ineedmotivation.com)

Scientific research indicates that meditating brings about dramatic effects in as little as a 10-minute session. Several studies have demonstrated that subjects who meditated for a short time showed increased alpha waves (the relaxed brain waves) which then helped decrease anxiety and depression.

Physiological benefits:

- 1- It lowers oxygen consumption.
- 2- It decreases respiratory rate.
- 3- It increases blood flow and slows the heart rate.
- 4- Increases exercise tolerance.
- 5- Leads to a deeper level of physical relaxation.
- 6- Good for people with high blood pressure.
- 7- Reduces anxiety attacks by lowering the levels of blood lactate.
- 8- Decreases muscle tension
- 9- Helps in chronic diseases like allergies, arthritis etc.
- 10- Reduces Pre-menstrual Syndrome symptoms.
- 11- Helps in post-operative healing.
- 12- Enhances the immune system.
- 13- Reduces activity of viruses and emotional distress
- 14- Enhances energy, strength and vigor.
- 15- Helps with weight loss
- 16- Reduction of free radicals, less tissue damage
- 17- Higher skin resistance
- 18- Drop in cholesterol levels, lowers risk of cardiovascular disease.
- 19- Improved flow of air to the lungs resulting in easier breathing.
- 20- Decreases the aging process.
- 21- Higher levels of DHEAS (Dehydroepiandrosterone)
- 22- prevented, slowed or controlled pain of chronic diseases
- 23- Makes you sweat less
- 24- Cure headaches & migraines
- 25- Greater Orderliness of Brain Functioning
- 26- Reduced Need for Medical Care
- 27- Less energy wasted
- 28- More inclined to sports, activities
- 29- Significant relief from asthma
- 30- improved performance in athletic events
- 31- Normalizes to your ideal weight

- 32- harmonizes our endocrine system
- 33- relaxes our nervous system
- 34- produce lasting beneficial changes in brain electrical activity
- 35- Cure infertility (the stresses of infertility can interfere with the release of hormones that regulate ovulation).

Psychological benefits:

- 36- Builds self-confidence.
- 37- Increases serotonin level, influences mood and behavior.
- 38- Resolve phobias & fears
- 39- Helps control own thoughts
- 40- Helps with focus & concentration
- 41- Increase creativity
- 42- Increased brain wave coherence.
- 43- Improved learning ability and memory.
- 44- Increased feelings of vitality and rejuvenation.
- 45- Increased emotional stability.
- 46- improved relationships
- 47- Mind ages at slower rate
- 48- Easier to remove bad habits
- 49- Develops intuition
- 50- Increased Productivity
- 51- Improved relations at home & at work
- 52- Able to see the larger picture in a given situation
- 53- Helps ignore petty issues
- 54- Increased ability to solve complex problems
- 55- Purifies your character
- 56- Develop will power
- 57- greater communication between the two brain hemispheres
- 58- react more quickly and more effectively to a stressful event.
- 59- increases one's perceptual ability and motor performance
- 60- higher intelligence growth rate
- 61- Increased job satisfaction
- 62- increase in the capacity for intimate contact with loved ones
- 63- decrease in potential mental illness
- 64- Better, more sociable behavior
- 65- Less aggressiveness
- 66- Helps in quitting smoking, alcohol addiction

- 67- Reduces need and dependency on drugs, pills, pharmaceuticals
- 68- Need less sleep to recover from sleep deprivation
- 69- Require less time to fall asleep, helps cure insomnia
- 70- Increases sense of responsibility
- 71- Reduces road rage
- 72- Decrease in restless thinking
- 73- Decreased tendency to worry
- 74- Increases listening skills and empathy
- 75- Helps make more accurate judgments
- 76- Greater tolerance
- 77- Gives composure to act in considered & constructive ways
- 78- Grows a stable, more balanced personality
- 79- Develops emotional maturity

Spiritual benefits:

- 80- Helps keep things in perspective
- 81- Provides peace of mind, happiness
- 82- Helps you discover your purpose
- 83- Increased self-actualization.
- 84- Increased compassion
- 85- Growing wisdom
- 86- Deeper understanding of yourself and others
- 87- Brings body, mind, spirit in harmony
- 88- Deeper Level of spiritual relaxation
- 89- Increased acceptance of oneself
- 90- helps learn forgiveness
- 91- Changes attitude toward life
- 92- Creates a deeper relationship with your God
- 93- Attain enlightenment
- 94- greater inner-directedness
- 95- Helps living in the present moment
- 96- Creates a widening, deepening capacity for love
- 97- Discovery of the power and consciousness beyond the ego
- 98- Experience an inner sense of "Assurance or Knowingness"
- 99- Experience a sense of "Oneness"
- 100- Increases the synchronicity in your life