

## Health Benefits of Meditation

There are so many advantages to meditation. Meditation is powerful. Here is a list of benefits that meditation can provide you with:

Physiological benefits:

It lowers oxygen consumption.

It decreases respiratory rate.

It increases blood flow and slows the heart rate.

Increases exercise tolerance.

Leads to a deeper level of physical relaxation.

Good for people with high blood pressure.

Reduces anxiety attacks by lowering the levels of blood lactate.

Decreases muscle tension

Helps in chronic diseases like allergies, arthritis etc.

Reduces Pre-menstrual Syndrome symptoms.

Helps in post-operative healing.

Enhances the immune system.

Reduces activity of viruses and emotional distress

Enhances energy, strength and vigour.

Helps with weight loss

Reduction of free radicals, less tissue damage

Higher skin resistance

Drop in cholesterol levels, lowers risk of cardiovascular disease.

Improved flow of air to the lungs resulting in easier breathing.

Decreases the aging process.

Higher levels of DHEAS (Dehydroepiandrosterone)

prevented, slowed or controlled pain of chronic diseases

Makes you sweat less

Cure headaches & migraines

Greater Orderliness of Brain Functioning

Reduced Need for Medical Care

Less energy wasted

More inclined to sports, activities

Significant relief from asthma

improved performance in athletic events

Normalizes to your ideal weight

harmonizes our endocrine system

relaxes our nervous system

produce lasting beneficial changes in brain electrical activity

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 behaviour.

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 behaviour
- 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 judgements
- 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

Meditation is also completely FREE! It requires no special equipment, and is not complicated to learn. It can be practiced anywhere, at any given moment, and it is not time consuming (15-20 min. per day is good). Best of all, meditation has NO negative side effects. Bottom line, there is nothing but positive to be gained from it! With such a huge list of benefits, the question you should ask yourself is, “why am I not meditating yet?”

More info about **Health Benefits of Meditation:**

<http://foodmatters.tv/articles-1/7-health-benefits-of-meditation>

An infographic titled "10 Science-Based Reasons to Start Meditating Today" with a large number "10" on the right. The text is partially obscured by a large, stylized watermark.

<http://www.enmmaseppala.com/10-science-based-reasons-start-meditating-today-infographic/#.VPb1RfmG98E>

<http://lifehacker.com/what-happens-to-the-brain-when-you-meditate-and-how-it-1202533314>