

Mayo Clinic On Meditation (excerpts)

<https://www.mayoclinic.org/tests-procedures/meditation/about/pac-20385120>

Overview

Meditation is a type of mind-body medicine. It has been practiced for thousands of years. During meditation, you develop intentional focus and minimize random thoughts about the past or future. Many forms of meditation exist. But most meditation forms recommend:

- A quiet setting
- A comfortable position
- Focused attention
- An open attitude

Meditation may offer many benefits, such as helping with:

- Concentration
- Relaxation
- Inner peace
- Stress reduction
- Fatigue
- Emotional well-being

Research has found that meditation may help reduce symptoms of anxiety and depression. When combined with conventional medicine, meditation may improve physical health. For example, some research suggests meditation can help manage symptoms of conditions such as:

- Chronic pain
- Asthma
- Cancer
- Heart disease
- High blood pressure
- Sleep problems
- Digestive problems

Meditation: A simple, fast way to reduce stress

Meditation can wipe away the day's stress, bringing with it inner peace. See how you can easily learn to practice meditation whenever you need it most.

[By Mayo Clinic Staff](#)

If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can help restore your calm and inner peace.

Anyone can practice meditation. It's simple and inexpensive. And it doesn't require any special equipment. And you can practice meditation wherever you are — whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Understanding meditation

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction.

Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

Benefits of meditation

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. You can also use it to relax and cope with stress by refocusing your attention on something calming. Meditation can help you learn to stay centered and keep inner peace.

And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day. And meditation may help you manage symptoms of certain medical conditions.

Meditation and emotional and physical well-being

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

The emotional and physical benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Lowering resting blood pressure
- Improving sleep quality

Meditation and illness

Meditation might also be useful if you have a medical condition, especially one that may be worsened by stress.

While a growing body of scientific research supports the health benefits of meditation, some researchers believe it's not yet possible to draw conclusions about the possible benefits of meditation.

With that in mind, some research suggests that meditation may help people manage symptoms of conditions such as:

- Anxiety
- Asthma
- Cancer
- Chronic pain
- Depression
- Heart disease
- High blood pressure
- Irritable bowel syndrome
- Sleep problems
- Tension headaches

Meditation isn't a replacement for traditional medical treatment. But it may be a useful addition to your other treatment.