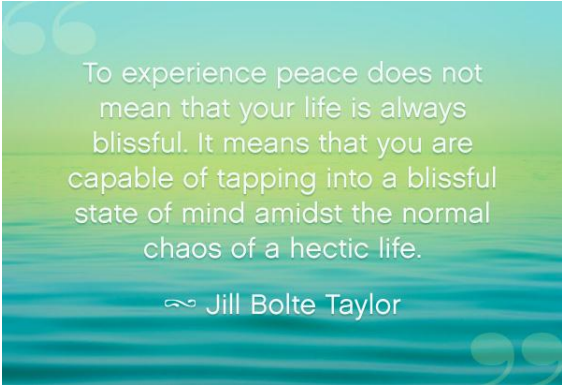


# ***BENEFITS of MEDITATION***



To experience peace does not mean that your life is always blissful. It means that you are capable of tapping into a blissful state of mind amidst the normal chaos of a hectic life.

~ Jill Bolte Taylor

A rapidly expanding body of scientific knowledge is uncovering a myriad of benefits that can come out of a regular meditation practice. This is an exciting time. Something you might notice as you begin reading through this list, is that many of the benefits on it have benefits of their own. Reducing stressful feelings is a great benefit by itself; however, it can have other powerful benefits like improving your relationships with others and help you increase mental focus and clarity.

This is one of the strange and wonderful things about meditation. You might start meditating with the hope of producing a certain effect. And you might produce that effect, but you will also be creating a wide range of other positive changes in your life.

## **1. Be more productive**

Steven Covey, author of the best-selling book "7 habits of highly successful people", says that by not keeping your mind and body sharp, it's like trying to saw down a tree with a dull blade. It can be done, but it's very painful. Meditation sharpens the mind and a regular meditation practice will help you get more done more quickly than ever before.

This isn't just a mental process. Meditation can help you change the physical structure of your brain, making it more efficient.

## **2. Increased happiness**

In a University of Wisconsin experiment with a Buddhist monk a huge amount of neural activity was seen in the area of the brain associated with happiness. It is believed that the monk's years of meditation experience changed the physical structure of his brain allowing him to experience emotions like happiness and compassion more intensely than in most people.

## **3. Enhanced creativity**

Meditating makes it easier to let go of preconceived notions about things. In their place, you begin to see things as they actually are. This open state of mind also makes it easier to consider new thoughts and ideas that you might normally reject, and creates an mindset where creativity can flourish.

## **4. Better focus and mental clarity**

Meditation helps calm the brain and with practice you will learn to quiet the random stream of thoughts often referred to as the monkey mind. When these unnecessary thoughts are no longer running through your mind constantly, you will be better able to focus on tasks at hand, and will be able to maintain this mental clarity over longer periods of time.

## **5. Spiritual development**

Meditation's roots are in spiritual development and over the past several thousand years it has been shown to be the most effective tool for spiritual development. With time and regular practice, meditation

can enable you to make profound progress on your spiritual path.

## 6. Better relationships with others

A regular meditation practice will help you become more aware and present. You'll be more aware of what is going on internally, and with the people that are around you. This can help you avoid stumbling into the patterns that can hurt relationships.

## 7. Reduced stressful feelings

Meditation helps reduce stressful feelings in two ways. First, it helps you relax, and naturally release those stressful feelings. Secondly, by making you more aware of yourself and your environment, you become more aware of the triggers that can generate stress. Then by making conscious decisions, you can reduce the chance of those stressful feelings accumulating in the first place.

## 8. Gain control over your level of energy

Meditation helps you recharge your mind and discover the connection between your mind and body. When you are aware of this connection and what is happening with your body, you can also begin to control the way that your body responds to certain situations. Need to increase energy, no problem, you can do that. Need to calm down? You can do that too.

## 9. Better able to control your thoughts

Meditation helps clear your mind of the flood of random thoughts that usually dominate it. This leaves your mind clear and focused so that you can concentrate on the things that you want to concentrate on, not random distractions.

## 10. Sense of well-being

One of the first results of meditation, which really draws people in and encourages them to continue practicing, is a sense of well-being. Even better, as your practice continues, this feeling will deepen and last longer. Eventually, this can become your standard state.

*Source: <http://www.wilddivine.com/benefits-of-meditation/>*