

# **BENEFITS OF MEDITATION**

## **PHYSICAL BENEFITS**

The latest scientific research has indicated that the practice of meditation for only 20 minutes a day can improve one's health and potentially alleviate the symptoms of more serious illness.

- a. Meditation reduces problems relating to physical impairments.
- b. Helps us heal and recover more quickly from illness
- c. Increases one's energy and vigor
- d. Speeds up healing time and recuperation
- e. Decreases the frequency and severity of asthma attacks
- f. Reduces stress-related illnesses such as heart disease, insomnia and high blood pressure.
- g. Eases chronic pain
- h. Improves one's reflexes, coordination and motor skills

## **PSYCHOLOGICAL & EMOTIONAL BENEFITS**

Scientific studies indicate that the practice of meditation can enhance psychological well-being and one's mental attitude. Other benefits include:

- a. Reduces life stressors
- b. Creates a sense of balance and harmony
- c. Increases both our creativity and our ability to focus
- d. Offers a different angle of vision on problems we face
- e. Improves mental health
- f. Greater emotional stability
- g. Increased empathy
- h. Improved memory and sharpens intelligence
- i. helps us become calm and peaceful

## **BENEFITS FOR THE WORLD**

- a. connectivity with humankind
- b. compassion for all living creatures
- c. radiate peace to our community and the world

# MEDITATION INSTRUCTIONS

Meditation practiced daily connects you with the bliss and joy within and helps your physical, mental, emotional, and spiritual well-being.

- Sit comfortably in any pose in which you can remain for an extended period of time.
- Close your eyes gently, just as you do when you go to sleep, but remain wide awake.
- Focus your attention 8-10 inches in front of you.
- Mentally repeat any calming word or phrase slowly, at an even pace. This silent repetition prevents the mind from wandering.
- You may see flashes of light, circles of light, or lights of various colors. When your attention is focused, you see the light.
- Keep your attention focused in the middle of the experience, and enjoy its calming and peaceful effect.

## READING RECOMMENDATIONS

**Inner and Outer Peace Through Meditation**

**Meditation as Medication for the Soul**

**Rajinder Singh**

**For additional information**

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