

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 is simple. You do not have to perform any difficult postures. You can meditate in the comfort of your own home or anywhere you want. Take any comfortable pose in which you can sit still for the longest possible time. You can sit on a chair, on a sofa, or on the floor.

After taking a pose, close your eyes. With eyes closed, look straight ahead, gazing into the middle of whatever you see in front of you. Do not think about the world outside or the body for the duration of the meditation period.

To help keep your mind from distracting your gaze with thoughts, repeat any calming word with which you feel comfortable. This repetition should go on mentally, with the tongue of thought, and will help keep your mind still. Your repetition should not disturb your inner gaze.

We hope you enjoy this introductory meditation. By sitting in meditation each day, you can experience a calm, loving, peaceful state that can help your body, mind, and soul.

For additional information

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