

# BENEFITS OF MEDITATION

## PHYSIOLOGICAL

### **Meditation Reduces:**

- Blood pressure
- Heart rate, enabling the heart to work more efficiently even after meditating
- Cholesterol levels
- Respiratory rate, decreasing carbon dioxide accumulation and reducing oxygen consumption
- Release of adrenaline and noradrenalin (stress-related hormones)
- Lactic acid, a waste product of muscle contraction
- Acid and pepsin secretion in the stomach, helping to protect against ulcers
- Body's metabolic rate, so that cells actually need less oxygen

### **Meditation Increases:**

- A relaxed state, by strengthening the neurological circuits calming the part of the brain that triggers fear and anger
- Positive emotions, as the parts of the brain that help form them become increasingly active
- The quality of sleep, relieving insomnia and promoting a more restful sleep
- The body's natural painkillers: endorphins and enkephalins, as well as the neurotransmitter serotonin
- EEG synchronicity, improving communication between the right and left hemisphere of the brain and mind-body coordination
- Brain rhythm changes from beta to alpha waves, increasing relaxation and creativity
- Recovery from exertion
- Recovery from stress
- Recovery from sleep deprivation
- Resistance to disease

## PSYCHOLOGICAL

### **Meditation Reduces:**

- Mental tension and anxiety
- Stress-related abnormalities such as sleep deprivation, stuttering, and extreme nervousness
- Dependence on external substances such as cigarettes, alcohol and drugs
- Depression, and its effects, such as hopelessness, mood swings, and isolation
- Selfish desires and expectations

# BENEFITS OF MEDITATION

## **Meditation Reduces (Continued):**

- Sense desires, wild imagination, envy, obsession, ill-will, laziness, selfishness, worry, anger and hatred

## **Meditation Increases:**

- Sense of personal identity
- Creativity, energy and general productivity levels
- Serenity, detachment, and dispassion
- Healthy emotional expression, humor
- Contentment, a sense of well-being and happiness

### **PHYSICAL**

- Increases mind-body coordination
- Improves athletic performance
- Shortens reaction times
- Increases perceptual ability

### **MENTAL**

- Produces a calmer, clearer mind
- Improves ability to focus
- Increases self-awareness
- Allows negative thoughts and suppressed feelings to surface from the subconscious mind, facilitating letting go of habitual negative thoughts and allows us to face suppressed emotions\* Reduces the need for possessiveness;
- Develops positive attitudes, patience and adaptability
- Increases equanimity, which in turn helps to:
- Remain peaceful and less affected by outside events
- Make better decisions
- Improve discrimination and dispassion
- Promotes broader comprehension
- Increases ability to learn

### **SOCIAL**

- Increases ability to get along with people and to cope with different environments
- Increases job performance, productivity and satisfaction
- Decreases hostility
- Promotes better relationships with bosses, co-workers, and family members

# BENEFITS OF MEDITATION

## SPIRITUAL

- Facilitates self-purification
- Increases awareness of inner stillness
- Develops humility, acceptance, unconditional love, compassion and forgiveness
- Frees us from the ego
- Creates a sense of spiritual oneness with all beings and things
- Brings a deeper understanding of, and desire for, selfless service
- Provides an experience of permanent peace and ultimate knowledge of the Truth
- Brings awareness of inner peace, love and joy

### Sources:

“Meditation” by Sri Swami Satchidānanda

“The Meditators Handbook” by David Fontana

Time Magazine: “The Science of Yoga” 23 April, 2001

Newsweek article: “God and Health” 10 November 2003

“Surgery and Its Alternatives” by Drs. Amrita McLanahan & David McLanahan

Transcendental Meditation Research reports ([www.tm.org](http://www.tm.org))