

Benefits of Meditation

Some **benefits of meditation** are:-

- Reduces anxiety attacks as it lowers the levels of blood lactate
- Builds self confidence
- Increases serotonin which influences moods and behaviour
- Low levels of serotonin are associated with depression, headaches and insomnia
- Enhances energy, strength and vigour
- Helps keep blood pressure normal
- Reduces stress and tension
- Creates a state of deep relaxation and general feeling of wellbeing
- Helps with P.M.T.
- Increases concentration and strengthens the mind
- Helps reduce heart disease
- Helps with weight loss

If you **practise regularly**, the benefits of meditation will promote:-

- a sense of calm and control
- you'll feel far more relaxed and happy
- Your ability to concentrate will be greater
- You won't become stressed about things and you'll feel more peaceful and relaxed about everything

One of the **greatest benefits** of meditation is learning to go with the flow and things that used to irritate you before simply become insignificant.

The benefits of meditation are endless and certainly deserve your contemplation and consideration.

Many successful business people, celebrities and sports professionals practice and enjoy the benefits of meditation. Numerous businesses promote and provide help and assistance to their staff with the benefits of meditation courses and because of this they gain a performance advantage over their competitors.

Research shows that meditation is a safe and simple way to balance your physical, emotional, and mental state and its countless values have been known and practiced for thousands of years.

More and more doctors promote the benefits of meditation to cure many stress related illnesses. Everyday most of us experience stress in many different ways and many people are simply not aware of the benefits of meditation or of how much stress we actually hold on to.

Normally life threatening situations trigger off the stress response which enables us to act without contemplation and deliberation and survive intense situations using fast reflexes. When our bodies are exposed to a sudden threat we respond with the characteristic fight or flight reaction which is known as an adrenaline rush.

When adrenaline and other hormones are released from the adrenal glands the pulse races, blood pressure increases, our breathing becomes faster and the blood flow to the muscles increases. If we are in extreme danger these reactions are of great assistance and gain to us.

It suggested that we have inherited this survival response from our ancestors who faced many life threatening situations every day. The same response is now triggered in our daily lives when we are in a traffic hold up or someone irritates us at work or we simply break a cup. If we do not confront the situation (and many are beyond our control) we end up being in a permanent state of stress.

One of the most important benefits of meditation is how it releases stress from our bodies. Meditation practiced regularly will lead you to a deeper level of relaxation and contemplation.

If you would like to be free the pressure of constant worry the benefits of meditation can give you a life that is calm, peaceful, happy and relaxed.

Even ten minutes of meditation a day will help alleviate stress.

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Numerous businesses promote and provide help and assistance to their staff with the benefits of meditation courses and because of this they gain an advantage over their competitors and create more profit.

Research has scientifically proven that meditation is a safe and simple way to balance your physical, emotional, and mental state and its countless values have been known and practiced for thousands of years.

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