

7 Health Benefits of Meditation

A comprehensive scientific study showed deep relaxation can change our body on a genetic level has just been published. Researchers at Harvard Medical School recently discovered that long-term practitioners of relaxation methods such as yoga and meditation have far more “disease-fighting genes” as compared to those who practiced no form of relaxation. Additionally they found that the more people practiced relaxation methods such as meditation or deep breathing, the greater their chances of remaining free of arthritis and joint pain with stronger immunity, healthier hormone levels and lower blood pressure.



“True” relaxation is a state of deep relaxation where tension is released from the body on a physical level and your mind completely “switches off”. “The effect won’t be achieved by lounging around in an everyday way, nor can you force yourself to relax. You can only really achieve it by learning a specific technique such as self-hypnosis, guided imagery or meditation”.

(Excerpts from foodmatters.tv)

HOW YOUR LIFE WILL CHANGE THROUGH MINDFULNESS MEDITATION

LOWER STRESS - Things that used to make you anxious will no longer bother you. You’ll be much more peaceful and serene.

IMPROVED RELATIONSHIPS- Your thinking and behavior will be more loving and compassionate. You will also be able to listen better and use more loving speech.

BETTER HEALTH- Since meditation improves your immune system, you’ll be more resilient to diseases. In addition, your healthier lifestyle will reduce unnecessary strain. **You will also save a lot of money on medical expenses.**

BETTER COGNITIVE ABILITIES- Both your memory and ability to think will improve significantly. You’ll feel much more alert. Imagine what this can do for your career.

GREATER CREATIVITY- Even if you’re not a creative person, you’ll be surprised at how talented you can be. You can open your mind to learning to play a new instrument or learn a new language, write a book or start a blog, or any other talent you’ve always wanted to develop

GREATER SENSE OF PURPOSE- With greater clarity and development of your talents, you will find out how you can make a difference in the world. Helping other people is one of the most rewarding activities. It will enrich your life in countless ways.

GREATER EMOTIONAL STABILITY- Your feelings won’t be hurt so easily, and people will no longer be able to push your buttons. **Loneliness will be a thing of the past.**