**100 BENEFITS OF MEDITATION**

**Physiological benefits**

1. It lowers oxygen consumption
2. It decreases respiratory rates
3. It increases blood flow and slows the heart rate
4. Increases exercise tolerance
5. Leads to a deeper lever of physical relaxation
6. Good for people with high blood pressure
7. Reduces anxiety attacks by lowering the levels of blood lactate
8. Decreases muscle tension
9. Helps in chronic diseases like allergies, arthritis
10. Reduces pre-menstrual syndrome symptoms
11. Helps in post operative healing
12. Enhances the immune system
13. Reduces activity of viruses and emotional distress
14. Enhances energy, strength and vigour
15. Helps with weight loss
16. Reduction of free radicals, less tissue damage
17. Higher skin resistance
18. Drop in cholesterol levels, lowers risk of cardiovascular disease
19. Improved flow of air to the lungs resulting in easier breathing
20. Decreases the aging process
21. Higher levels of DHEAS (Dehydroepiandrosterone)
22. Prevents, slows or controls pain of chronic diseases
23. Makes you sweat less
24. Cures headaches and migraines
25. Greater orderliness of brain functioning
26. Reduced need for medical care
27. Less energy wasted
28. More inclined to sports, activities
29. Significant relief from asthma
30. Improved performance in athletic events
31. Normalizes to your ideal weight
32. Harmonizes our endocrine system
33. Relaxes our nervous system
34. Produces lasting beneficial changes in brain electrical activity
35. Helps cure infertility (the stresses of infertility can interfere with the release of hormones that regulate ovulation).

**Psychological Benefits:**

1. Builds self confidence
2. Increases serotonin level, influences mood and behaviour
3. Resolves phobias and fears
4. Helps control own thoughts
5. Helps with focus and concentration
6. Increase creativity
7. Increase brain wave coherence
8. Improved learning ability and memory
9. Increased feelings of vitality and rejuvenation
10. Increased emotional stability
11. Improved relationships
12. Mind ages at slower rate
13. Easier to remove bad habits
14. Develops intuition
15. Increased productivity
16. Improved relations at home and at work
17. Able to see the larger picture in a given situation
18. Helps ignore petty issues
19. Increased ability to solve complex problems
20. Purifies your character
21. Develop will power
22. Greater communication between the two brain hemispheres
23. Respond more quickly and more effectively to a stressful event
24. Increases one’s perceptual ability and motor performance
25. Higher intelligence growth rate
26. Increased job satisfaction
27. Increase in the capacity for intimate contact with loved ones
28. Decrease in potential mental illness
29. Better, more sociable behaviour
30. Less aggressiveness
31. Helps in quitting smoking, alcohol addiction
32. Reduces need and dependency on drugs, pills and pharmaceuticals
33. Need less sleep to recover from sleep deprivation
34. Require less time to fall asleep, helps cure insomnia
35. Increases sense of responsibility
36. Reduces road rage
37. Decrease in restless thinking
38. Decreased tendency to worry
39. Increases listening skills and empathy
40. Helps make more accurate judgments
41. Greater tolerance
42. Gives composure to act in considered and constructive ways
43. Grows a stable, more balanced personality
44. Develops emotional maturity

**Spiritual benefits**

1. Helps keeps things in perspective
2. Provides peace of mind, happiness
3. Helps you discover your purpose in life
4. Increased self actualization
5. Increased compassion
6. Growing wisdom
7. Deeper understanding of yourself and others
8. Brings body, mind and spirit in harmony
9. Deeper level of spiritual relaxation
10. Increased acceptance of one self
11. Helps learn forgiveness
12. Changes attitude toward life
13. Creates a deeper relationship with your God
14. Increases the synchronicity in your life
15. Greater inner-directedness
16. Helps living in the present moment
17. Creates a widening, deepening capacity for love
18. Discovery of the power and consciousness beyond the ego
19. Experience an inner sense of “assurance or knowingness”
20. Experience a sense of oneness
21. Leads to enlightenment

**TO TOP IT OFF, meditation has NO negative side effects.**