



Vision, Focus & Perspective

Benefits of Meditation

Physiological Benefits:

- Reversing heart disease
- Lowering heart rate and blood pressure
- Elevating immune system function
- Improving management of pain
- Less frequency and duration of illness
- Fighting inflammation
- Alleviating gastrointestinal difficulties and asthma

Psychological benefits:

- Lessening anxiety, obsessive compulsive disorder, substance abuse, eating disorders, depression
- Increasing self-awareness and emotional regulation
- Raising mental functioning, intelligence, focus, memory
- Reducing tension, irritability and fatigue
- Ability to manage and cope with stress, difficulty, pain and low mood

Sense of Wellbeing:

- Greater vitality, enthusiasm and happiness
- Calmer and able to deal with stress and challenges
- More insight, creativity, clarity
- Self-accepting and self-confident
- Enjoy enhanced interpersonal relationships
- Improvements in sleep, eating, digestion, exercise habits
- Helps smoking cessation efforts
- Re-awakened sense of meaning and purpose in life.