



MEDITATION BENEFITS & FACTS

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1. Decreased Anxiety, Depression & Stress
2. Increased Optimism
3. Greater self-awareness & self-actualisation
4. Improved coping abilities
5. Improved sense of well-being
6. Reduced reliance on drugs
7. Reduced aggression & criminal tendency
8. Greater efficiency & output
9. Improved sensory perception (hearing & other senses)
10. Improved concentration & memory
11. Better use of oxygen
12. Increased metabolism
13. Decreased blood pressure & heart rate
14. Reduced cholesterol
15. Improved immune system
16. Increase in melatonin (reduces jet lag, improves sleep)
17. Improved pain control
18. Improved reflexes
19. Improved therapeutic response (When meditation is used alongside mainstream treatment or natural therapies for cancer, chronic pain, asthma, diabetes & cardiovascular disease it helps it all work faster)
20. Synchronises left & right brain hemispheres
21. Increased good moods (increase in pre-frontal lobe activity)
22. Suggested links to the amygdala (reduces fear, anxiety & anger)

*All Meditation research collated by Dr Craig Hassad 2000 &
The Colour of Happiness New Scientist Nov 2003