

## BENEFITS OF MEDITATION – SUMMARY

***Taking the thoughts out of the mind is like taking all the traffic off the road – the noise disappears.*** When we remove the ‘noise’ from the mind we begin to experience its natural state. Its natural state is Neutral – the mind looks neither to engage something nor deny it.

- ~ The practice of meditation allows our ***fear, anger, guilt and anxiety to fade away.*** It may only do so temporarily until we have ‘unhooked’ from them. Still an instant relief!
- ~ Effective meditation will return the body to ‘homeostasis’ the body’s ability to adapt to outer and inner stresses. ***As we remove stress from the mind and body healing occurs.***
- ~ When we remove our concerns through deep meditation we experience an emptying out internally which leads to ***feelings of happiness and bliss - leading to re-energising.***
- ~ Bringing the mind to a standstill at will has many benefits. When the noise stops we get ***greater clarity and access our right-brain functions such as creative pursuits and intuition.***
- ~ Meditation (stilling of the mind) may be the ***doorway to greater wisdom, connection with a higher power etc.*** As Deepak Chopra said ‘You may even bump into your soul’.
- ~ Many people desire greater connection with others yet don’t feel connected to people as a whole. Regular ongoing meditation will ***replace feelings of separation with connection.***
- ~ The busy, monkey-mind needs to be managed if we are to create the quality of life we are looking for. So long as it is in charge it will continue to dish up unwanted thoughts and emotions such as regret of the past or fear of the future. ***You are the Master of your Mind.***
- ~ When we bring ‘Presence’ to our everyday life the negatives reduce and the positives increase. ***Presence is being fully present with a still mind.*** We get it through meditation. What impact would it have in your relationships if you were fully present more often?
- ~ ***Reduce overwhelm*** by stopping regularly, getting clear on what’s a priority in the here and now – then take action on one thing at a time – with greater productivity!
- ~ ***Improve sleep*** by creating a quiet blissful state before you go to bed. Most sleep deficit comes from an inability to quiet the busy mind or release emotions. Meditation does both.
- ~ ***We become that which we meditate upon.*** Whether we focus on problems or a joyful life with compassion and abundance, either way that’s what we tend to create in our life.
- ~ With that in mind - ***go deep into meditation and Visualise what you Do want.*** See your successful relationship, your great health or your measure of abundance. Then take action.
- ~ ***When we meditate regularly we simply feel much better and enjoy a sense of control.***

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