

## **7 Astounding Benefits Of Meditation That Will Make You Want To Start Now!**

Life can be stressful.

I know how it feels. There can be so much to do that it looks like everything is moving at the speed of light. Stress piles up higher than your email inbox in the morning! Taking time to slow down and meditate is the last thing you have time to do.

Make time. It will change your life.

Adding a regular meditation practice to your busy life can transform your mind, body and spirit.

Everything will become easier.

Here are seven ways consistent meditation will benefit you.

### ***1. Meditation relaxes your mind***

It's estimated that stress is the cause for 90% of doctor visits. That should be no surprise, when you think about the hustle and bustle of our daily lives. Between long commutes to work and staying late to get it all done and then coming home to take care of the kids, your head is ready to explode!

Taking a moment of quiet to breath and clear your mind can work wonders. We can get so upset by every little thing that goes wrong. Your body's natural flight-or-fight response is activated every time you get upset and could lead to chronic stress. Meditation helps you pay more attention to your body so that when your stress is rising, you will take several deep breaths to calm down and feel more at ease.

### ***2. Meditation amplifies your focus***

Becoming completely immersed in what you are doing is a challenge in this digital day and age. With so many distractions that pull our attention away from our daily tasks and important projects, meditation helps us to push out the unnecessary and pay attention to what we are doing. This makes completing any project smoother and easier. No matter if you are an artist immersed in your painting or a scientist studying a new breakthrough that will change the world. You can stay in "the zone."

### ***3. Meditation helps manage your emotions***

Imagine if you could take the negative emotions you feel each day and easily move them out of your mind. Meditating gives you a chance to sit with those

unfavorable emotions, have time to feel them and let them dissolve away. When you try to ignore what's going on inside it sticks to you and creates all kinds of problems internally. Studies have shown that negative emotions weaken your body, while positive emotions will strengthen it. Shame has the most destructive effect, followed by guilt, apathy, grief, fear, anxiety, craving, anger and hate. Whether you want to believe it or not, your body/mind/spirit are all connected.

When you get a chance to really close your eyes, breath deeply and feel your feelings, paying attention to them for a short time, they actually move away. If you become more confident with facing your feelings, you can understand more about what makes you 'tick.' You can separate yourself from your feelings and give them less power over you.

**4. *Meditation improves your physical health***

When you take the time to meditate anywhere from five to thirty minutes each day, you will gain health benefits like lower blood pressure and improved mood. Your immune system becomes stronger and you will see a significant reduction in tension-related pain from tension headaches, ulcers, insomnia and even joint and muscle problems. Moving through your busy day is much easier when pain or lack of sleep isn't there to slow you down.

**5. *Meditation makes you more creative***

If you are more aware of your body and emotions, you are able to listen to your creative mind and come up with innovative ideas and solutions for the projects at work and in your life. There are ideas all around us but we are closed off to them if our mind is clogged up.

Clearing our mind through regular meditation helps to keep the doors open to new ideas and helps us distinguish between the good ideas and the rubbish. Creativity will not be as illusive as it was before and other people will notice the innovative ideas in your work.

**6. *Meditation gives you an honest perspective on your own life***

It is amazing how much we can convince ourselves that everything is fine and ignore the real problems within ourselves. Addictions, fears, anger and feelings of hate can shape how we approach others and create our lives. Meditation gives you time to peacefully reflect and sit with yourself. Sit with the good and the bad and have time to be honest about what is working and what is not.

Meditating also raises serotonin levels inside your body, which help you feel more positive and happy about yourself. You will feel more connected to every person and realize that we are all one on this planet. This sort of connection can give you a healthier view of how you need to grow and more gratitude for what you already have.

### **7. *Meditation creates true personal transformation***

Through all of these positive changes from meditation, it will truly bring about a transformation to your whole being. As you learn more about yourself, you will begin making more upgrades to your life that fit with the new you. I remember several weeks after starting a regular meditation practice; I began eating healthier and paying more attention to the little things each day. What surprised me the most was how natural it felt. Every change just made sense. I am now more at peace and thankful for what I have.

You can discover the benefits of meditation today just by taking a little time to yourself to sit in silence and breath deeply. There are many ways to meditate and you can find out more about all of the techniques on [www.meditation.com](http://www.meditation.com).

I enjoy listening to music that puts me in a relaxed state. My favorite set of CD's is a series called ZEN12. The music is scientifically designed to calm your mind and put you in a deep state of meditation quickly. In fact, you can get an hour of meditation from just listening to one twelve-minute song. I highly recommend it and you can check it out at [www.zen12.com](http://www.zen12.com)

Any way you choose to do it, make a commitment to yourself and take a little time to meditate today. Believe me, you will be glad you did!