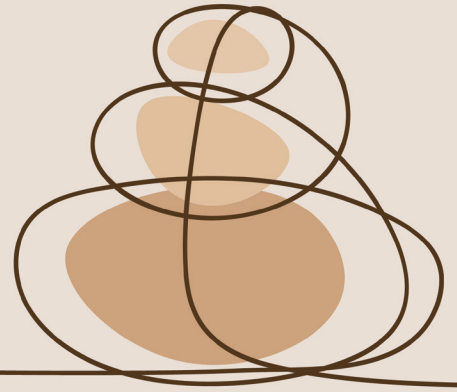


# Benefits of Meditation



The purpose of meditation differs depending on whom you ask: For some it is self-purification, others relaxation, still others deep concentration. Yet most would agree that meditation is a way to reconnect to ourselves by learning to listen, observe and stay in the present moment. Through meditation, we become aware and mindful, and we wake up.

Regardless of purpose, meditation is a method to relax ourselves and free ourselves from anxiety and fear. If we learn to stay in the moment, then we tend to not reflect on the past, which can cause depression, or focus on the future, which can cause anxiety.

Studies using MRI technology indicate that people who meditate achieve deep states of relaxation in three areas of the brain: the frontal lobe, the parietal lobe and the limbic system. Along with this deep state of relaxation, meditation also results in:

- Stress reduction
- Lower blood pressure
- Increased immune function
- Clarity of mind
- Better focus
- Improved memory
- A greater sense of calmness and well-being

