



# Benefits of Meditation



- Improve focus & memory
- Anxiety & stress relief
- Increases happiness
- Reduces depression
- Gives a sense of purpose

- Improved outlook on life
- Improved sleep
- Enhances relationships
- Strengthens immune system
- Aides pain management

***“I can’t meditate because my mind won’t stop thinking! So I don’t do it.”***

This is a commonly heard complaint, especially in our all too hectic lives.

But your mind does not need to stop thinking in order to meditate, your mind is designed to think, so let it think! Meditation is all about awareness. It is not about forcing your mind to behave in a certain way.

Our conscious minds can often have some bad habits - namely restless, unconscious and repetitive thoughts. But like all bad habits these can be changed for the better, if you put your mind to it.

It doesn’t matter if you have a chosen religion or if you’re not part of a religion at all because meditation reconnects you with your spirituality and helps you develop the insight, perception and openness to allow your higher self in. Whatever your spiritual or religious beliefs may be, meditation offers the same benefit to all.

Meditation gives us the chance to detach ourselves from the pressures, stress and obligations of our everyday lives.

By using meditation, you will find the answers from within yourself, those which are right for YOU, instead of looking to others and hoping that they are right.

As we become more in tune and connected to our spiritual self, we become more attuned to who we are, and what we’re supposed to do in this life.