

The clinically-proven benefits of meditation:

- Invokes the relaxation response (the biological opposite of stress)
- Improves immune system function
- Lowers blood pressure
- Improves circulation
- Stabilizes heart rate
- Reduces atherosclerosis (plaque in the arteries)
- Increases energy and stamina
- Shortens recovery time from surgery and medical procedures
- Releases endorphins and other “feel good” chemicals in the brain
- Reduces dependency on medication
- Provides freedom from pain
- Reduces the frequency of illness
- Vastly improves rates of recovery from illness
- Reduces inflammation
- Reduces insulin resistance
- Increases the production of new brain cells
- Speeds processing of information in the brain
- Increases activity & size of the prefrontal cortex (the brain’s center for critical thinking and working memory)
- Stops ruminative, stressful thinking
- Heals mild to moderate depression and anxiety
- Results in better decision-making
- Promotes clear thinking and peace of mind
- Prolongs life