

Why meditate?

20 scientifically proven benefits of meditation – from Psychology Today

It Boosts Your HEALTH

1 - Increases immune function

2 - Decreases Pain

3 - Decreases Inflammation at the Cellular Level (Chronic Inflammation can destabilize cholesterol deposits in the coronary arteries, leading to heart attacks and potentially even strokes. It can chew up nerve cells in the brains of Alzheimer's victims. It may even foster the proliferation of abnormal cells and facilitate their transformation into cancer. In other words, chronic inflammation may be the engine that drives many of the most feared illnesses of middle and old age – so meditation can prevent illness!).

It Boosts Your HAPPINESS

4 - Increases Positive Emotion

5 - Decreases Depression

6 - Decreases Anxiety

7 - Decreases Stress

It Boosts Your SOCIAL LIFE

Think meditation is a solitary activity? It may be (unless you meditate in a group which many do!) but it actually increases your sense of connection to others:

8 - Increases social connection & emotional intelligence

9 - Makes you more compassionate

10 - Makes you feel less lonely

11 - Improves your ability to regulate your emotions

12 - Improves your ability to introspect and be self-aware – soothing anxiety and increasing well-being

It Changes Your BRAIN (for the better)

13 - Increases grey matter

14 - Increases volume in areas related to emotion regulation, positive emotions & self-control

15 - Increases cortical thickness in areas related to paying attention

It Improves Your PRODUCTIVITY (*yup, by doing nothing*)

16 - Increases your focus & attention

17 - Improves your ability to multitask

18 - Improves your memory

19 - Improves your ability to be creative & think outside the box

20. **It Makes You WISE(R)** It gives you perspective: By observing your mind, you realize you don't have to be slave to it. You realize it throws tantrums, gets grumpy, jealous, happy and sad but that it doesn't have to run you. Meditation is quite simply mental hygiene: clear out the junk, tune your talents, and get in touch with yourself. Think about it, you shower every day and clean your body, but have you ever showered your mind? As a consequence, you'll feel more clear and see things with greater perspective. "The quality of our life depends on the quality of our mind," writes Sri Sri Ravi Shankar. We can't control what happens on the outside but we do have a say over the quality of our mind. No matter what's going on, if your mind is ok, everything is ok. Right now.