

108 Reasons to Meditate

Meditation helps us to...

Mental/ Brain Function

1. Relax our nervous system
2. Produce lasting benefits to brain function
3. Shape the architecture of our brain
4. Decrease restless thinking
5. Decrease the tendency to worry
6. Control our own thoughts
7. Focus & concentrate
8. Improve our memory & intellect
9. Increase efficiency of brain function
10. Increase brain wave coherence
11. Improve communication between all areas of the brain (integration)
12. See the big picture in a situation
13. Solve complex problems
14. Increase mental functioning
15. Increase good judgment
16. Build new neural brain connections
17. Slow aging process of the brain



Emotional/Social /Psychological

55. Build self-confidence
56. Heighten self-awareness
57. Increase serotonin levels (positive mood)
58. Resolve phobias & fears
59. Increase creativity
60. Increase feelings of contentment
61. Enhance emotional stability
62. Improve relationships
63. Increase empathy toward others
64. Increase ease in parenting children
65. Eliminate addiction & bad habits
66. Enhance intuition and attunement
67. Increase productivity
68. Deepen all relationships
69. Not take things personally
70. Increase mindfulness that leads to self-mastery

71. Respond more quickly and efficiently to stressful events
72. Increase our job satisfaction
73. Heighten our capacity for intimate contact with loved ones
74. Decrease the likelihood of mental illness
75. Be socially competent & connected
76. Become less Impulsive & aggressive
77. Increase our sense of responsibility
78. Reduce impulsive anger & road rage
79. Increase listening skills and empathy
80. Become more tolerant of stress
81. Develop a stable, balanced personality
82. Develop emotional maturity
83. Increase our capacity to fully enjoy sexuality

Physical/ Physiological

18. Lower oxygen consumption
19. Decrease respiratory rate
20. Increase blood flow
21. Slow the heart rate
22. Increase exercise tolerance
23. Deepen levels of physical relaxation
24. Lower blood pressure
25. Reduce anxiety attacks by lowering the levels of blood lactate
26. Reduce symptoms of allergies
27. Reduce PMS symptoms
28. Improve in post-operative healing
29. Strengthen the immune system
30. Reduce the activity of viruses
31. Increase vitality & energy levels
32. Lose unwanted weight
33. Reduce free radicals
34. Increase skin resistance
35. Drop cholesterol levels
36. Reverse heart disease
37. Improve lung function

108 Reasons to Meditate

Meditation helps us to...

38. Decrease the aging process
39. Increase levels of DHEA¹
40. Prevent or control pain
41. Lengthen the telomeres
42. Cure headaches & migraines
43. Reduce the need for medical care
44. Increase energy efficiency
45. Be more inclined to physical activity
46. Get significant relief from asthma
47. Improve athletic performance
48. Normalize body weight
49. Harmonize our endocrine system
50. Increase fertility (stress interferes with hormone regulation needed for ovulation).
51. Quit addictions (smoking, alcohol)
52. Reduced need for drugs, pills & pharmaceuticals
53. Need less sleep to recover from sleep deprivation
54. Sleep deeply



99. Become intrinsically motivated
100. Increase capacity to receive love
101. Increase our ability to identify our own ego and keep it in check
102. Experience a sense of "oneness" or connectedness with life
103. See the synchronicity in life
104. Deepen our prayer-life
105. Live mindfully in the moment
106. Increase enjoyment of life's pleasures
107. Enjoy ecstatic & blissful emotional states
108. Maintain a perspective of optimism and hope



Spiritual benefits

84. Keep things in perspective
85. Experience peace of mind & happiness
86. Discover our life purpose
87. Become more self-actualized
88. Have greater compassion
89. Increase our wisdom
90. Deepen insight into our self
91. Become attuned to others
92. Align body, mind & spirit
93. Go into DEEP relaxation
94. Accept and love ourselves
95. Increase ability to forgive others
96. Increase positive attitude to life
97. Deepen relationship with God
98. Attain enlightenment

¹ Dehydroepiandrosterone – supports brain function and physical energy