

## The Benefits Of Meditation

Meditation has become more popular and more acceptable than ever before these days but despite more exposure in the media there still seem to be some mystery to some. In fact many people ask me, when they find out I meditate regularly, why do you do it?. So I decided to make a list of the many benefits of meditation. Firstly the main reason I meditate is because it gives my body such deep and profound rest in a way that sleep alone never can. The complete and total peace of mind that comes from being alone for half an hour with no noise is in itself very restful but if you go one step further and learn to switch off your mind, and with a little practice this is not difficult to achieve, you will take your mind down to a still point that is very absent from normal everyday living where minimal activity takes place in the mind. Very restful indeed. Secondly, if a person wants to develop their spirituality to a point where they can begin to feel a sense of 'oneness' than nothing can accomplish this aim more thoroughly than meditation. The myth that it takes years of training to reach this understanding is simply not true and it is possible to feel this sense of 'being connected' after a few months of meditating. To feel this interconnectedness with everything sounds far-fetched but I assure you I have felt it on quite a few occasions during my own regular practice. Intuition can sharply increase after some time practicing meditation. Intuition plays a large part in many peoples lives. Often it plays a much more significant part than we realize. Following our 'gut' instinct is still a primary way of making decisions for a lot of us even though we like to think decisions are all made logically. Meditation will increase these connections with your sub-conscious minds and thus allow you to make better decisions based on more genuine feeling. Meditation also gives us what has been termed a steady intellect. this is where you maintain an even keel with your moods and it becomes easier to come back to a steady mental state even if you occasionally get thrown off course by something during your day. I found also, and there is some research to support it, that my memory got better. Supposedly this is because daily practice increases informational flow between your brains two hemispheres and this is an added bonus for many. The physical benefits of meditation are also worth noting. The biggest benefit being the stabilization and balance of blood pressure. In fact many studies done with one specific type of meditation, transcendental meditation, show that it may be the best non-drug treatment for high blood pressure known. So there you are, quite a lot of benefits for one simple technique that only takes as little as twenty minutes a day.

## About the Author

Lee James Heather is a counselor and the webmaster of <http://www.growthjunction.com> - a large and ever expanding depository of personal development information ranging from public speaking skills to meditation and work/career information.

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