

## The Benefits of Meditating

Meditating can quickly help you to become centered, get rid of stress, and change your state of mind. It will powerfully help you to get in touch with your inner voice. The guidance that you receive from your inner voice as you connect with God will be remarkable! Making this connection is one of the best things that you can do for yourself!

*“Prayer is when you  
talk to God; meditation is  
when you listen to God.”*

*Diane Robinson*

Here are some other benefits to meditating:

- Improves your general health.
- Provides your cells with more oxygen and nutrients as you focus on particular body parts.
- Improves your body luster.
- Improves ability to focus.
- Increases creativity.
- Improves concentration.
- Decreases respiratory rate.
- Increases blood flow.
- Lowers blood pressure.
- Helps to slow the aging process.
- Increases productivity.

- Slows your heart rate.
- Helps to create a deep level of relaxation.
- Help to reduce anxiety attacks since it reduces the levels of blood lactate.
- Decreases headaches and muscle tension.
- Enhances your immune system.
- Has the potential to reduce the activity of viruses and emotional distress.
- Increases serotonin production, so that your mood and behavior will be more positive. Low levels of serotonin can produce depression, headaches, insomnia, and obesity.
- Increases the activity of natural-killer cells, which destroy bacteria and cancer cells.
- Can greatly increase your confidence and self-esteem.

Did I fail to mention how beneficial meditating is for your body, mind, and spirit? All kidding aside, as you can see, meditating is highly beneficial.

*“Practice meditation regularly.*

*Meditation leads to eternal*

*bliss. Therefore meditate, meditate.”*

*Swami Sivananda*

When I was a teenager, I thought that people who meditated were silly. I remember being in a car with my mother and my aunt in the early 1980s; we saw two people who were meditating in their car. As a teenager, I could not help but laugh. I thought that

those people were crazy. Little did I know how incredibly powerful meditating would be for my own life. It is easy to dismiss something without giving it a try. You may think that it is silly to meditate, as I once thought. The silly thing would be for you not to do it, since the benefits are so profound!

There is no right or wrong way to meditate. You can simply relax and quiet your mind. There are many different ways and styles of meditating. Here are some of the most common ways, focusing/visualization meditation, listening, static transcendence, and mobile transcendence. I prefer to meditate by connecting with the unlimited wisdom that is available to all of us when you quiet your mind and tap into your intuition and by doing visualization work. If you are interested in learning more about these meditations, or many others, there are a plethora of books that you can read. It is important to discover what works best for you!

The *focusing meditation* involves focusing on something intently as a way of staying in the present moment and silencing your internal dialogue. You can try this little experiment. Light a candle and stay focused on the flame. When your thoughts wander, go back to focusing on the flame. As you do this, you will be controlling your thoughts and quieting your mind. With the *visualization meditation*, you are training your mind to focus in a certain direction. This is a great way to de-stress in a very short period of time.

The *listening or watching meditation* is a traditional Zen sitting meditation. Here you are just observing your thoughts, without trying to control them. The importance of this meditation is to hear divine guidance. The more you practice this meditation, the easier it will be to receive guidance.