



Benefits of Mindfulness and Meditation

Physical

- Deep rest as lowers metabolic rate, lowers heart rate and reduces work load of the heart
- Lowered levels of cortisol and lactate two chemicals associated with stress
- Reduction of unstable oxygen molecules that can cause tissue damage (aka free radicals - any atom or molecule that has a single unpaired electron in an outer shell)
- Increases blood flow and slows the heart rate
- Increased exercise tolerance in heart patients
- Decreases high blood pressure
- Higher skin resistance. Low skin resistance is correlated with higher stress and anxiety levels
- Drop in cholesterol levels. High cholesterol is associated with cardiovascular disease
- Improved flow of air to the lungs resulting in easier breathing. This has been particularly useful to asthma patients
- Assists and dramatically reduces and in many cases eliminates chronic diseases (allergies, arthritis, etc)
- Assists in post-operative healing
- Decreases the aging process (sorry Clarins!!)
- Helps with many physical ailments (headaches, body aches, etc)
- Helps you to relax and unwind

Psychological Benefits

- Increased brain wave coherence
- Greater creativity
- Decreased anxiety
- Decreased depression
- Decreased irritability and moodiness
- Increased clarity in thinking and reasoning ability
- Improved learning ability and memory
- Increased self-actualisation
- Increased feeling of vitality and rejuvenation
- Increased happiness
- Increased emotional stability
- Feeling of contentment
- Increased kindness, compassion and love towards yourself/others
- Increase empathy and understanding of others and ourselves
- Awareness of self-awareness (self-regulation)

Spiritual Benefits

- Strengthening of intuitive capability
- Experience an inner sense of “Assurance or Knowingness”
- Experience a sense of oneness
- Heightened sense of “unconditional love”
- Overall experience of “well-being”
- Deeper understanding and fulfilment of “Purpose”
- A sense of “Completion”
- A closer connection to your religion (God, universe, something greater, spirits, divine)
- Deep feeling of peace