

The Known Benefits of Mindfulness Meditation

Physiological benefits

1. It lowers oxygen consumption.
2. It decreases respiratory rate.
3. It increases blood flow and slows the heart rate.
4. Increases personal tolerance.
5. Leads to a deeper level of physical relaxation.
6. Good for people with high blood pressure.
7. Reduces anxiety attacks by lowering the levels of blood lactate.
8. Decreases muscle tension
9. Helps in chronic diseases like allergies, arthritis etc.
10. Reduces Pre-menstrual Syndrome symptoms.
11. Helps in post-operative healing
12. Enhances the immune system.
13. Reduces activity of viruses and emotional distress
14. Reduces stress.
15. Helps with weight loss
16. Reduction of free radicals, less tissue damage
17. Higher skin resistance
18. Drop in cholesterol levels, lowers risk of cardiovascular disease.
19. Improved flow of air to the lungs resulting in easier breathing.
20. Decreases the aging process.
21. Higher levels of DHEAS (Dehydroepiandrosterone)
22. Prevented, slowed or controlled pain of chronic diseases
23. Makes you sweat less
24. Cure headaches & migraines
25. Greater Orderliness of Brain Functioning
26. Reduced Need for Medical Care
27. Less energy wasted
28. Enhances energy, strength and vigor
29. Significant relief from asthma
30. Improved performance in athletic events
31. Normalizes to your ideal weight
32. Harmonizes our endocrine system
33. Relaxes our nervous system
34. Produce lasting beneficial changes in brain electrical activity

35. Helps cure infertility (the stresses of infertility can interfere with the release of hormones that regulate ovulation).

Psychological benefits

36. Builds self-confidence.

37. Increases serotonin level, influences mood and behaviour

38. Resolve phobias & fears

39. Helps control own thoughts

40. Helps with focus & concentration

41. Increase creativity

42. Increased brain wave coherence.

43. Improved learning ability and memory.

44. Increased feelings of vitality and rejuvenation.

45. Increased emotional stability.

46. Improved relationships

47. Mind ages at slower rate

48. Easier to remove bad habits

49. Develops intuition

50. Increased Productivity

51. Improved relations at home & at work

52. Able to see the larger picture in a given situation

53. Helps ignore petty issues

54. Increased ability to solve complex problems

55. Purifies your character

56. Develop will power.

57. Greater communication between the two brain hemispheres

58. Respond more quickly and more effectively to a stressful event.

59. Increases ones perceptual ability and motor performance

60. Higher intelligence growth rate

61. Increased job satisfaction

62. Increase in the capacity for intimate contact with loved ones

63. Decrease in potential mental illness

64. Better, more sociable behaviour

65. Less aggressiveness

66. Helps in quitting smoking, alcohol addiction

67. Reduces need and dependency on drugs, pills & pharmaceuticals

68. Need less sleep to recover from sleep deprivation

69. Require less time to fall asleep, helps cure insomnia

70. Increases sense of responsibility

71. Reduces road rage
72. Decrease in restless thinking
73. Decreased tendency to worry
74. Increases listening skills and empathy
75. Helps make more accurate judgments
76. Greater tolerance
77. Gives composure to act in considered & constructive ways
78. Grows a stable, more balanced personality
79. Develops emotional maturity

Spiritual benefits

80. Helps keep things in perspective
81. Provides peaceful of mind, happiness
82. Helps you discover your purpose in life
83. Increased self-actualization.
84. Increased compassion
85. Growing wisdom
86. Deeper understanding of yourself and others
87. Brings body, mind, and spirit in harmony
88. Deeper Level of spiritual relaxation
89. Increased acceptance of one self
90. Helps learn forgiveness
91. Changes attitude toward life
92. Creates a deeper relationship with God/the Divine.
93. Increases the synchronicity in your life
94. Greater inner-directedness
95. Helps living in the present moment
96. Creates a widening, deepening capacity for love
97. Discovery of the power and consciousness beyond the ego
98. Experience an inner sense of Assurance or Knowingness
99. Experience a sense of Oneness
100. Leads to enlightenment

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