

# Yoga

To gain calmness, peace of mind, joy, vibrant health, greater energy, positive relationships and fulfillment in life, meditation and yoga are the options.

**You can enjoy all these benefits and much more, with meditation. Meditation** offers innumerable benefits for your body, mind and spirit. The rest you gain in meditation is deeper than the deepest sleep. The deeper your rest, the more dynamic your activities are.



## DE-STRESS WITH MEDITATION

Meditation has two important benefits:

- Meditation prevents stress from getting into the system
- Meditation releases accumulated stress that is in the system

Both of these happen simultaneously, leaving one refreshed and joyful.

## PHYSICAL BENEFITS OF MEDITATION

With meditation, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy, peace, enthusiasm as the level of prana in the body increases.

On a physical level, meditation:

- Lowers high blood pressure
- Lowers the levels of blood lactate, reducing anxiety attacks

- Decreases any tension-related pain, such as, tension headaches, ulcers, insomnia, muscle and joint problems
- Increases serotonin production that improves mood and behavior
- Improves the immune system
- Increases the energy level, as you gain an inner source of energy

## **MENTAL BENEFITS OF MEDITATION**

Meditation brings the brainwave pattern into an Alpha state that promotes healing. The mind becomes fresh, delicate and beautiful. With regular practice of meditation:

- Anxiety decreases
- Emotional stability improves
- Creativity increases
- Happiness increases
- Intuition develops
- Gain clarity and peace of mind
- Problems become smaller
- Meditation sharpens the mind by gaining focus and expands through relaxation
- A sharp mind without expansion causes tension, anger and frustration
- An expanded consciousness without sharpness can lead to lack of action/progress
- The balance of a sharp mind and an expanded consciousness brings perfection

Meditation makes you aware - that your inner attitude determines your happiness.

## **OTHER BENEFITS OF MEDITATION**

**Emotional steadiness and harmony:** it cleanses and nourishes you from within and calms you, whenever you feel overwhelmed, unstable, or emotionally shut down.

**Meditation brings harmony in creation:** when you meditate, you are in the space of vastness, calmness and joy and this is what you emit into the environment, bringing harmony to the Creation/planet.

**Consciousness evolves:** with the assimilation of meditation into daily life, your consciousness evolves and in time, is able to experience the higher and refined states of consciousness.

When your consciousness evolves and expands, the disturbances in your life become negligible. Anger and disappointments become fleeting emotions that occur momentarily and then vanish. You start living in 'the moment' and let go of 'the past'.

**Personal Transformation:** meditation can bring about a true personal transformation. As you learn more about yourself, you'll naturally want to discover more about the mystery of life, this universe, etc. Then the questions that arise in the mind are - What is the meaning of Life? What is its purpose? What is this world, what is love, what is knowledge...?

Once these questions arise, know that you are very fortunate. These questions need to be understood; you cannot find the answers in books. As you live through answering them you'll witness that life transformation to a richer level.

### **Cosmic consciousness dawns in you**

With the assimilation of meditation into daily life, the fifth state of consciousness\*, called cosmic consciousness, dawns. Cosmic consciousness - is to perceive the whole cosmos as part of oneself.

When you perceive the world as a part of yourself, love flows strongly between the world and you. This love empowers you to bear the opposing forces and the disturbances in your life. Anger and disappointments become fleeting emotions that occur momentarily and then vanish. You start living in 'the moment' and let go of 'the past'.

The confluence of knowledge, understanding and practice makes life complete. When you grow into higher states of consciousness, you become beautiful yet strong - a soft, delicate and beautiful blossom capable of accommodating different values in life without any conditions.

## **HOW TO GET THE BENEFITS**

To experience the benefits of meditation, regular practice is necessary. It takes only a few minutes every day. Once imbibed into the daily routine, meditation becomes the best part of your day!

Meditation is like a seed. When you cultivate a seed with love, the more it blossoms. Similarly, the sapling of consciousness is within you. It needs to be nurtured with simple meditation techniques. Some palm trees yield in three years, some in ten years. And those that aren't nurtured - never yield! They simply exist.

Busy people from all backgrounds are grateful to pause and enjoy a refreshing few minutes of meditation each day. Dive deep into yourself and enrich your life.

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**Prof. Dr. S. SUYAMBAZHAHAN  
PRINCIPAL**