

MEDITATION BENEFITS

Meditation is relaxation. It is not about concentration, it's actually about de-concentration. It's not about focusing one's thoughts on one thing, but instead on becoming thoughtless. 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.

Meditation brings the brainwave pattern into an *alpha state* that promotes healing. The mind becomes fresh, delicate and beautiful. It cleanses and nourishes you from within and calms you, whenever you feel overwhelmed, unstable, or emotionally shut down. 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.

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.

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.

5 Benefits of meditation for students

Greater confidence

More focus and clarity

Better health

More mental strength and energy

Greater dynamism!

"Every accomplishment starts with the decision to try."

-By Prof. Nikita Thalia

(Assistant Professor)