

# **BENEFITS OF MEDITATION**

- I. PHYSICAL BENEFITS**
  - a. reduces problems relating to physical impairments:  
heart, digestion, obesity, breathing, migraines
  - b. helps us heal and recover more quickly from illness
  
- II. MENTAL BENEFITS**
  - a. reduces life stressors
  - b. creates a sense of balance and harmony
  - c. increases both our creativity and our ability to focus
  - d. offers a different angle of vision on problems we face
  
- III. EMOTIONAL BENEFITS**
  - a. helps us become calm and peaceful
  - b. different angle of vision when dealing with others
  
- IV. SPIRITUAL BENEFITS**
  - a. deeper hunger for a happiness beyond this world
  - b. recognition of our true self
  
- V. BENEFITS FOR THE WORLD**
  - a. connectivity with humankind
  - b. compassion for all living creatures
  - c. radiate peace to our community and the world

## **READING RECOMMENDATIONS**

Detox the Mind  
Meditation as Medication  
Spark of Divine  
*[author – Rajinder Singh]*

The Surrender Experiment  
*[author –Michael Singer]*

Proof of Heaven  
*[author – Dr. Eben Alexander]*

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## **MEDITATION ON INNER LIGHT INSTRUCTIONS**

Meditation on the Inner Light practiced daily connects you with the bliss and joy within and helps your physical, mental, emotional, and spiritual well-being.

- Sit comfortably in any pose in which you can remain for an extended period.
- Close your eyes gently, just as you do when you go to sleep, but remain wide awake.
- Focus your attention 8-10 inches in front of you.
- Mentally repeat any calming word or phrase slowly, at an even pace. This silent repetition prevents the mind from wandering.
- You may see flashes of light, circles of light, or lights of various colors. When your attention is focused, you see the light.
- Keep your attention focused in the middle of the experience, and enjoy its calming and peaceful effect.

Helpful tip: Try and sit for at least 10 minutes at the same time and place each day. Over a 21-day period, add one minute per day and try to build it up to 30 minutes per sitting for best outcomes.

**For more free in-depth meditation practice groups on Zoom please sign up with the link below to be notified of upcoming sessions in your time zone.**

**Eastern and Central Time Zones**

<http://tinyurl.com/libtalks>

**Pacific Time Zones - California**

<https://forms.wix.com/r/7165132500132429835>

**Pacific Time Zone – Washington State**

<http://tinyurl.com/seatectalks>

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