

Summary of the Benefits of Meditation

Spiritual benefits

The personal inner change in us as we meditate, can best be described by what St Paul called the Harvest of the Spirit. Love, joy, peace, patience, kindness, goodness, fidelity, gentleness and self-control. (Gal 5: 5)

Brain Performance Benefits

*Improved attention
Greater access to right brain thinking
Optimized brain performance*

Physical Health Benefits

*Reduces Stress
Lowers blood pressure
Boosts immune system*

Mental Health benefits

*Reduces anxiety
Reduces neuroticism
Improves depression*

Psychological Benefits

*Improves coping strategies
Combats addictions
Cultivates acceptance and compassion
Meditation is calming and relaxing*

Benefits for Children

Students achieve:

*Greater focus in the face of distractions
More able to solve complex problems
Make confident decisions
Improve self-awareness*

Children experience:

*Children like to meditate and ask for it
Reported feeling closer to God
Children were calm. Could sit still longer, felt comfortable and safe.
They were more considerate and caring towards others.
It builds a sense of community.*