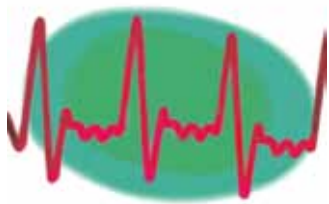


The Rewards of Meditation

Practicing meditation, even for a relatively short period of time every day, brings us great rewards and benefits— physically, mentally, and spiritually.

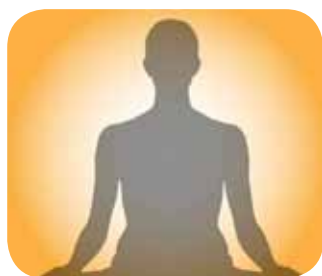


Benefits for the body

A growing body of scientific research supports the health benefits of meditation. Through meditation, we experience physical well-being. Our body is relaxed, and we're free from stress and tension. Afterward, we feel more relaxed and have more energy.

Benefits for the mind

The more we meditate, the more we experience its effects in our daily life. We develop increased concentration; we can learn and absorb information more quickly and retain it longer. Meditation also gives us inner strength and the ability to better face life's challenges.



Benefits for the soul

The spiritual Master gives us a meditation technique that puts us in touch with our true self, our soul. During meditation we withdraw from our outer senses and focus on the single or the third eye, between and behind the eyebrows. There we come in contact with the inner Light and Sound and begin our spiritual journey.

Benefits for the world

The more we come in contact with the source of divine love within, the more we radiate that love to others. Peace and harmony enter our hearts and homes. Our family and social life become more peaceful. We not only have peace in our own homes but will also be contributing to the peace of the world.

