

A person is shown in silhouette, sitting in a meditative pose on a hillside. They are facing away from the camera, looking out over a landscape of rolling hills under a dramatic sunset sky. The sun is low on the horizon, creating a bright glow and casting long shadows. The sky is filled with soft, golden clouds. The overall mood is peaceful and contemplative.

10 MINUTE MEDITATION FOR

*Focus and
Success*

The Power of Meditation

Today's world, thankfully, is changing. People are incorporating more holistic practices and mindful practices into their daily lives. From children to elders, meditation is one of those practices.



We all know someone who takes on the practice of meditation. For some people, it's a daily practice, while for others it's just for emergency situations. What are some of those emergency situations? It's those moments where you feel like your life is spinning out of control. It's for times when you can't seem to get out of your own way.



Can you become one of the masses and take on the practice of meditation, as well? Does it sound like it's too time consuming and not worth the trouble? If you think this way, you'll be in for an extremely pleasant surprise. Not only is meditation most certainly worth the time and effort, but the rewards will speak for themselves.

There are so many benefits to meditation which will delight and surprise you. First of all, let's get into the subject of what meditation really is. Some people think you have to be a highly spiritual person or an expert in meditation with a certification to your name.

This is not the case. Meditation is available for everyone, and why not? It has a multitude of benefits.

What is Meditation?

The practice of meditation has been around for centuries. People have used it for religious purposes and cultural reasons. There are as many forms of meditation as there are practices.

The art and practice of meditation basically has one goal in mind - to slow down the mind. Especially in today's culture, we all have such busy lifestyles and even busier minds. Stress levels are up, blood pressure is up and relaxation is down. This is where meditation comes into play.

The art and practice of meditation is one where you allow yourself and, most importantly, your mind to relax, rest, and rejuvenate itself. You take time to practice the art of breathing, slowing down your mind and coming back to center.

What is center? Center is the place where your deepest desires live and breathe. It's the place where you can move forward from and get back on track. The true history of meditation is really the practice of getting into a thought consciousness of total awareness and not letting the mind wander.

However, this is something that takes time and practice. The history and background of meditation is to serve one higher purpose. That purpose is to be in and experience present-moment living.

What is the Power of Meditation?

While some people might view meditation as some sort of woo woo practice which doesn't really work, the truth of the matter is that there is power behind meditation. When a person meditates, your brain waves change. Meditation actually has the power to change your mind, or at least your mindset.

When someone meditates, their brain waves have the capacity to slow down. With proper breathing techniques, beta waves in the brain are more easily reduced. When the beta waves calm down and slow down, there's sense of overall calm and well-being as an after effect.

Meditation affects the brain and its brain waves. Each part of the brain, according to scientific studies and research, is affected by meditation. Incoming information can be slowed down when meditating:

- .Emotions are not as strong
- .Sensory input slows down
- .Over-thinking ceases
- .Information overload slows down

There are several parts of the brain which are positively impacted by meditation:

- .Parietal lobe
- .Thalamus
- .Frontal lobe

Imagine being able to control your brain to some degree and be able to relax, focus, and have more clarity. All this can come from meditation.

Why So Many People Use and Promote Meditation

Why do so many people use and promote meditation? The answer is because it works. Meditation is successful for many reasons.

Meditation Decreases Anxiety



Some people have what is known as too much fight or flight syndrome. Their gut instincts tell them they are in danger when they are really not. Meditation can help ease anxiety.



There's a neural pathway which leads to the part of our brains in which we need to determine whether or not we are in real, imminent danger. For some, those connections are so strong we feel we are in danger when we are not.

When taking on the practice of meditating, this connection can be diminished, however, this is not a danger. This is a plus. Our brains have many parts, and the part that assesses reasoning is strengthened by meditating, while the irrational fear pathway is weakened.

This becomes a win/win situation.

Meditation Can Allow You to Become More Emphatic

During meditation, the part of your brain that is responsible for showing more compassion is activated. Scientific studies show that compassion and empathy are more active when someone meditates.

Having more compassion is never a bad thing.

Meditation Can Increase Focus

It makes sense that meditation can increase focus because when you meditate, you are focused on the present moment. Present moment awareness trains the brain to stay focused.

One of the biggest bonuses and benefits of meditation is to help you choose your focus and to pull your thoughts back to present moment reality. How often do you catch yourself having a busy brain and feel as though you are not able to reel it back in? Meditation can help with that.

Not only does meditation help you to regain a sense of the present moment while you are meditating, but the effects far outweigh the present moment meditation. Meditation helps you to keep focused long after you're done meditating.

Meditation Improves Memory

If you've ever walked into another room and wondered why the heck you went in there, maybe just meditation can give your memory a boost. Meditation activates a certain part of the brain which helps to decrease distractions and increase memory recall.

So, the next time you walk into a room, you might just remember why you went in there in the first place.

Meditation Unlocks Creativity

If you've ever gotten stuck on creating a new idea or had the experience of writer's block, you may wish to take up meditation. Meditation has a way of unlocking and unleashing creative potential.

In just about any job scenario, creativity is a useful asset. Whether you are a sales and marketing manager or a writer, a little creativity goes a long way.