



The Intuitive Connection

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Benefits of Meditation



Most people think that meditation is all about your spiritual health, but did you know that research shows it has many benefits for the body and mind as well? Let's explore the top 10 benefits of meditation and why you should incorporate this practice into your life.

Benefit #1: Lower your stress levels. Through extensive research, scientists have been able to document that meditation reduces stress. Mindfulness meditation in particular showed significantly lower stress levels and higher levels of hope in a study conducted in 2016. It has been shown that meditation alters the brain chemistry and structure in ways which reduce stress. A 2020 review found that meditation-based intervention reduced the level of cortisol (the body's stress hormone). If that's not enough of a motivating factor, chronic elevated stress can lead to increased aches/pains, insomnia, fatigue, cloudy thinking, headaches, dizziness, shortness of breath, intestinal issues, weight issues, anxiety, depression, heart attack and strokes to name a few.

Benefit #2: Improves memory and focus. One randomized study found that after just 4 weeks of daily, 13 minute meditation sessions, attention, working memory and recognition memory all improved. Research has also found that children with ADHD who participated in mindfulness meditation 3x a week experienced improvements in focus, attention span, academic skills, and more.

Benefit #3: Helps manage anxiety. A 2022 randomized controlled trial found that meditation-based intervention, such as mindfulness-based stress reduction, was equally as effective as anti-anxiety medication (Lexapro) for treating anxiety. Although it may not be enough to manage severe anxiety disorder, it can help reduce symptoms.

Benefit #4: Leads to better self-awareness. Mindfulness meditation invites you to be present in the moment and review current issues such as painful thoughts, feelings and sensations. This can lead to improved self-awareness as well as helping to release emotions (preventing them from becoming trapped emotions, which can lead to physical issues). A 2020 study showed that people who meditated regularly showed higher levels of introspection.

Benefit #5: Prevents dementia and age-related memory loss. A 2015 study found that Kirtan Kirta, a specific meditation technique that requires on 12 minutes a day, was associated with improved memory in people with cognitive impairment. Research has found that regular meditation practice led to increased gray matter volume in areas of the brain responsible for executive functioning.

Benefit #6: Helps you sleep better. Meditating before bedtime fights insomnia and improves sleep. Mindfulness meditation or guided meditation techniques can help you relax, fall asleep faster, and improve overall sleep quality.

Benefit #7: Helps control chronic pain. Regular meditation alters neural pathways and brain structure, which may make you less sensitive to pain. A 2016 study found that meditation increased the body's production of endogenous opioids, which acts as a natural pain killer.

Benefit #8: Reduces depression symptoms. One extensive systematic review published in 2017 determined that mindfulness meditation helped reduced associated depressive symptoms and improved quality of life.

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Benefit #9: Improves relationships. Regular meditation may help you become more empathetic with others, which in turn can improve interpersonal relationships. Couples who meditated showed higher marital satisfaction than non-meditators.

Benefit #10: Lowers blood pressure. Meditation can lower your blood pressure and improve your overall heart health (high blood pressure has been linked to serious conditions such as stroke, heart failure, and more). Since high blood pressure has been linked to chronic stress, meditation works well as it not only reduces blood pressure, but decreases stress which is a leading cause of high blood pressure.

Whether you're experienced or a beginner, everyone can benefit from practicing meditation. Best of all, it is accessible anytime, anywhere and doesn't require any equipment or expensive memberships to get started. If you don't know where to start, check out the many free videos on you tube to jump start your meditation practice.



Alpaca inspired lip balm
flavor of the month inspired by:

Galway Girl Blueberry Maple

(Infused with the flavors of blueberry and maple syrup with a hint of sweetness)

Click this link for a [Single Lip Balm](#) or this link for a [Three Pack of Lip Balms](#) (at a reduced cost).



Trinity Healing

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