

# BENEFITS OF MEDITATION



# Benefits Of Meditation

I would like to give you an overview of the benefits of meditation. I want to start by saying that meditation is not going to heal or get rid of any of your physical diagnosed diseases or even psychological ones.

When we have a diagnosis of any kind we need to attend to it in a practical and intelligent way.

Some people turn to mainstream medicine and some people turn to alternative therapies.



There are so many options for us and it is really important that we explore these options.

Where meditation comes into healing is, it is a great tool to bring peace into your life.

Isn't that what you think about when you think about meditation?

If someone says you should meditate or learn meditation, ask, why would you want to do it?

For most people it is about distressing and bringing more peace into their life. The truth is, we can actually live from a place of peace, because peace is our innate nature.



Now there are so many different types of meditations that we can do.

You can go on the internet and you can discover active meditations. You can discover sitting in Silence, Mindfulness, Kundalini, Transcendental Meditation, Qi Gong, dancing and everything in between.

I like to do guided meditations with a lot of stillness and guiding you into the heart. The work I do is moving you from your head to your heart, because your heart is your natural state.



The depth of your heart is the peace, love and freedom that you are looking for.

To discover that, you'll discover connection, you will discover oneness with everything, and you will finally find this peace that you have been looking for.

This peace is actually that which everything arises from and falls back into.



I hope you enjoy the links to the meditations that are offered on Global Healing Exchange and if you'd like to know more about me or get in touch with me you can at [www.lovelifeandlaughter.org](http://www.lovelifeandlaughter.org)



**This Ebook is a collaboration between Pavitar Debra Turner, Meditation Teacher at lovelifeandlaughter & Global Healing Exchange**

