

... *The Mighty Powers Of* ...

MEDITATION

Once relegated to the realm of new-agey pseudo-science, there's now hard evidence to back up the many benefits of meditation for the mind, body and spirit. Here, 20 research-backed reasons to say 'Om.'



Sources: Psychosomatic Medicine, UCLA, NPR, Mayo Clinic, University of Wisconsin-Madison, TIME, American Heart Association, U.S. News, SCOPE, Psychological Science, The Huffington Post, ScienceDaily, American Psychological Association, Northeastern University, Emory University, JAMA Internal Medicine, Brown University, Greater Good, Harvard Health Letter, American Academy of Sleep Medicine, University of Utah, Health.com/Photo: Getty

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