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.’

Mind
- Increases gray matter
- Cultivates willpower
- Builds focus and concentration
- Boosts cognitive function
- Reduces loneliness
- Cuts emotional reactivity
- Builds self knowledge
- Increases compassion
- Helps relationship satisfaction

Body
- Reduces depression
- Physically changes the brain
- Eases stress and anxiety
- Helps sleep
- Fosters a healthy body image
- Decreases pain
- Boosts immune system
- Lowers blood pressure
- Eases inflammation
- Reduces heart risk

Spirit

Sources: Psychosomatic Medicine, UCLA, NPR, Mayo Clinic, University of Wisconsin-Madison, TIME, American Heart Association, U.S. News, SCOPS, 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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