**Meditation**

**Your mind is your instrument. Learn to be its master and not its slave.**

**Did you know? Meditation…**

* Improves the brain’s ability to not get stuck on a particular stimulus; sustained meditation leads to neuroplasticity, which is defined as the brain's ability to change, structurally and functionally, on the basis of environmental input.
* Improves decision making, attention and memory by increasing cortical thickness.
* Can be better for concentration than sleeping, although sleep has important benefits as well.
* Can make you live longer! Meditation protects telomeres, the protective caps at the end of our chromosomes.
* Makes you happy. Meditation increases the body's production of serotonin, which is responsible for our moods and behavior.

**Benefits of Meditation**

Physical

Reduces Stress

Increases Energy

Relieves Tension

Improves the Immune System

Psychological

Decreases Anxiety

Increases Creativity

Improves Memory

Gain Clarity and Peace of Mind

Source: www.huffingtonpost.com/2011/07/15/7-fascinating-facts-about\_n\_899482.html.

For more information and instructions on how to meditate, visit: www.freemeditation.com.