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NO.005

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THE SCIENTIFIC BENEFITS OF MEDITATION

Meditation has been practiced for thousands of years by many cultures in various forms. Its neurologic benefits are well-documented through numerous scientific studies. This document outlines the key scientific benefits of meditation and provides practical examples of how to integrate it into everyday life.


SOBU Group is built on the philosophy that we're all here to "Serve Others and Be Useful" for our loved ones and our community. We are most effective in this pursuit when we're disciplined in regular training of all domains of Mind, Body, and Spirit.

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SCIENTIFIC BENEFITS OF MEDITATION

Reduces Stress and Anxiety



A study published in the Journal of the American Medical Association (JAMA) found that meditation-based programs significantly reduce stress and anxiety levels. Participants experienced a notable decrease in symptoms, suggesting that meditation can be an effective tool for managing stress (Goyal et al., 2014).

Enhances Emotional Health

A study in the journal Emotion found that mindfulness meditation increases positive emotions while reducing negative ones. Participants reported higher levels of happiness, satisfaction, and overall well-being after engaging in regular meditation practices (Fredrickson et al., 2008).



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SCIENTIFIC BENEFITS OF MEDITATION

Improves Attention and Concentration

Research by Jha et al. (2007) in the journal Psychological Science revealed that meditation enhances cognitive functions such as attention and concentration. The study demonstrated that individuals who regularly practice meditation show improved performance on tasks that require sustained attention compared to non-meditators.



Boosts Immune System

According to a study published in the Annals of the New York Academy of Sciences, meditation can strengthen the immune system. The research indicated that regular meditation practice leads to an increase in the body's activity of 'natural killer cells' (autophagy), which play a crucial role in defending the body against viruses and cancer (Davidson et al., 2003).

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INCORPORATING MEDITATION INTO EVERYDAY LIFE



- **Start the Day with Meditation:** Dedicate 10-15 minutes each morning for a meditation session to set a positive tone for the day. This could be a simple breathing exercise where you focus on your breath while tuning out the ‘noise’ of your mind.
- **Use Meditation Apps:** Utilize apps like Waking Up, Headspace or Calm to guide you through meditation sessions, making it easier to practice regularly. There are also subscription-free options – contact us for guidance.
- **Take Meditation Breaks:** Integrate short meditation breaks into your daily routine, especially during work or study hours, to refresh your mind. It can be as short as box-breathing for 4 rounds.

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INCORPORATING MEDITATION INTO EVERYDAY LIFE



- Practice Mindful Breathing: Focus on your breath for a few minutes whenever you feel stressed or overwhelmed to regain calmness.
- Join a Meditation Group: Participate in local or online meditation groups to stay motivated and learn from others.
- Incorporate Meditation into Exercise: Combine meditation with yoga or tai chi or even resistance training for a holistic approach to physical and mental well-being.
- Use NSDR (Non-Sleep Deep Rest) exercises when you need a boost of energy and cognition – contact us for guidance
- Meditate Before Bed: Spend a few minutes meditating before sleep to relax your mind and improve sleep quality.

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LET'S *GO!*

Ready to transform your life?
Transform your life with our holistic
fitness approach. Mind, body, spirit,
and community – join us today and
start your journey to optimize your
life!

JOIN US



References

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