

Scientific Research

Studies have shown that many people who meditate regularly experience long term improvements in health.

EEG measurements have also found that brain activity is especially high in the region associated with happiness and positive thoughts and emotions in people who have been meditating regularly over a long term.

Recent brain research shows that mental activities such as focus, memory and learning are all enhanced in people who practise meditation techniques.

Harvard Business School and INSEAD have concluded from research that the two most effective new business tools for twenty-first century executives are meditation and intuition.

Key research findings on meditation include the following:

- reduced stress and job tension.
- improved employee health
- improved productivity and job performance
- increased ability to focus
- improved personal and work relationships
- reduces blood pressure and cholesterol
- promotes profound sleep
- increased creativity and intelligence
- improved memory and learning ability
- improved problem-solving and decision making
- improved psychological health