

## Why Meditate?

Sometimes by doing less, you achieve more, and learning to meditate is the perfect example of this.

Meditation affects people in different ways. It brings relaxation to the restless, makes busy high-achievers more efficient, and invigorates people with low energy and vitality. By reducing stress, meditation has important benefits for a wide range of health problems, and also allows the mind and body to function with greater effectiveness.

The benefits extend into our daily lives and can result in improved health and vitality, greater happiness, more restful sleep, more fulfilling relationships, greater enthusiasm for life and an increased sense of clarity, energy and well-being.

In the modern workplace, greater calmness and confidence reduce pressure, while clearer thinking, increased alertness and creativity contribute to better decisions making.

Deepak Chopra considers the growth of individual consciousness, which is achieved through the practise of this meditation technique, to be the most important part of any self-development program.