

Benefits of Meditation for the Elderly



The value of regular meditation is well documented, but many experts believe that meditation provides seniors with an even greater variety of mental, physical and emotional health benefits.



Benefits of Meditation for the Elderly

The following material, gathered from the internet, deals with the physical, mental/emotional benefits of a regular meditation practice. It does not deal with the many spiritual benefits which result from meditation.



We all dream of aging like good wine, getting better and better as the years progress. And we all know that this dream is rarely realized: growing old comes with its fair share of losses and challenges. Memory loss accelerates, the digestive function becomes more finicky, aches and pains seem to spring out of nowhere and moods may be less predictable.

The good news is that there are steps we can take right now to make the goal of “aging gracefully” more attainable. Meditation is one of those steps; research has clearly shown that regular meditation comes with a wide range of physical, mental and emotional health benefits that should particularly interest seniors.

Anxiety, stress, and depression are all common in our senior years, particularly as we face a number of on-going changes that occur in our bodies and in our environment. Meditation can help us to overcome the challenges that come before us, and can be a very effective tool for mental, physical and emotional health. (<https://mindworks.org/blog/meditation-for-seniors/>)



Why Learning to Relax is Important to Your Health

A wealth of substantiated research shows that allowing stress and anxiety to overwhelm your life may cause chronic fatigue, general aches and pains, recurring illnesses and headaches/migraines. Insomnia, weight fluctuations, hypertension and gastrointestinal issues could be stress-related as well.

As we age, the mind-body connection is even more important to maintaining good health, since aging reduces the ability of the immune system to fight infection and disease. In fact, a senior’s state of mind can impact their physical health even more during this life stage. Consequently, finding ways to maintain an active, positive state of mind is vital to enjoying physical, emotional and mental well-being. (<https://www.sunshineretirementliving.com/benefits-meditation-seniors/>)



5 Ways Meditation Benefits Seniors

We now know through brain imaging technology that meditation actually changes brain wave patterns and improve physiological functions important to your health. By positively affecting a senior's mind and body, meditation offers the following five wonderful health benefits:

- Delays the onset of Alzheimer's or other dementias
- Increases energy and improves immune system functioning by reducing cortisol (the main stress hormone) levels in the bloodstream
- Reduces and control blood pressure
- Decreases muscle tension and aches often associated with feeling stressed and anxious
- Reduces your risk of suffering stress-related diseases (diabetes, hypertension, high cholesterol)

Stimulate Your "Feel Good" Hormones by Meditating

Meditating is also conducive to improving mood. Depression is a common complaint of seniors due to many age-related changes in their lives. The death of a spouse, chronic health problems, financial difficulties and isolation are just a few causes of depression in seniors. Meditation provides a natural antidote for seniors feeling depressed.

In fact, meditating causes your brain to releases special hormones called endorphins that not only make you feel happier but also offer analgesic qualities to ease aches and pains. This positive feeling stays in your system for quite some time after meditating, which gives you a reprieve from feeling depressed and also helps reduce the intensity of depression if it returns.

(<https://www.sunshineretirementliving.com/benefits-meditation-seniors/>)



What Is Meditation?

Meditation is a practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness, and enhancing overall health and well-being.

There are many types of meditation, but most have four elements in common: a quiet location with as few distractions as possible; a specific, comfortable posture (sitting, lying down, walking, or in other positions); a focus of attention (a specially chosen word or set of words, an object, or the sensations of the breath); and an open attitude (letting distractions come and go naturally without judging them). (<https://nccih.nih.gov/health/meditation/overview.htm>)

Meditation is a way to calm the mind and body. It requires that you sit or lie down, relax and pay little attention to thoughts as they drift in and out of your mind. It can be viewed as an antidote to the fight-or-flight response. When you meditate, in general, the breath slows down, heart rate slows, blood pressure decreases, stress decreases, digestive function improves and the sense of tension in the body decreases. (<https://health.usnews.com/wellness/aging-well/articles/2018-06-22/the-many-benefits-of-meditation-for-older-adults>)



Mental Benefits

Practicing meditation can be extremely beneficial for our mental wellbeing. Especially for seniors, meditation offers a great way to cope with the issues that arise as we advance in age.

1. Sharpen Mental Alertness: One of the great benefits of meditation is its ability to sharpen mental alertness and ward off decline. Regular meditation causes the brain's physical structure to change. For example, the amygdala region that's associated with processing negative emotions such as stress, worry and anxiety often shrinks, while the areas responsible for self-awareness, personality development and planning (such as the prefrontal cortex) increase. As a result, meditators experience improved focus, creativity and cognitive function: a great boon for seniors.

2. Dealing with Stress: Any change that occurs in our lives can lead to stress. Physical changes and changing family dynamics can be a huge trigger for stress among seniors, as well as loss of independence and less control over your environment. Whatever the cause, it's important to find ways to manage your stress levels to reduce the risk of serious health conditions, such as heart disease and high blood pressure.

Meditation changes the structure of the brain and helps us to handle stress in a more effective way. Meditation is said to reduce our body's immediate response to stress by shrinking the amygdala cells in our brain, which are responsible for fear, anxiety and stress. Tests conducted at Carnegie Mellon University demonstrate that even a small amount of meditation reduces stress to a measurable degree.

Stress reduction is one of the most common reasons people try meditation. One study including over 3,500 adults showed that it lives up to its reputation for stress reduction. Normally, mental and physical stress cause increased levels of the stress hormone cortisol. This produces many of the harmful effects of stress, such as the release of inflammation-promoting chemicals called cytokines. These effects can disrupt sleep, promote depression and anxiety, increase blood pressure and contribute to fatigue and cloudy thinking.

In an eight-week study, a meditation style called "mindfulness meditation" reduced the inflammation response caused by stress. Another study in nearly 1,300 adults demonstrated that meditation may decrease stress. Notably, this effect was strongest in individuals with the highest levels of stress. Research has shown that meditation may also improve symptoms of stress-related conditions, including irritable bowel syndrome, post-traumatic stress disorder and fibromyalgia.

"Meditation has been shown to decrease stress and have a calming effect on older adults. That can help them organize their thinking and give them a clearer perspective. They have improved focus, and their mind is sharp." (Dr. Jean Lengenfelder – neuropsychologist)

3. Coping with Anxiety: Anxiety among seniors is more common than you think. In fact, studies show that around 10% of adults aged 65 and over are diagnosed with anxiety in any given year. Anxiety can have a huge impact on everyday life and can be caused by a range of factors.

When we feel anxious, it becomes harder to think straight as the pathways that send information to our brain tighten up. Meditation helps us to relax and allows our brain to process a more logical approach to the situation we're experiencing. Meditation can help you to feel at peace, slow down your breathing, and let go of the tension and anxiety that you're holding inside your body.

Less stress translates to less anxiety. For example, an eight-week study of meditation helped participants reduce their anxiety. It also reduced symptoms of anxiety disorders, such as phobias, social anxiety, paranoid thoughts, obsessive-compulsive behaviors and panic attacks.

Another study followed up with 18 volunteers three years after they had completed an eight-week meditation program. Most volunteers had continued practicing regular meditation and maintained lower anxiety levels over the long term. A larger study in 2,466 participants also showed that a variety of different meditation strategies may reduce anxiety levels.

For example, yoga has been shown to help people reduce anxiety. This is likely due to benefits from both meditative practice and physical activity. Meditation may also help control job-related anxiety in high-pressure work environments. One study found that a meditation program reduced anxiety in a group of nurses.

4. Managing Depression/Managing Moods and Emotions: Managing moods and emotions is a challenge for most of us, regardless of our age. As we grow older, physiological changes may impact mood stability and make it even more difficult to control our emotional reactions. Add to that the difficulty of adjusting to the loss of independence and, often, the passing of people and pets who are near and dear to us, and it's no wonder that experiences of loneliness, sadness, and even despair are prevalent among the elderly. Meditation, with its focus on non-judgmental presence, teaches us that we can observe our emotions without being compelled to react to them. There is also evidence that meditation enhances positive emotions of well-being and empathy for young and old alike.

Meditation promotes emotional health. Its practice can lead to an improved self-image and more positive outlook on life. Two studies of meditation found decreased depression in over 4,600 adults. One study followed 18 volunteers as they practiced meditation over three years. The study found that participants experienced long-term decreases in depression.

Inflammatory chemicals called cytokines, which are released in response to stress, can affect mood, leading to depression. A review of several studies suggests meditation may reduce depression by decreasing these inflammatory chemicals. Another controlled study compared electrical activity between the brains of people who practiced meditation and the brains of others who did not. Those who meditated showed measurable changes in activity in areas related to positive thinking and optimism.

5. Reducing Feelings of Loneliness: In a UCLA study that included a 30-day meditation regime that taught focus on the present instead of dwelling on the past or fretting about the future, participants reported a drop in the feeling of loneliness. In addition, blood tests showed a drop in the expression of inflammatory-related genes shown to be related to increased feelings of loneliness. Seniors who practice meditation on a regular basis report a significantly lower rate of loneliness when compared to others in their age group who do not meditate. A 2012 study published in *Brain, Behavior, and Immunity* linked eight weeks of mindfulness meditation with decreased loneliness in older adults.

6. Reducing Cognitive Decline: Meditation may help preserve cognitive function in people who are starting to have struggles with memory and cognition. A 2014 review of a dozen studies involving older adults, published in *Annals of the New York Academy of Sciences*, suggested that meditation was linked to positive effects on attention, memory, executive function, processing speed and general cognition.

6. Meditation Helps Memory: The dominant long term memory and short term memory storage hubs, the Hippocampus and frontal brain lobe, both become well-stimulated during meditation. What does this mean for the aging senior? Better long & short term memory recall, including retrieving long lost memories. The aging person's brain, through meditation, is ensured to retain the ability to store new memories now, as well as through the advancing years.

A review of 12 studies found that multiple meditation styles increased attention, memory and mental quickness in older volunteers. In addition to fighting normal age-related memory loss, meditation can at least partially improve memory in patients with dementia. It can also help control stress and improve coping in those caring for family members with dementia.

“Meditation is associated with enhanced short - and long-term memory,” says neuropsychologist Jean Lengenfelder, assistant director of traumatic brain injury research at the Kessler Foundation.

7. Slowing Alzheimer's Progression: A recent double-blind study showed that meditation may slow the progression of Alzheimer's disease and dementia. Alzheimer's disease and other forms of dementia are progressive illnesses prevalent among the elderly. It's estimated that up to 50% of all people over 85 have some form of dementia. However, the National Institute on Aging reminds us that “it is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia.”

Dementia destroys memory, disrupts crucial mental functions and can wreak havoc with emotions. However, a recent study showed that meditation can help slow down the development of dementia-related diseases. Other studies suggest that meditation helps people cope better with the anxiety, stress and depression that often accompany memory loss.

8. Lengthens Attention Span: Focused-attention meditation is like weight lifting for your attention span. It helps increase the strength and endurance of your attention. For example, a study looked at the effects of an eight-week meditation course and found it improved participants' ability to reorient and maintain their attention. A similar study showed that human resource workers who regularly practiced meditation stayed focused on a task for longer. These workers also remembered details of their tasks better than their peers who did not practice meditation.

Moreover, one review concluded that meditation may even reverse patterns in the brain that contribute to mind-wandering, worrying and poor attention. Even meditating for a short period may benefit you. One study found that four days of practicing meditation may be enough to increase attention span.

9. May Help Fight Addictions: The mental discipline you can develop through meditation may help you break dependencies by increasing your self-control and awareness of triggers for addictive behaviors. Research has shown that meditation may help people learn to redirect their attention, increase their willpower, control their emotions and impulses and increase their understanding of the causes behind their addictive behaviors.

One study that taught 19 recovering alcoholics how to meditate found that participants who received the training got better at controlling their cravings and craving-related stress. Meditation may also help you control food cravings. A review of 14 studies found meditation helped participants reduce emotional and binge eating).

Physical Benefits

1. **Reducing Inflammation:** According to a study published in the *Brain, Behavior, and Immunity Journal*, meditation can help reduce chronic ailments such as rheumatoid arthritis, inflammatory bowel disease, psoriasis, and asthma. Stress causes inflammation, which can ultimately lead to a variety of debilitating conditions. Relaxation through meditation can help prevent these conditions from developing by lowering the stress response.

2. **Digestion and Circulation.** One study found that people who meditated had improved circulation and oxygen in their blood. For the elderly, that's important because as we age, digestion and circulation problems develop.

3. **Lowers Blood Pressure:** As a group, older adults suffer a much higher rate of high blood pressure when compared to the general population. Meditation helps lower blood pressure by inhibiting the effect of stress hormones. According to a study reported in the *American Heart Journal*, meditation improves depression and symptoms of chronic heart failure.

Meditation can improve physical health by reducing strain on the heart. Over time, high blood pressure makes the heart work harder to pump blood, which can lead to poor heart function. High blood pressure also contributes to atherosclerosis, or narrowing of the arteries, which can lead to heart attacks and strokes.

A study of 996 volunteers found that when they meditated by concentrating on a “silent mantra” — a repeated, non-vocalized word — reduced blood pressure by about five points, on average. This was more effective among older volunteers and those who had higher blood pressure prior to the study. A review concluded that several types of meditation produced similar improvements in blood pressure. In part, meditation appears to control blood pressure by relaxing the nerve signals that coordinate heart function, tension in blood vessels and the “fight-or-flight” response that increases alertness in stressful situations.

4. **Managing Chronic Pain:** Your perception of pain is connected to your state of mind, and it can be elevated in stressful conditions. For example, one study used functional MRI techniques to observe brain activity as participants experienced a painful stimulus. Some participants had gone through four days of meditation training, while others had not. The meditating patients showed increased activity in the brain centers known to control pain. They also reported less sensitivity to pain. One larger study looked at the effects of habitual meditation in 3,500 participants. It found that meditation was associated with decreased complaints of chronic or intermittent pain. An additional study of meditation in patients with terminal diseases found meditation may help mitigate chronic pain at the end of life.

In each of these scenarios, meditators and non-meditators experienced the same causes of pain, but meditators showed a greater ability to cope with pain and even experienced a reduced sensation of pain.

5. Reducing Insomnia: Lack of sleep can disrupt quality of life and lead to increased risk of heart disease, depression, and high blood pressure. In a study reported by the National Institute of Health, meditation offered significant improvements in total sleep time and in reduced sleep onset.

One study compared two mindfulness-based meditation programs by randomly assigning participants to one of two groups. One group practiced meditation, while the other didn't. Participants who meditated fell asleep sooner and stayed asleep longer, compared to those who didn't meditate. Becoming skilled in meditation may help you control or redirect the racing or “runaway” thoughts that often lead to insomnia. Additionally, it can help relax your body, releasing tension and placing you in a peaceful state in which you're more likely to fall asleep.

6. Need for Less Sleep: Meditation increases short term mental performance and reduces need for sleep. This was the conclusion of a 2010 University of Kentucky study that looked at different groups of meditators. The study looked at the amount of sleep and mental acuity of experienced meditators compared to a group of non-meditators. Each of the meditators had at least 3 years of meditation experience and meditated for 2.3 hours per day on average. Researchers found that the meditators slept an average of 5.2 hours per night, compared to 7.8 hours for the non-mediator group. The experienced meditators tested well on their mental performance and had no signs of sleep deprivation, regardless of their lower hours of sleep.

7. Fountain of Youth? It won't turn back time, but older adults who practice meditation have a younger biological age than those who don't. Older meditators look younger and feel younger than non-meditators of the same age.

8. Reduced Healthcare Costs: A documented study found that elderly people who practice meditation are less likely to be hospitalized. In fact, the meditation group paid their physicians 70 percent less than the non-meditating control group over the same period.



Meditation and the Brain

Some research suggests that meditation may physically change the brain and body and could potentially help to improve many health problems and promote healthy behaviors.

In a 2012 study, researchers compared brain images from 50 adults who meditate and 50 adults who don't meditate. Results suggested that people who practiced meditation for many years have more folds in the outer layer of the brain. This process (called gyrification) may increase the brain's ability to process information.

A 2013 review of three studies suggests that meditation may slow, stall, or even reverse changes that take place in the brain due to normal aging.

Results from a 2012 NCCIH-funded study suggest that meditation can affect activity in the amygdala (a part of the brain involved in processing emotions), and that different types of meditation can affect the amygdala differently even when the person is not meditating.

(<https://nccih.nih.gov/health/meditation/overview.htm>)



The Potential Effects of Meditation on Age-Related Cognitive Decline: A Systematic Review (Summary)

Abstract:

With a rapidly aging society it becomes increasingly important to counter normal age-related decline in cognitive functioning. Growing evidence suggests that cognitive training programs may have the potential to counteract this decline. On the basis of a growing body of research that shows that meditation has positive effects on cognition in younger and middle-aged adults, meditation may be able to offset normal age-related cognitive decline or even enhance cognitive function in older adults.

In this paper, we review studies investigating the effects of meditation on age-related cognitive decline. We searched the Web of Science (1900 to present), PsycINFO (1597 to present), MEDLINE (1950 to present), and CABI (1910 to present) to identify original studies investigating the effects of meditation on cognition and cognitive decline in the context of aging. Twelve studies were included in the review, six of which were randomized controlled trials. Studies involved a wide variety of meditation techniques and reported preliminary positive effects on attention, memory, executive function, processing speed, and general cognition. However, most studies had a high risk of bias and small sample sizes. Reported dropout rates were low and compliance rates high. We conclude that meditation interventions for older adults are feasible, and preliminary evidence suggests that meditation can offset age-related cognitive decline.

Conclusions:

This review of the literature on the effects of meditation on age-related cognitive decline revealed that although this field is still young and small, the effects of a wide range of practices have been investigated. While most studies were small underpowered pilot studies, they provide preliminary evidence that **a variety of meditation techniques may be able to offset age-related cognitive decline and perhaps even increase cognitive capabilities in older adults.**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4024457/>



From How Meditation Can Slow the Effects of Aging on the Brain

(Lesley Alderman - June 11, 2019)

The far-ranging benefits of meditating:

There's a lot of hype about what meditation can do, but it has one undeniable benefit: more clarity. In addition, research consistently shows that regular practice may be helpful for depression, chronic pain, and anxiety.

Studies have also documented that meditation can increase your gray matter and help slow some of the natural age-related atrophy of the brain. Regular meditators report feeling calmer, happier, and better able to deal with stressful situations.

Meditate for a bigger brain?

A regular practice can literally change your brain for the better. Lazar has been conducting research on the brains of meditators for over a decade; she's particularly interested in how meditation affects the aging brain. One of Lazar's first studies, which was published in 2005, examined the brains of people who had been meditating regularly from 3 to 28 years and for about 40 minutes a day.

She found that these serious meditators had more gray matter—brain tissue comprising cell bodies and nerve cells—in several key areas of the brain, including the prefrontal cortex, when compared to a similarly aged non-meditators.

Gray matter tends to shrink with age, but Lazar found that the 50-year-old meditators in the study had just as much gray matter as those who were 25, leading Lazar and her co-authors to posit that “meditation might offset age-related cortical thinning.”

Why you may feel less stress

But novice meditators also benefit. A later study co-authored by Lazar and published in 2011, studied a group of individuals who meditated regularly for just eight weeks. It found that the subjects' brains thickened in several key areas, including the hippocampus, which is associated with learning and memory, and the temporoparietal junction, an area that processes empathy and compassion. What's more, the meditators' amygdalas, the part of the brain that's associated with the fight or flight response, actually shrank, which is likely why the meditators reported feeling less stress overall. (<https://www.theladders.com/career-advice/how-meditation-can-slow-the-effects-of-aging-on-the-brain>)



Brain Health: Meditation Changes the Brain, Improves Quality of Life

Numerous studies are confirming that the practice of meditation has “an amazing variety of neurological benefits,” including helping to preserve the aging brain. Forbes provides an in-depth look at those benefits and we’ll provide highlights here, along with other information about the benefits of meditation for older adults.

Preserves Brain as You Age

The reality is that the brain starts to slowly lose volume once a person hits the mid - to late 20s. In 2011, a UCLA study discovered that people who meditate have more white matter in their brains, leading experts to call meditation the pushup for the brain. And a more recent study piles on the good news.

A 2015 UCLA study showed that people who practiced meditation for an average of 20 years had more gray matter (the part that contains neurons) throughout the brain than those who didn’t. Plus, the effect was more widespread than anticipated, with an author of the study saying, “We expected rather small and distinct effects located in some of the regions that had previously been associated with meditating. Instead, what we actually observed was a widespread effect of meditation that encompassed regions throughout the entire brain.”

Strengthens Areas of Learning and Memory

A Harvard University study found that just eight weeks of Mindfulness-Based Stress Reduction (MBSR) increased the cortical thickness in the hippocampus, which governs learning and memory. MBSR also increased the cortex in areas of the brain that regulate emotions and self-referential processing, while also reducing the areas that are responsible for fear, anxiety and stress. Not surprisingly, participants noticed emotional changes that corresponded with the changes in their brains. A follow-up study showed that participants experienced increased feelings of psychological well-being.

Improves Concentration

Just a couple weeks of meditative practice has been shown to improve focus. When participants took the verbal reasoning section of the GRE test, those who meditated had an increase in score of 16 percentile points.

Provides a Better Night’s Sleep

A recent study published in JAMA Internal Medicine showed that older adults with sleep problems found relief within six weeks through meditation. Moreover, this technique was more effective than more conventional methods taught to another group and were comparable to results found in sleep medication studies and those focusing on talk therapy.

Reduces Signs of Depression, Anxiety and Pain

A Johns Hopkins study showed that meditation was equally as effective as antidepressant use. Head researcher Madhav Goyal pointed out that meditation isn’t a “magic bullet” for depression (no treatment is) but it is a useful tool for managing symptoms. “Meditation,” he said, “is an active training of the mind to increase awareness.”

Decreases Loneliness

On top of all of the brain health benefits listed above, a 2012 Carnegie Mellon University study showed that meditation reduced loneliness in older adults. (<https://www.kendalthome.org/blog/brain-health-how-meditation-changes-the-brain>)

Quotations

Among all my patients in the second half of life there has not been one whose problem in the last resort was not that of finding a religious outlook on life. (Carl Jung)

Meditation is a mental/spiritual technique for relaxing the restlessness of the mind and freeing it from anxiety and stress. In its higher forms, it aims for the attaining of peace of mind, inner silence and spiritual awakening. (Remez Sasson)

Meditation is the expression of your true nature; it is the activity which appeases your inmost desire. (Suzuki Roshi)

Meditation is most necessary, for only by meditation will all things come of their own accord. (Sant Kirpal Singh)

The gift of learning to meditate is the greatest gift you can give yourself in this life. For it is only through meditation that you can undertake the journey to discover your true nature, and so find the stability and confidence you will need to live, and die, well. (Sogyal Rinpoche)

If you really want to rid yourself of present bad habits you have no greater recourse than meditation. Every time you meditate deeply on God, beneficial changes take place in the patterns of your brain. (Yogananda)

When you come in contact with Light and Sound Power within, you have not to adopt any virtues, but everything, all virtues, will come within you of themselves. (Sant Kirpal Singh)

As meditation deepens, compulsions, cravings and fits of emotion begin to lose their power to dictate our behavior. (Eknath Easwaran)

After half a century in psychiatric practice, I know without a doubt that the source of addiction is spiritual deficiency. Irrespective of whether we are religious or atheist, all human beings are spiritual by nature and spirituality is the cornerstone of our recovery. (Dr. Abraham Twerski)

When the time arrives for you to leave this life for another life, if you wish to go to a beautiful and soulful world, then you will need a valid passport, and that passport is your meditation here on earth. (Sri Chinmoy)

The more you are developed while living here, the more of the inner journey is covered in the Beyond. (Sant Kirpal Singh)

Fortunate you are to have the man body! What you can do here in a short time, cannot be done in the other world, higher planes, in ten times as long. (Sant Kirpal Singh)

To think about weakness in old age is also a trick of the mind: By making us worry about all the weaknesses which some do experience in old age, our mind is keeping us from Simran. Instead of thinking about old age and its weakness, we should do Simran, which could be of some help to us. But worrying will not help. (Ajaib Singh)



The following book presents an excellent in-depth study of this important topic and is available on Amazon.com, which is where the following description is taken:

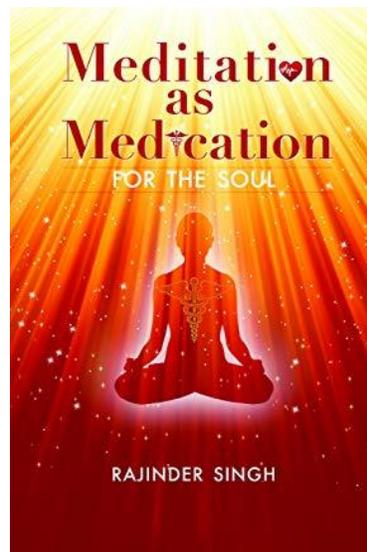
Meditation as Medication for the Soul by Rajinder Singh:

Meditation has been valued in the East for centuries as beneficial to physical, mental, and spiritual health. Now, Western medicine, through research-based studies performed in medical schools, universities, hospitals, and research labs, also is recognizing the efficacy of meditation for improving wellness.

This landmark book presents the proven benefits of meditation for spiritual, physical, mental, and emotional health; for improved brain function and performance; and for achieving balance, wellness, and pain management. Sant Rajinder Singh provides clear and compelling support for the value of meditation for the health of the spirit, upon which the health of the body and mind are based.

Noted medical doctors, cancer researchers, psychiatrists, psychologists, chiropractors, homeopaths, physiatrists, brain researchers, neuroscientists, and those involved in alternative medicine contributed articles rich in evidence supporting meditation as a complementary treatment modality. The book includes meditation instructions that anyone can try. *A must-read book* for optimum health and wellness.

“Latent within each person is a spiritual energy that has the power to make us whole. The technique by which we can tap into this latent power is meditation. Once touched by this inner force we undergo a profound transformation. We experience improved health of the body, mind, heart, and soul.” -Sant Rajinder Singh Ji Maharaj

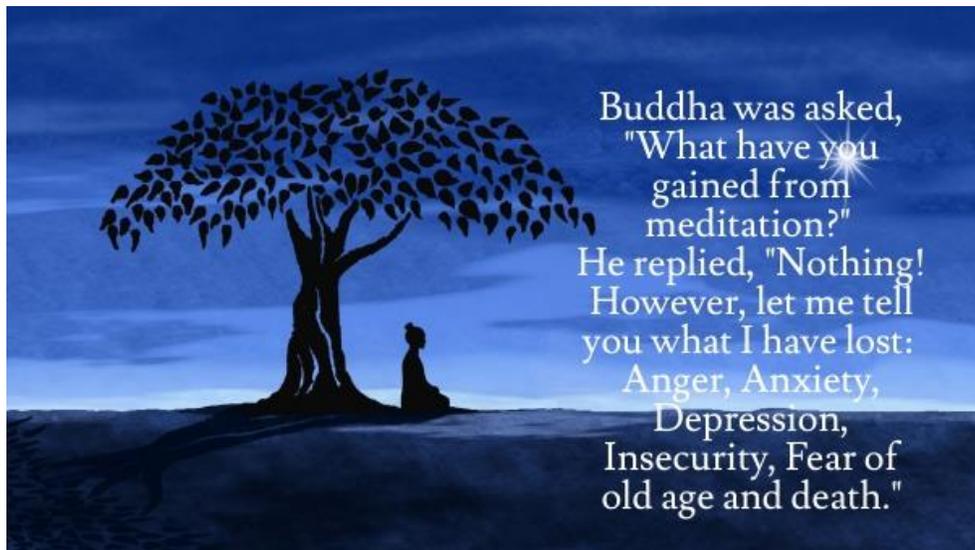


Recent studies in the field of science are confirming that meditation can improve our physical and mental well-being. Besides having a positive effect on our body and mind, it also helps us develop spiritually. Thus, meditation can help us in the physical, mental, and spiritual spheres of our lives. (Sant Rajinder Singh)



How long will you worry about this vicious world? How long will you fret about your body? The worst this world can do is to take away this cesspool of a prison your soul is trapped in. Is that why you are worried? (Shaikh Abu-Saeed Abil-Kheir)

This is the only way to explain existence, to overcome sadness and grievances, to banish death and misery, to find the right path, to realize Nirvana - it is correct meditation. (Buddha)



Lord, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. (Psalm 39:4)



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For more booklets go to: kirpalsingh.org
(Spiritual Quotations for Lovers of God)

