Top 10 Questions
on
Why Meditation is Important
Reduces Stress
How is stress reduced by meditation?

- Meditation minimises physical activity of the body
- Moderates aimless wandering of the mind
- Helps mind and body synchronise to same pace and rhythm
- In turn reducing stress
How does it refresh and energise?

- In meditation, body is in a sitting posture with eyes closed
- Mind is in deep contemplation
- No expenditure of energy
- Energy conserved within
- Makes us active, refreshed and energised.
Develops Intuition
How do we develop intuition?

• Meditation allows consciousness to gradually descend from mind to heart level
• Intuition, originating from the heart region, becomes more accessible and clear
• With practice, the faculty of intuition improves.
Brings peace and calm
How does it bring peace and calm?

• *By meditating in a quiet place*
• *In a state of being in silence*
• *Reduced distractions of mind*
• *Minimised effect of external influences.*
Improves memory and concentration
How to improve memory & concentration?

• *By letting go of thoughts and clutter from the mind*
• *Enabling assimilation of more knowledge from the senses*
• *Helping to retain information longer.*
Increases clarity
How is clarity increased?

- In meditation the mind is calm
- It is free from agitation and anxiety
- Focuses on the present moment
- Perceives things with clarity.
Improves efficiency
How is efficiency improved?

• A clean and clear mind
• In peace, focus and concentration
• Consciously aware and rejuvenated
• Helps to think and work better.
Enhances positivity
How can positivity be enhanced?

- By increased awareness, refreshed energy and competence
- Improved self confidence and positive attitude.
Nurtures empathy
How does meditation nurture empathy?

- Meditation results in heightened conscious awareness and progressive outlook.
- Generates feelings of gratitude, care and compassion towards living entities and environment.
Leads to self-realisation and enlightenment
Continuous practice of meditation:

• *Brings higher awareness, knowledge and clarity, increased concentration, positivity and efficiency, enhanced intuition, empathy and peace*

• *Enables being in touch with Inner Self*

• *Eventually steers towards self realisation and enlightenment.*
5 Common Questions on How to start with Meditation
How often & how long should we do meditation?

- Practise meditation at least once everyday
- More than once a day, whenever you feel like it, is good
- Meditation for a few minutes, for up to an hour, or as needed
- Quality of meditation is more important.
Different types of Meditation
Are there different types of meditation?

- There are many types of Meditation
- Some of them are: Intuitive Meditation, Heart-centred, Merkaba, Transcendental, Zen, Vipassana, Reflective, Mindfulness, Creative, Concentration, and many more.
Choosing the Meditation method
How to choose the right meditation?

Any meditation

- that is easy for you to follow, understand and practise, and which you feel would be effective
- that takes you to the heart-level and enables you to be in touch with your Inner Self.
Time of Meditation
What is the best time for meditation?

- Meditation may be performed best at sunrise and sunset.
- It may also be performed at other times.
Significant Meditation Method
Any significant meditation method?

- **Intuitive Meditation is a heart-level meditation method**
- **It is a proven method being practised worldwide by many people who are experiencing its positive benefits**
- **It can be learnt even whilst practising other types of meditation**
• It helps you perform better in all aspects
• Intuitive Meditation is recommended for all.

The author is a practitioner of Intuitive Meditation (Arka Dhyana)
For more information: www.arkadhyana.org
Thank You