### **Top 10 Questions**

on

## **Why Meditation is Important**



## 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

## Refreshes and Energises

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## 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





ALC: NO.

### 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.

# ads to self-realisation and enlightenment

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## How would it lead to self-realisation?

*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

### **Intuitive 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**