



# WHY MEDITATE?

BENEFITS TO YOUR LIFE

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A regular meditation practice can reduce stress and anxiety, improve focus, stabilize emotions, promote physical health, and increase compassion towards others and ourselves.

It brings your attention to the current moment and helps you realize that life's conditions are not permanent, which can reduce stress and anxiety.

It shifts your mind from a state of distraction to deep concentration and focus.

It trains you to observe your thoughts and feelings before acting on them, which stabilizes emotions.