

A photograph of a stone path leading through a lush green forest. The path is made of irregular, light-colored stones and is surrounded by dense foliage, including various trees and bushes. The background is filled with tall trees and a thick canopy of green leaves. The overall scene is peaceful and natural.

**"Heavily
Meditated" -
walking the
path inward**

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A loving soul recently added to my t-shirt collection with a shirt that reads "heavily meditated". I love tshirts that have meaningful words, and this has become my recent favorite.

As I continue to grow in my personal meditation practice, I have a deep desire to share some key benefits with you. The benefits of meditation apply to children and adults. What follows are my top 10 reasons to have a daily meditation practice. May it be of benefit!

Physical

Manage Stress
Deep Relaxation
Better sleep
Increased Energy
Improved blood pressure

Emotional

Improve productivity
Increase happiness
Help with PTSD
Manage Anger
Mental Clarity
Emotional Stability

Mental

Focus & Concentration
Improve Memory
Improve Listening
Break negative habits
Better Judgement
Boost learning ability

Spiritual

Compassion
Deepen awareness
Peace of mind
Positive Perspective
Connection
Discover life purpose