



## Benefits of Mindfulness Meditation

Interesting things happen when you practice the techniques of Mindfulness Meditation. The first thing you'll experience is a greater sense of calm. You'll feel more relaxed. Over time, situations that once caused stress don't seem worth worrying about. Life seems more pleasant and fulfilling. You'll be better able to savor positive experiences and deal with difficult or painful ones. You'll have more confidence in your ability to handle life's adversities, such as illness, economic crises, or professional hardship. While the difficulty still exist, being Equanimeous makes it bearable. When you're Equanimeous, you accept what is and make better decisions because you're able to keep your wits about you.

As well, mindfulness training dramatically increases your general concentration ability. This is critical because concentration power is the single most universally applicable and most deeply empowering skill that a human being can cultivate.

Much research has been done on the physiological effects of reducing stress and Mindfulness meditation's role in this. Mindfulness meditation provides a host of benefits in people's lives, both personally and professionally. The following benefits are consistently reported by people and organizations, including:

### Personal/Health Benefits

- A brain rewired for greater focus and happiness.
- Improved immune system.
- Lowered blood pressure.
- A healthier heart.
- A reduction in chronic pain and a greater ability to manage it.
- Decreased anxiety and better handling of stress.
- Improved memory.
- Improved ability to learn.
- Regulated emotions.
- Improved cognitive processing.

### Organizational/Professional Benefits

- Increased personal resilience and the ability to sustain performance.
- Better judgment and decision making.
- Improved concentration on the task at hand and an enhanced ability to stay focused, making one more effective.
- An ability to prioritize.
- Enhanced capacity to work on multiple projects because of enhanced ability to focus on a single task in a given moment, thereby becoming much more effective and efficient.
- Improved time management.
- Improved ability to problem solve by seeing situations with a greater clarity.
- An ability to more effectively coach or mentor staff.
- Better handling of stressful situations and working more effectively under pressure.
- Increased ability to listen to others and utilize valid feedback.
- An ability to anticipate and serve client needs.
- Creativity.

### When teams are trained jointly, they report:

- Improved team effectiveness, including more effective and efficient meetings of significantly shorter duration.
- Improvement in team performance and fewer misunderstandings.
- The ability to determine what underlies most conflicts and to arrive at a mutually beneficial conclusion.
- Individuals and teams with greater innovation and inspiration.
- Greater collaboration and cooperation, and joint problem solving.



- Enhanced communication within and across teams.
- An enhanced ability to anticipate and serve client needs.
- Greater compassion and empathy.
- Overall greater productivity at all levels of the organization.

## IN SUMMARY

Overall, individuals who practice Mindfulness meditation report greater satisfaction with their lives and greater personal happiness. They describe an improved ability to connect with colleagues, family and friends. They report less stress and a significant improved ability to sleep. A common theme is their experience of a vastly improved quality of life.

You too can experience these benefits, but success requires two conditions. The first is *motivation*: you need to have an interest and desire to do this training of the mind, aimed at helping yourself. The other is *practice*: In order to experience benefits, you need to practice the proper techniques on, ideally, a daily basis. It's possible to experience benefit with as little as 10 to 15 minutes per day. Naturally, a daily investment of 20 to 30 minutes will bring about greater benefit, but the key is consistency and momentum. Better to practice for 10 minutes every day than 30 minutes twice per week. With meditation, there is no competition where one's practice is better than another or competition with yourself. Always just at the right place you have to be on the path. Where ever you are is where you are. All that matters is that you begin.

One of the greatest immediate benefits of practicing mindfulness is the ability to gain control of your mind and thereby your life. This ability is imperative for personal and professional success. The beauty is that your baseline concentration, clarity and equanimity increase permanently with continued practice. As with physical exercise, the benefits that are derived from mindfulness practice aren't experienced only during the actual practice but throughout the entire day. In fact, you'll often become aware of how much your life has changed when an experience that previously would have seemed devastating is experienced as merely inconvenient or unfortunate, and manageable. A market crash or the loss of a major account can be experienced as disruptive and unfortunate, rather than devastating. In fact, with equanimity you can immediately go about making the changes that will be most advantageous to the situation.

The key to this message is simple: You can use the power of your mind to regain control of your mind. This enables you to create optimal effectiveness in your personal and professional lives. Mindfulness meditation becomes beneficial to your mental and physical health, to your happiness, to the prosperity of your organization, and, indeed, to society as a whole. Essentially, Mindfulness meditation has the potential to transform lives.

A lot of research has been done and is available. If you want to know more:  
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