

Meditation for a Happy and Healthy Life

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Abstract

Meditation has gained worldwide attention and popularity in the past two decades. Practitioners and academics have found ample evidence that meditation has healing properties through physical, mental and psychological improvements, for the regular practitioners. There are thousands of meditation techniques as it evolved over the past five thousand years .Every method of meditation has significant and positive benefits for the human system. The present day focus is on incorporating meditation in routine of our daily life and reap its benefits.

Key Words: Benefits of meditation – benefits to human system - physical well being – mental well being – psychological well being – meditation in daily life.

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He is a follower of Advaita Vedanta and practices meditation on a daily basis. He is passionate about meditation and believes every one will benefit greatly.