

14 Emotional Benefits of Meditation (with Holosync!)



Enhances creativity and innovative thinking



Improves happiness and joy



Increases feelings of wellbeing



Breaks attachments to fear and worry



Strengthens Prefrontal Cortex (seat of executive function)



Releases old negative thought patterns

Helps overcome addictive behavior



Improves mental performance and memory



Enhances self-esteem and confidence



Improves harmonious relationships



Calms limbic system (fight/flight response)



Imparts a state of deep peace



Increases stress threshold



Relieves tension and sadness

