

# How Long Will it Take to See Results from my Meditation Practice?

How long before I see the results?

Meditation is not a quick fix like taking a pain relief tablet. With regular Meditation you will begin to see and feel the results after 4 - 6 weeks. Don't give up after one or two weeks! Greater results are achieved over time.

A weekly group Meditation should be maintained to see, feel, and to maximize, the benefits in your life.

## PHYSICAL BENEFITS

### Short Term Benefits

- Relaxation
- Improved Sleep
- Stress and tension reduced
- Improved sense of wellbeing
- Increased energy, vitality and stamina
- Some pain relief

### Long Term Benefits

- Improved health
- Longevity
- Quicker recovery and physical healing
- Reduced illness and disease
- Improved circulation
- Long term pain relief

## MENTAL BENEFITS

### Short Term Benefits

- Clarity of mind
- Focus
- Improved problem solving

### Long Term Benefits

- Improved memory
- Motivation
- Improved communication

## EMOTIONAL BENEFITS

### Short Term Benefits

- Calmness
- Happiness
- Wellbeing
- Peaceful
- Balance

### Long Term Benefits

- Self understanding
- Patience
- Confidence
- Empowerment
- Wholeness

## SPIRITUAL BENEFITS

### Short Term Benefits

- Awareness of more to one's self
- Clarity of one's own self
- Recognition that we are not alone

### Long Term Benefits

- Deeper understanding of self
- Deeper understanding of the physical world
- Deeper understanding of the non-physical world

## PHYSICAL WORLD BENEFITS

### Short Term Benefits

- Improved relationships
- Increased synchronicity

### Long Term Benefits

- Goals, dreams and desires achieved
- Career choices

Accelerated Healing Website

<http://www.acceleratedhealing.com.au/meditation.html>

Recent research indicates that meditating brings about dramatic effects in as little as a 10-minute session. Several studies have demonstrated that subjects who meditated for a short time showed increased alpha waves (the relaxed brain waves) and decreased anxiety and depression.

**Psychology Today**

<http://www.psychologytoday.com/articles/index.php?term=20010501-000025&page=1>

The thing you will most notice after you have been doing meditation for a while (like at least a few weeks, or months) is a more stable, calmer mind. Because the basic technique is staying with just one mental object (the breath for example) this is what you learn how to do. If you are doing a math problem you will find you can 'just do that'. The mind is able to focus and stay where you want it to be - it's not jumping about, getting distracted all the time. It is a lot more content to just be with the way things are.

Another result is clarity of mind; the mind is clear and uncluttered. Like cleaning a window - the mind is our 'window on the world'. Notice the difference when you look out on a sunny day. It is hard to see anything clearly through a dirty window, everything looks a bit blurred. With a clean window all the objects are sharp and clear - life looks crisp.

Calmness and clarity are the social or psychological results of meditation. In relation to the religious or spiritual aspect, the (ultimate) result is a profound insight into the nature of all things. This is the transcendence of ignorance, knowledge of truth, the end of stress and selfishness - this is enlightenment. Pretty amazing, huh? Like with most things it is good just to start at the beginning. I reckon that any increase in clarity and personal well-being that results, however small, has to be worth the work.

**The Buddha Mind Website**

<http://www.buddhamind.info/leftside/sumaries/q-a/med-is.htm>