

Benefits of Universal Meditation

Regular practice of Universal Meditation results in :

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| → | Elimination of Tensions, Pressures and Stresses of day to day life. |
| → | Increased tolerance, reduced irritability. |
| → | Reduction of Pain , Sorrow, Anger & Frustration. |
| → | Elimination of Perversions of mind and Suicidal tendencies. |
| → | Increased calmness of mind (Peace). |
| → | Improved concentration, memory and grasping power and increased positive thinking. |
| → | Increased Self-confidence and Self-control. |
| → | Better Self-management. |
| → | Better Physical health and Tension free life. |
| → | Better Social behavior through increased Stability, Adaptability and Flexibility. |

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