

14 Emotional Benefits of Meditation (with Holosync!)



Improves happiness and joy



Increases feelings of wellbeing



Breaks attachments to fear and worry



Releases old negative thought patterns



Improves mental performance and memory



Improves harmonious relationships



Relieves tension and sadness



Increases stress threshold



Imparts a state of deep peace



Enhances creativity and innovative thinking



Strengthens Prefrontal Cortex (seat of executive function)



Helps overcome addictive behavior



Enhances self-esteem and confidence



Calms limbic system (fight/flight response)