



**School of Spiritual &
Cultural Studies**

Why do I need to meditate?

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MA OM- Mastery Over Mind

Why do I need to meditate?

Common obstacles on our path towards becoming a good student



- Lack of concentration
- Lack of memory
- Lack of self-confidence
- Stress/Anxiety about the future
- Overthinking
- Laziness
- Addictions

Meditation helps to

1

Harness the wandering mind

2

Evoke Creativity

3

Instill Self-confidence

4

Grow in Emotional Maturity

5

Heighten your Memory Power

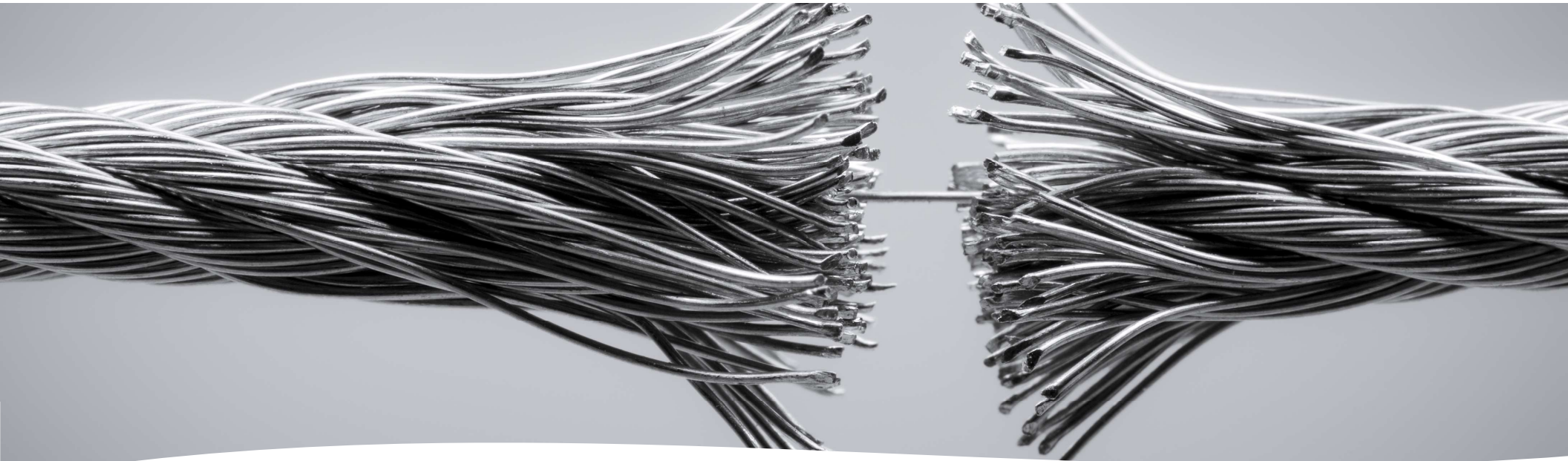
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Tap into your true potential



There is a big difference between physical and mental health. The more we move our body, the healthier we become. On the other hand, our mental health depends on how still we can keep our mind."

- Sri Mata Amritanandamayi Devi (Amma)



Normally, when we reach the end of a rope, what do we do? “Hang.”

But meditation helps us to ‘hang-on’ and not give up easily and use the energy of every emotion as a stepping stone.

Meditation takes you to heights...

H	• Harness the wandering mind
E	• Evoke Creativity
I	• Instill Self-confidence
G	• Grow in Emotional Maturity
H	• Heighten your Memory Power
T	• Tap into your true potential

Mastery Over Mind

