

# WHY MEDITATE? ~ Shinzen Young

00:00:00 Meditation optimizes five fundamental dimensions of human happiness.

00:00:14 The first dimension is reducing suffering, the ability to experience unavoidable pain

00:00:23 with less problem.

00:00:27 The second is elevation of fulfillment, the ability to experience even small pleasures

00:00:34 with enormous satisfaction.

00:00:38 The third dimension where meditation impacts is self-understanding.

00:00:44 It's actually helpful to understand yourself at a psychological level, but where meditation

00:00:50 really shines is to understand who you are at the deepest level.

00:00:56 The fourth dimension is meditation will help you make objective changes in behavior.

00:01:03 So if there's something you're doing that you need to stop doing or something you should

00:01:08 be doing that you're procrastinating or putting off, you can use meditation skills to behave

00:01:17 more skillfully in the world.

00:01:22 Reduce suffering, elevate fulfillment, understand yourself at all levels, including the deepest,

00:01:29 improve behavior, and ultimately to find within yourself a spirit of serving or contributing

00:01:40 to the happiness of others that comes from a spontaneous love.

00:01:47 And actually, that spirit of love and service is a consequence of success in the other four

00:01:55 dimensions.

00:01:57 As you suffer less or more fulfilled, as you understand who you are, and as you have a

00:02:05 handle on changing how you carry yourself, all of that sums up ultimately in how you

00:02:15 contribute to making this world a better place.