

தியானம் செய்வதின் பலன்கள்....



- மன அழுத்தத்தைக் குறைக்க உதவுகிறது.
- கவலையைப் போக்க உதவுகிறது.
- மனநலத்தை மேம்படுத்த உதவுகிறது.
- சுய விழிப்புணர்வை ஏற்படுத்த உதவுகிறது.
- இரத்த அழுத்தத்தைக் குறைக்க உதவுகிறது.
- தூக்கத்தை மேம்படுத்துகிறது.
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- பழக்க அடிமைத்தனத்தைக் குறைக்க உதவுகிறது.
- கவனிக்கும் செயல்திறனை மேம்படுத்த உதவுகிறது.
- முழு உடலையும் சீர் படுத்த உதவுகிறது.

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