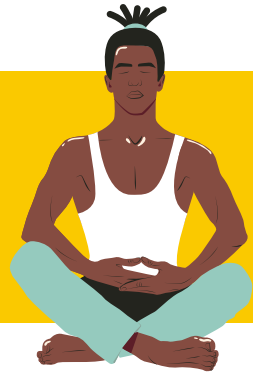


What Is the Goal of Meditation?

Most meditators agree that the goal of meditation is to build awareness, increase peace and calm, and live more fully in the present moment. But beyond that, each person comes to their meditation practice with their own set of goals.



Common goals for meditation

1. To build awareness. With awareness, you can pay attention to the thoughts you're thinking, the feelings you're experiencing, and the sensations you're feeling.

2. To live in the present moment. According to Harvard University, people spend an average of 46.9% of the day thinking about something other than what they're actually doing in the moment.

3. To build inner peace and a sense of calm. Over time, meditation can help you reduce stress and tension, and build a more enduring inner peace and calm.

4. To become compassionate. With compassion meditation, you send love, understanding, and compassion to those you care about, to yourself, and to the world as a whole.

5. To know yourself. Self-inquiry meditation can be a tool for releasing your ego and understanding your connection with others, and with the world.

6. To reach enlightenment. Many people who meditate around the world do so from spiritual traditions that encourage the pursuit of enlightenment.