* **Read chapter 1 and 2, pages 19 – 37 of Dr. Pearson’s book *The Supreme Awakening.* Write down 5 points that were the most interesting or most meaningful to you and explain why.**
  1. Meditation is not something new. This has been around for a very long time. Yet the experiences people experienced in the past is very similar to the experience people get to experience today.
  2. I always tend to read positive quotes and philosophical ones. I never knew philosopher like Plato whom I admire did experience meditation and that consciousness and described about it. This was very interesting to me.
  3. People got to experience different types of meditations in the past but the transcendental meditation Maharishi Mahesh Yogi introduced got more popular in the main stream because how easy this was and how instantly there were positive changes seen in human body and mind.
  4. All these writers and philosophers and ordinary people who got to reach that point of divine consciousness explained this level as heaven and pure blissful. Seems like if anyone can be able to experience that level of peace within, that is the happiest someone can become and analyze the true meaning of life.
  5. I found this quote by Tao Te Ching very impactful for me. The quote says “One who knows others is intelligent. One who knows himself is enlightened.” This quote speaks how much this world is running away from reality. Instead of experiencing our inner self we as human beings are taught to analyze others and learn from them, be like them and judge.