* **Write up your experiment: Exactly what did you do? How did it go? Did you notice any immediate results? Did you notice any difference in the quality of your consciousness from the changes you made? How did this effect your day and your outlook? Give details. We’ll revisit this at the end of the course.**

Fortunately, I have been practicing all these healthy habits for the past 6 months. I have always tried to go to bed at 9 :30 every night and tried to stick with it. I have consistently been working out almost daily and I go for jogging once every week. The thing that made more impact in my last 2 lectures is obviously the TM. As I discussed with my TM teachers today, I was fortunate enough to experience this deep silence yesterday, that was so beautiful. I never had that kind of experience ever in my life. Even though I felt a little frightened at the end, that experience of pure silence was something I will remember forever. Now I want to continue TM along with other good habits I have been following for the past 6 months. This deep experience I felt yesterday has changed my outlook towards meditation. I knew meditation is good, but I never realized that I could reach this deep level in meditation so soon. I am feeling very happy and fulfilled these days. I cannot say it is just because of TM because I have been practicing all other 3 good habits for the past few months. But I can say that TM is something that is going to be as good as other 3 great habits I have been following. It’s like one of the 4 legs of a chair that our professor explained in the class. That definitely makes sense to me now.