* **Read CH 9, ‘Meditation in the Laboratory’, pages 440 – 471 in *The Supreme Awakening.***
* **What areas of research address the main concerns you may have about yourself, a family member or society? Which studies did you find most interesting?**

I am loving TM so far and I want to continue this healthy practice as long as I live. I cannot go back to not doing it. There are so much health benefits that I cannot turn my back on. The only thing that concerns me about TM is how this slows your breathing. I am just concerned that this slow breathing pattern has nothing to do with my lungs and other side effects. That is one area where I have to discuss with my professors a little bit more on.

Thinking about the studies that I was most interesting on are:

1. It also helps to strengthen you emotionally: I personally feel that I am a quite emotional guy. With the help of TM practice if it helps me to be better and stronger emotionally that is a big big bonus for me.
2. I also think that I am sometimes too quick to make decisions leading me towards more wrong than right. TM can help on self -actualization was another interesting point for me. This emotional maturity is something I was craving for.
3. TM can help with ageing too. There was an average of 12 years of age difference without exercise and diet differences was mind blowing for me. This is just amazing.
4. For the society, since TM can decrease your blood pressure you are less likely to die because of heart attack was nice to see.
5. There were almost every part of your body benefited by TM from bones and muscles to skin, from infections to blood. This big of a positive changes in human body just by meditating is very unbelievable.
6. This is the most impressive part about TM for me. There was not big of a difference seen between a person who practice TM for 2 months and who does that for 7 years in relation to 4th stage of consciousness. With more practice you can see these benefits even when you are doing activities but other than that just a short practice of TM can give you results. This has made me more inclined towards TM practice.

There are all other benefits I can list but these were the ones that were interesting to me. Thank you.