**Meditation**

Meditation is something that I have been looking at with admiration. The process, and benefits, intrigue me. I am interested in beginning to learn what meditation is about, where it came from, and why people do it. I once had an English teacher my sophomore year of high school that told me about his meditation experiences. He peaked my interest, and I’ve been curious ever since.

Research can look at the history of meditation, the different methods of relaxation, techniques for self-hypnosis, etc. Health benefits, or possibly even concerns, would obviously be abundant.

**Religion**

Lately I have been looking into some religions, specifically Buddhism. I am curious as to why I and others lean towards a religion. Why is it that people want to believe in something? This may be related to psychological aspects of the brain, or something else. Is it just to fit our personal needs? Or something more?

Research can talk about a person’s goals or interests vs their own religious beliefs. Possibly religion is “forced” or just very traditional, therefore others may not want to “test the waters” of other religions (or perhaps have no religious beliefs at all)

**Cooking**

Cooking is something that can both very scientific and exact, and a work of art. I am curious why cooking seems to be such a big deal for society. There is SO much food out there. Is cooking therapeutic? Why do we get so much pleasure from cooking?

Research can easily tie in studies of how people’s brains react to certain smells, tastes, sounds, and textures while cooking.