Write three STC points clearly relating what you have read to STC principles.

The advice for writing academic work is "Clear Connections, Stern Logic, Utter Simplicity".

1. "Databases have become so deeply embedded in our everyday lives that we often use them without realizing it."
   - In a similar way, the mantra in Transcendental Meditation (TM) becomes an effortless, automatic part of daily practice. Over time, it seamlessly integrates into life, providing profound mental and physical benefits. Just as we unknowingly rely on databases daily, regular practice of TM naturally enhances the quality of our experiences without requiring conscious effort.

2. "A database contains not only the organization's operational data but also metadata describing that data. Therefore, it is often defined as a self-describing collection of integrated records."
   - Likewise, Transcendental Meditation is seen as a self-referential process. The mantra, a specific sound without intrinsic meaning, gains significance for each individual meditator. This self-reflective aspect is akin to a database containing both data and descriptions, making it self-descriptive and allowing for deeper insight into the self.

3. "A Database Management System (DBMS) is software that interfaces between the database and users or application programs. It:
   - Allows users to define the database structure using Data Definition Language (DDL).
   - Enables data insertion, updating, deletion, and retrieval through Data Manipulation Language (DML).
   - Provides secure, consistent access, manages concurrent operations, ensures data recovery, and includes a catalog of data.

The DBMS's controlled access mirrors the balance between stability and adaptability in the Science of Consciousness. Just as the DBMS maintains security and data consistency, consciousness preserves stability through self-awareness even amid changing experiences. The DBMS's recovery features are like the restorative effects of TM, which allows for profound mental rest and renewal. Additionally, its concurrency control is comparable to consciousness's ability to manage multiple cognitive processes simultaneously, maintaining coherence throughout.