Return to your experiment with your good new habits. Refer to last Wednesday’s homework; steps 1 through 5, and the updates you’ve been making since then. Today you’ll take steps 6 & 7 of the scientific method:

6 & 7: Draw your conclusion and Communicate findings:  Give a complete, personal, and detailed evaluation and account of each new habit. Answer each question on a separate line:

Did your hypothesis for each new habit turn out to be true?

* No, the main purpose of meditation was not to sit comfort, not to be calm, focused, and loving, but to have a real impact on daily life.

Did you need to adjust in your plan? If so, what did you change?

* I don’t need a special technique for sleep well. Do the asana before starting the meditate constantly, about 20 minutes, 3-5 times a week. Research nutritional supplements are how helpful for my body.

Which new habits seem to be beneficial?

* Yes, regular exercise and constant meditating seem to be the key to success.
* When I meditate regularly, positive emotions become my habit and can be used at any time of the day or night. Furthermore, learning to focus and stay calm is part of the essence and can be achieved without pain.

How did the changes brought about by each new habit affect your day and your outlook?

* I'm not perfect, and I can find in myself some bad habits that I want to get rid of. Fortunately, those habits are not fixed in our minds, but they can be changed.

Was it worth the effort?

* Most of us spend tens of hours useless, but we forget to train our minds, which is the most important part of us. It's hard at first, but when I discover the benefits of meditation, I'm happy to take the time to work on my mind.

Which new habits do you think you will continue?

* I would say, Practice regularly, achieve the goal!!!

Meditation relaxes the body and minds more than sleep.

Learning to meditate, can help prevent cardiovascular disease and treat some heart conditions. In addition to stress-related illnesses and sleep disorders, it is also important to relieve stress and maintain physical and mental balance.

Therefore, short daily meditation is more effective than long-term exercise.

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