**SCIENCE AND TECHNOLOGY OF CONSCIOUSNESS**

**Jimmy Palma**

**What are the three most important things you have learned so far in this course?**

The principal thing is how important and powerful is the human brain. With Transcendental Meditation, people can get the consciousness that one allows the mind to be in a relaxed state but awake.

The second one is, practicing Transcendental Meditation people get many benefits in mind and body. For example, In the mind, people can reduce stress, and in the body, cardiac problems reduce it.

The third one is Unified Field is love, peace, creativity, and intelligence.

**What are the three most important questions you would like to ask at this point in the course?**

My three doubts are the following:

1. In Dr. Guthrie's speech, he talked and draw two graphics where he explained how physics and consciousness get the unified field. I did not understand him.
2. What is exactly Quantum Physics and why is it important?
3. What is the relation between Quantum Physics and consciousness?