6. \_\_\_\_\_\_\_\_ is focusing your attention on the present moment, without judgment, and without analysis . (Meditation / Echolocation / Levitation / Lucid dreaming)

Answer: meditation

12.My friend Malcolm always tells me that setting clear intentions, visualizing his desired outcomes, and practicing positive affirmations is his way to cultivate a sense of \_\_\_\_\_\_\_\_. (self / mind / soul /time)

Answer: self