

TIMINGS Meditation minutes

Affects of:

3 mins

the electromagnetic field
circulation and stability of the blood

11 mins

begins to change the nerves
glandular system

22mins

balance the 3 minds, they begin to work together

31mins

the psyche of the mediation affect the ;
3 gunas,
all 31 tattavs,
all layers of the minds projection

also allows glands, breath, and concentration to effect all cells and rhythms of the body

62 mins

the subconscious “shadow mind” and the outer projection as intergrated

2 1/5 hours

the subconscious mind is held firmly in the new pattern by the surrounding universal mind

40 DAYS

to **change a habit**, break a habit

lets the meditation provoke your subconscious to release any thoughts and emotional patterns that hinder you

90 days

old habit gone, establishing a new habit in action and subconscious , to confirm the habit,

120 days

the **new habit is established** , who you are

1000 days

mastery