

VIDEO 1

Note Taking Guide

People call me BenArion, but I have another name:

The concept of the Chakras first appears in

_____, which date back to _____.

_____ connects to all of the bodily organs, and even some skeletal muscles.

The Pacemaker is part of an emerging scientific field called

_____.

If you stimulate _____ with electricity, it can reduce inflammation, trigger the body's natural healing system, and cure disease.

Meditation also stimulates _____.

There's scientific proof that meditating can help you

_____, _____, and even

_____.

The _____ program has shown documented

proof that meditation will _____ in students.

The benefits of meditation and _____ produce very similar results.

OTHER NOTES: