

Things to consider with times in meditation.

**3 minutes** - Increased blood circulation begins, distributing enhanced endocrine secretions in the body.

**7 minutes** - Brain patterns begin to shift and the magnetic field surrounding the body increases in strength.

**11 minutes** - The nervous system begins to clear.

**22 minutes** - The subconscious mind begins to clear.

**31 minutes** - Endocrine secretions totally balanced as is the ethereal energy of the chakras (junction points of body and spirit).

**40 days** – it takes 40 days to change a habit.

**90 days** – it takes 90 days to confirm a new habit.

**120 days** - The new habit is you

**1000 days** – You have mastered the new habit.