



## daily GOOD

When we make music we don't do it in order to reach a certain point, such as the end of the composition. If that were the purpose of music then obviously the fastest players would be the best. Also, when we are dancing we are not aiming to arrive at a particular place on the floor as in a journey. When we dance, the journey itself is the point, as when we play music the playing itself is the point. And exactly the same thing is true in meditation. Meditation is the discovery that the point of life is always arrived at in the immediate moment. --Alan Watts

### Commuting to Inner Peace

Across the world commuters are spending more time and crossing greater distances than a decade ago. In the UK today the average commuting time is 45 minutes. This daily commute is seen by many as the most stressful part of their day. "I've found that the quality of my experience at work is largely being set by my state of mind during the journey from home to my desk," says one woman. And recent studies reveal that she's not the only one. Interestingly enough, "The type of thought that occurs when driving is actually very similar to the type of brain activity that takes place during meditation," says researcher Conrad King. More and more people are finding out how meditation can help them use their commute to positively impact the rest of their day.

### Be The Change:

Read this inspiring passage on bringing attention to our intentions in daily living.