

daily GOOD

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude. --Denis Waitely

What About Me?

Mipham records albums, runs marathons and just happens to be a Tibetan Buddhist monk. In this amazing music video, he creatively questions the idea of a self-centered world view. "When you're happy, I'm happy," he raps. "That's the formula. First you, then me. That's all happiness is. It's just the heart being free."

Be The Change:

What is the one question you'd like to ask of yourself each day?