



## daily GOOD

There are, strictly speaking, no enlightened people, there is only enlightened activity. --Shunryu Suzuki

### Zen TV

Many viewers of the latest solar eclipse chose to watch a "live stream" of the event on their televisions. This short Awakin Reading provides a profound thought experiment that can help us "wake up" to what might be really going on when we turn on the television.

### Be The Change:

See if you can cultivate "beginner's mind" awareness by watching TV for 15 minutes with the sound off. Walk into your living room with the new awareness suggested, observe what is being communicated by how the room is arranged, and then consider what you might change.