We call the cultivating of our own mind to bring it to wakefulness meditation. The beauty of it is that we carry this garden with us, wherever we go, wherever we are, whenever we remember. --John Kabbat-Zinn

**Monks and Scientists**

He’s the 1989 Nobel Peace Prize winner, author of many best-sellers, a revered spiritual figure and Tibet's leader-in-exile. But a wannabe engineer? Indeed, the Dalai Lama has often quipped that engineering would have been his preferred path had he not become a monk. But it was brain science, not engineering, that brought the Dalai Lama to MIT last September; at that Investigating the Mind conference, influential scientists and monks explored how mind and body work together.

**Be The Change:**

Try to understand the inner workings of your own mind. Start meditating for a few minutes every day.