



## daily GOOD

Everything you see has its roots in the unseen world. The forms may change, yet the essence remains the same. Every wonderful sight will vanish; every sweet word will fade, but do not be disheartened; the source they come from is eternal, growing, branching out, giving new life and new joy. Why do you weep? The source is within you; and this whole world is springing up from it. --Rumi

### **Clandestine Brain Activity**

There's an old myth that we only use 10 percent of our brains, but researchers at the University of Rochester have found in reality that roughly 80 percent of our cognitive power may be cranking away on tasks completely unknown to us. Curiously, this clandestine activity does not exist in the youngest brains, leading scientists to believe that the mysterious goings-on that absorb the majority of our minds are dedicated to subconsciously reprocessing our initial thoughts and experiences!

### **Be The Change:**

Meditate. It might stop the unnecessary chatter in your brain!