



daily GOOD

Meditation is the tongue of the soul and the language of our spirit.
--Jeremy Taylor

Stress Relief

In a small but highly provocative study, a University of Wisconsin-Madison research team has found, for the first time, that a short program in "mindfulness meditation" produced lasting positive changes in both the brain and the function of the immune system. The findings suggest that meditation, long promoted as a technique to reduce anxiety and stress, might produce important biological effects that improve a person's resilience to disease.

Be The Change:

Investigate, with your own experience, how a daily meditation practice affects your ability to cope with stress.