



daily GOOD

Meditation is the discovery that the point of life is always arrived at in the immediate moment. --Alan Watts

Cerebral Calasthenics

Research suggests that meditation may slow brain deterioration related to aging. The recent study of 20 lay people revealed that the cerebral cortex, the brain region associated with decision making, memory, and brain-body interactions, was thicker in the sample group that meditated.

Be The Change:

Develop a daily meditation practice. Even short daily meditation can make a profound difference.