



daily GOOD

Our own physical body possesses a wisdom which we who inhabit the body lack. --Henry Miller

Don't Just Stand There, Think!

When you read something confusing, or work a crossword puzzle, or try to remember where you put your keys, what do you do with your body? Do you sit? Do you stand? Do you do anything with your hands? Do you move your eyes in a particular pattern? How you answer questions like these, it turns out, may determine how long it will take for you to decipher what you're reading, solve your puzzle, or get your keys back. The brain is often envisioned as something like a computer, and the body as its all-purpose tool. But a growing body of new research suggests that something more collaborative is going on - that we think not just with our brains, but with our bodies.

Be The Change:

Try paying attention to the subtle wisdom of the body today.