



## daily GOOD

Meditation will bring you sensitivity, a great sense of belonging to the world. It is our world -- the stars are ours, and we are not foreigners here. We are part of it, we are the heart of it. --Osho

### **Meditation Literally Saves a Life**

It was a cool early spring day in the eastern coastal port of Ningbo. 52 year old, Wang Jianxin was on a construction site digging a 5-metre ditch. Without warning, a wall of the ditch collapsed, burying Mr. Wang under a huge pile of earth. "It was suddenly dark and I realised what had happened and found that there was a small air pocket in front of me," Mr. Wang said. That was when he turned to meditation to control his intake of oxygen. "I knew it would not last, so I made myself relax and concentrated on slowing down my breathing by meditation." Two hours later, rescue workers pulled out Mr. Wang from earth that could have been his muddy grave.

### **Be The Change:**

Explore how various forms of meditation have long been a part of world's major religions.