



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.