



## daily GOOD

Through meditation and by giving full attention to one thing at a time, we can learn to direct attention where we choose. --Eknath Easwaran

### **Meditation Boosts Focus**

These days, it seems nearly impossible to pay attention to one thing for a long time. A new study indicates that meditation helps people focus because it enables them to discern small differences between the things they see. The research was inspired by work of Buddhist monks, who spend years training in meditation. "You wonder if the mental skills, the calmness, the peace that they express, if those things are a result of their very intensive training or if they were just very special people to begin with," says Katherine MacLean. Her co-advisor, Clifford Saron, who researched with monks decades ago, is now studying meditation by putting volunteers through intensive training and seeing how it changes their mental abilities.

### **Be The Change:**

Try meditating for a few minutes today. See if it makes a difference in your ability to focus.