



daily GOOD

A racing mind that reacts sensitively to little things indicates thinking that has lost its spiritual strength. Meditation restores that power.
--Anonymous

Not Enough Time? Try Doing Nothing

I thought I took my bike on a ride through New York City's Central Park. But really? My bike took me on one. My experience changed many times as external forces determined my mood. Happiness anticipating a great ride, frustration imagining it would be ruined by the race, relief when it wasn't, fear when people ran in front of me, fear again, followed by guilt and self-criticism, when my distraction nearly led to a crash. All in the course of a few short minutes. Which is how most of us go through our day. An angry comment puts us in a bad mood; an unexpected compliment cheers us up. It all matters, which is why the smallest comment can unhinge us. The solution, though, is simple. All we have to do is nothing. The trick: do it regularly, at least a few minutes a day.

Be The Change:

Practice "doing nothing" as this article suggests, in response to situations that would ordinarily push your buttons, and by sitting in silence for 5 minutes each day.