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Some people think that meditation takes time away from physical accomplishment. Taken to extremes, of course, that's true. Most people, however, find that meditation creates more time than it takes. --Peter McWilliams

How Meditation May Change the Brain

"Over the holidays, my husband went on a silent meditation retreat. He said the experience was so transformational that he has committed to meditating for two hours daily, one hour in the morning and one in the evening. He's running an experiment to determine whether and how meditation actually improves the quality of his life," one NY Times contributor writes. Scientists say that meditators like her husband may be benefiting from changes in their brains. The researchers report that those who meditated for about 30 minutes a day for eight weeks had measurable changes in gray-matter density in parts of the brain associated with memory, sense of self, empathy and stress.

Be The Change:

Try practicing meditation for 15 minutes today. See if it makes a difference in the rest of your day.