



daily GOOD

Sound when stretched is music. Movement when stretched is dance. Mind when stretched is meditation. Life when stretched is celebration. --Sri Sri Ravi Shankar

When the dot-coms went bust, Silicon Valley's unemployment rate sky rocketed. But so did applications to Peace Corps, which went up by 12%. Dot-commers out of a job are making most of their time off and enaging in social change. "Upgrade your memories, download the world":

Be The Change:

When the going gets tough, tough get going. Make an opportunity out of a problem.