



daily GOOD

The experience of meditation is a metaphor for the revelation of enlightenment, and the revelation of enlightenment is the discovery of our inherent freedom from thought, feeling, and time. --Andrew Cohen

If the 4.6 billion-year evolution of our planet were conceived of as a single day, the 40,000 years of human existence would take up the last two seconds. (Source: Discovery- Sci-Trek)

Be The Change:

For an entire day, try to live fully in the present moment. Avoid generating any thoughts of the past or the future.