



daily GOOD

Meditation is to be aware of what is going on-in our bodies, in our feelings, in our minds, and in the world. Each day 40,000 children die of hunger. The superpowers now have more than 50,000 nuclear warheads, enough to destroy our planet many times. Yet the sunrise is beautiful, and the rose that bloomed this morning along the wall is a miracle. Life is both dreadful and wonderful. To practice meditation is to be in touch with both aspects. Please do not think we must be solemn in order to meditate. In fact, to meditate well, we have to smile a lot. --Thich Nhat Hanh

Cover of Time magazine this week reads -- "The Science of Meditation." It continues with the following blurb: "Scientists study it. Doctors recommend it. Millions of Americans -â€” many of whom don't even own crystals -â€” practice it every day. Why? Because meditation works."

Be The Change:

Spend some time to meditate. It's really good for your health, reduces stress, and improves brain activity!