



## daily GOOD

Science is organized knowledge. Wisdom is organized life. --Immanuel Kant

### **Monks' Brains During Meditation**

The task was to practice "compassion" meditation, generating a feeling of loving kindness toward all beings. The subjects ranged from novice meditators to Buddhist monks (including the Dalai Lama) who had spent more than 10,000 hours in meditation. As Prof. Davidson compared their brain activity, he was able to clearly show that meditation alters structure and functioning of the brain!

### **Be The Change:**

Meditate a minute for every waking hour today.