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Our intentions -- noticed or unnoticed, gross or subtle -- contribute either to our suffering or to our happiness. Intentions are sometimes called seeds. The garden you grow depends on the seeds you plant and water. Long after a deed is done, the trace or momentum of the intention behind it remains as a seed, conditioning our future happiness or unhappiness. --Gil Fronsdal

Getting All She Wanted -- And ALS

Darcy Wakefield, a runner, teacher, and writer, was always on the go, so when she was diagnosed with ALS, a terminal neurological disease, at age 33, she did what came naturally. She lived what she referred to as a "fast-forward life," buying a home, coming to a partner, becoming a mother, and writing about it all in a book published two years later. "She redefined what it means to be a person with a disease," said her younger sister, Betsy, "You get a disease like this, and you have choices every step of the way, every day. Her choice was, 'I am not going to be defined by this.'"

Be The Change:

The next time you experience sickness or discomfort, make an effort to not be defined by it.