



## daily GOOD

Meditation is the art of being aware and conscious in our day to day living. Any action done with awareness is meditation. A meditative person is fully conscious in one action. --Anonymous

### Bangladesh Prisoners Meditate

At first glance, a room filled with a group of people practicing meditation may not look unusual. But the men and women who are sitting calmly, trying to focus their minds, are a little different from most. They are prisoners in the central jail in the Bangladeshi capital, Dhaka, serving sentences for committing violent crimes. Their objective? To reduce anxiety and make a new beginning. This is the first time prison officials in Bangladesh have introduced a meditation program for inmates. As meditation trainers play audio that teaches them how to focus their minds, prisoners follow the instructions dutifully and peacefully. Both male and female inmates have been given a chance to try meditation - not only to lower their stress levels but also to give them a chance to reform and succeed in the outside world.

### Be The Change:

Practice meditation by devoting time to sitting in silence each day - and shine your awareness on the intention of each of your daily actions before you perform them.