



daily GOOD

Where love rules, there is no will to power and where power predominates, there love is lacking. The one is the shadow of the other.
--Carl Jung

His brother in law, Pete, smuggled 500 pounds of marijuana from Jamaica but Bo refused. Pete went to jail. Bo went to an ashram. They were both wearing white, woke up at five every morning, worked all day and didn't get paid. Similar circumstances, but Pete hated life and Bo loved it. Bo Lozoff had an epiphany -- prison time can be an opportunity for spiritual growth, that the cell can be an "ashram," and that a prisoner can be a "prison monk" working to transform and improve himself. Bo and his wife, Sita, started the Human Kindness Foundation and have served hundred of thousands of prisoners in over 600 prisons!

Be The Change:

In just one interaction at work, school, or at home, transform the tendency for the love of power into the power of love.