



daily GOOD

Meditation is not a matter of trying to achieve ecstasy, spiritual bliss or tranquility, nor is it attempting to be a better person. It is simply the creation of a space in which we are able to expose and undo our neurotic games, our self deceptions, our hidden fears and hopes.
--Chogyam Trungpa

Meditation is fast appearing in unexpected places throughout modern culture. Secretaries do it as part of their daily noon yoga classes. Preadolescent teenagers dropped off at the YMCA by their mothers on a Saturday morning are learning it as part of their karate training. Truck drivers and housewives in the Stress Reduction Programs use it to control hypertension. Prisoners engage in 10 days of intensive meditation retreats. Star athletes prepare themselves for a demanding basketball game with centering techniques they learned in Zen. What is the history of meditation? How does it help us? IONS has issued a special report on meditation.

Be The Change:

Meditate for five minutes today. Try to make a part of everyday life.