



## daily GOOD

But the beauty is in the walking - we are betrayed by destinations.  
--Gwyn Thomas

### Three Hours of Free Time in Berkeley

"Moving on, I began to notice feelings I'd never had as I walked past shops. The smaller ones, especially, touched me. Each spoke of someone throwing in on life, taking the chance of starting a business--a living drama, invisible, but present just behind the facades of each passing storefront. Life was right there--all the time, I realized. What kept me from being present to it?"

### Be The Change:

Sometime when you're ready for a small adventure, as an experiment, go for a walk with nothing else to do but walk. Give yourself an hour or more. See if you can let the sights and sounds in. See if you can find your body while you're walking. Don't try to force anything. Let thoughts quiet down at their own speed -- nothing to accomplish...