

meditations with lynch

>>> I'm someone who knows nothing about meditation. Will you explain how it helps in education?

Consciousness-based education is just like regular education. It's the same intellectual knowledge, facts, and information coming in. But students can experience subtler levels of mind and intellect when they learn to "dive within" that ocean of pure consciousness, intelligence, coherence, and peace through meditation.

I've seen students start unfolding this deeper level of consciousness. You see these faces shining with inner happiness, with intelligence and energy. You see how they get along with their fellow students. Grades go up; IQ goes up; happiness goes up. Instead of hating to go to school, they love it.

And you say it's especially good at helping adolescents handle stress?

Hate, anger, fear, anxiety, stress, depression, over time, appear less and less. The analogy is, when the sun comes up, darkness naturally goes away. A heavy load is taken off the child, and they go through life with so much more energy and inner strength. It's a beautiful phenomenon.

At what age are children able to start practicing?

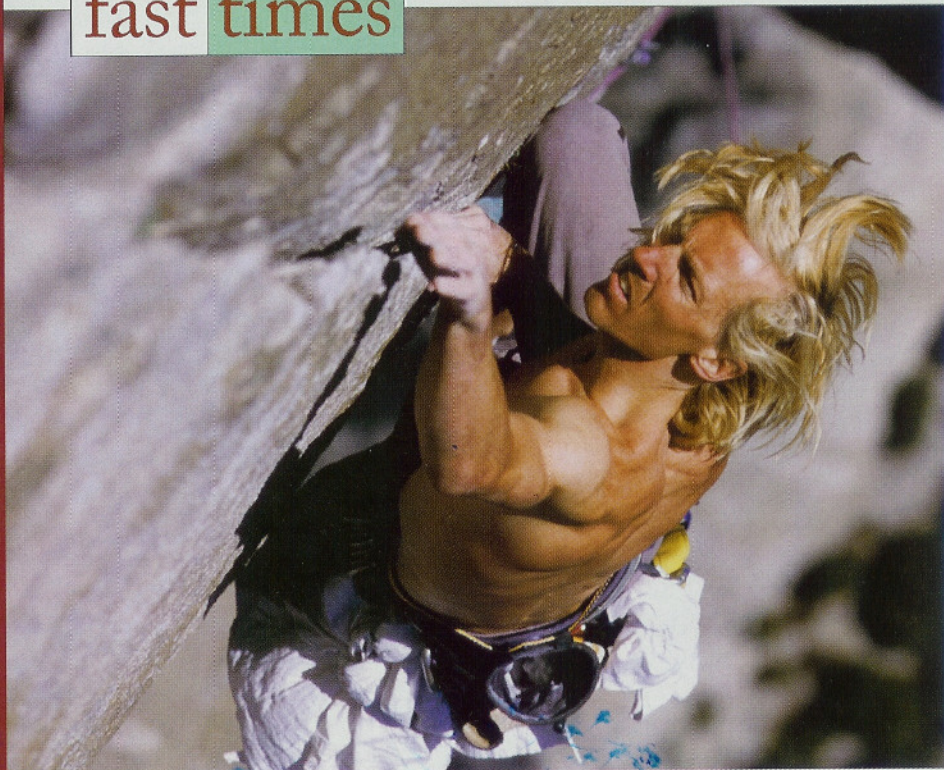
There's a walking mantra, in which students focus on elements in their surroundings, for when you are four or five or six. The sitting mantra, in which students focus within themselves, can start when you are 10. IQ peaks at about 16 years of age. Then the brain starts to atrophy, unless it is exercised.

Parents might not think this is a practical approach to education.

It's very pragmatic and common sense. Educating a young person is like packing knowledge into a container. [TM] expands the container. Parents who see it happening are happy parents, and they say, "Oh, my golly, this is beautiful."

Dive into www.davidlynchfoundation.org or www.eastbaytm.org. —Peter Crooks

fast times



Most people's idea of making good time at Yosemite involves getting there in less than four hours. For Lafayette resident Hans Florine, it's about scaling the face of Half Dome twice in one day.

Florine, 41, is a pioneer in the world of speed climbing, a division of rock climbing favoring the quick and nimble. Since competing in the first national event in 1988, he has been named USA National Speed Climbing Champion nine times, most recently in 2005.

When not darting up the steep cliffs of the Sierra, Florine balances his time between raising a family and speaking professionally. Florine's motivational talks synthesize his climbing career and his business degree to show listeners how to bring his need-for-speed attitude into their workplace.

Florine speaks to everyone from the action-driven REI set to the more corporate-minded folks at IBM, discussing an "effective speed" method of organizing work, meeting goals, and living a healthy life.

"As opposed to hustling and hurrying, you have time to relax," says Florine. "The faster you do it, the easier you will say yes to doing it every day."

For information visit www.hansflorine.com. —Shane R. Glass

HEALTH BY THE NUMBERS

26.24

Miles in the Iron Horse Regional Trail, which stretches from Concord to Dublin

58

Total number of farmers who hawk their goods at the Berkeley Farmers Market during the year

16,668

Number of facials, massages, and pedicures performed by Walnut Creek's Changes Salon & Day Spa in 2005

142,995

Active memberships at all 24 Hour Fitness Centers in the East Bay

—Shane R. Glass