

He (**Ringo Star**) also relaxes by using a skill he learned during his time as a Beatle: Transcendental Meditation, the mind-calming technique they were taught on their celebrated trip to India in 1968. Back then, Ringo seemed the least keen, returning to the UK after a fortnight, while his colleagues' stay stretched into months; these days, however, he sounds newly enthusiastic.

"Even if I've not meditated for months, I can do it," he says. "It's something I do a lot more now than I have been over the last 15 years. "For me, meditation is a break from thinking. The benefits to me are quietening my mind and soul down. At the end of a day, I can end up just totally wacky, because I've made mountains out of molehills. With meditation, I can keep them as molehills."

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Interview mit Ringo Star

Artikel: Wandering Star