The Changing and the Unchanging

Our 6th years from last year recently received their Leaving Certificate results and the CAO Offers for various courses and colleges.

They did really well, with 80% of them getting offered a level 8 degree level course. Their destinations are many and varied. Their area of studies range from Music and Art to Science and Engineering. Their destinations include all the main universities in Ireland and some abroad.

At this point in their lives they are experiencing great change.

You too are also experiencing great change, as you start a new school year. For some, John Scottus is a completely new school, and for others of you are entering your last year of school when study and career choice dominate.

So in the midst of all this change, it is useful to ask the question: Is there anything that never changes?

When examining our self, our interests change, our bodies change, our thoughts change, our feelings change, is there anything that does not?

Likewise when looking at the world around us, flowers grow, bloom and then die. Is there something beyond all these changes that never changes?

Let us look at an illustration that may help us give an answer to these questions

Gold can be transformed into rings or other ornaments. Gold as such never decays, nor grows, for gold would always remain the same under all circumstances, whatever pattern is given to it. The form changes but not the existence of gold.

Likewise our body, thoughts and feelings are continually changing like different ornaments, but yet our true Self, the gold never changes.

So what is that never changes like the gold in the ring? What is it about us that never changes?

Our school philosophy believes that our true Self is one of limitless peace and bliss that is always present and can be experienced in any moment regardless of the circumstances. It is the eternal present, our true "Self".

So the challenge for this week is to look and see what has changed in the past, what is changing now, and what you hope to change in the future.

And then to ask yourself the question:

What is it that never changes?