

Meditation the Master Key

In the last minute of extra time Cillian O'Connor placed a ball to take a free. It is the last minute of Dublin-Mayo All Ireland final replay and Mayo are down by a point. This is the chance to take the equalising score. He is about 35 metres out. He takes the free, and unlike many times before in the game, the ball sails wide. The final whistle has blown and Mayo have lost.

A painful situation for Cillian, for Mayo and for their thousands of supporters.

Likewise when we face deciding moments such as doing exams, how do we perform, how do we make decisions? Is it with fear and trepidation or with courage and calmness?

How do we develop a measured response to the world and be successful at what we do, while remaining true to our Self, being full of peace, freedom and contentment?

When we measure gold, we are most precise. A little mistake can be very costly.

Likewise there are certain activities that are most important when wishing to developing measure and balance.

Meditation is one of the simplest techniques but yet has very far-reaching effects. Anybody who meditates properly will receive many benefits ranging from physical relaxation and good health to ultimate unity with our true Self.

If you find meditation difficult please keep in mind that it is said that 12 seconds of full concentration is one meditation. Twelve of these 12 seconds will bring complete fulfilment and peace.

So the challenge for this week:

Is Meditation the master key?

Is Meditation the master key to all measures and full realization of your true Self?

Can you give your full undivided attention to the mantra for 12 seconds?

Dr. Declan Kelly