

HEALTH
BEAUTY

FOOD
FASHION

FITNESS
REAL LIFE

a day away...

the most anxiety-prone
meditation succeed
enters the big silence...

how could I be a bad person if such a place was inside me?' It has given her a coping mechanism she never had. 'At times of stress, I say my mantra and it is a call to the deepest, strongest part of me, that soothes me like nothing else and enables me in the midst of crisis to feel very still. It is empowering.' She is also better at making decisions. 'I have higher concentration and know more easily what I want.'

TM teachers recommend 20 minutes practice twice a day, but I tend to skip it in the morning and do a longer meditation in the middle of the day. I don't see colours or have mystical experiences, and some meditations are more frustrating than others, but it does clear my mind. Afterwards I feel lighter and more vital. Now I know when I need to do it: I feel as if I have not showered; there is a fuzziness, a sense of incompleteness.

Last week I met an old friend. She told me her husband had begun to meditate six months ago. Since then she has seen a marked improvement in his wellbeing. She would like to try it herself, but – at this I had a smile – she couldn't get comfortable. She is jealous. 'He has this place inside him where he can go, and that must be such a comfort.' Judy Kelly puts it differently. 'I am so happy,' she once said to me. 'I have so much inside me. I really don't need anything. I am my own best friend.'

- Results in more positive health habits
- Increases life span and reduces effects of ageing
- Increases levels of DHEA – a hormone described as the elixir of life
- Improves job performance (productivity) and job satisfaction
- Helps in the treatment of traumatic stress

For more information on TM, and details of a teacher near you, log on to www.tm-ireland.org

'Something happens when you distance yourself from your thoughts... You begin to gain a mastery over them'

EVERYDAY FASHION for your EVERYDAY PLEASURE



From top: Blazer - Dorothy Perkins. Bag - Dorothy Perkins. Skirt - Dorothy Perkins. Blouse - Wallis. Eyeshadows - Debenhams. Boots - Miss Selfridge.

Galaxy