

# 'Slaying the Three Dragons'

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"Meditation is the discovery of that point of silence within, like a compass needle that guides us in the right direction at the right time. When this is achieved, this stillness acts on the mind like oxygen, giving the breath to both understand and enrich life.

When under stress, the mind needs to come up for air; to leave the jungle of pressures, deadlines, and speed; and to slow down and find the point of silence within.

Meditation is the method to find that point which recharges the mind with peace, clarity and balance.

We can define meditation as the eight 'Rs'.

**Returning** - to the original qualities of the self, namely: peace, purity, love, bliss and wisdom.

**Relaxing** - the mind and removing the tensions and demands of the outside world.

**Remembering** your spiritual identity; who you truly are. Remember what you have forgotten - that you are a spiritual being, a point of positive energy.

**Releasing** the negativity of our mind, wasteful thinking and thoughts filled with doubt, fear and worry - **the 3 great dragons** that dominate our mind.

**Relearning** - as we become free, we begin to respect ourselves and relearn what it means to value our self, our life and our existence. Forgotten truths appear, and a new education of the self begins.

**Rediscovering** our spiritual values and resources and realising that they were always there.

**Restoring** our original strengths and qualities, enabling confidence and self-esteem to become a natural way of being.

**Recharging** - as we connect with our inner spiritual self, the energies of the mind are recharged. A deep tranquillity that first flows into our thoughts is then reflected in our words and actions.