

**Reflection from Fr. Colm on the Tuesday of the 7th week of
Eastertide**

Audio posted to the Parish Website on Tuesday 26th May 2020

Good morning everybody. You may have heard the term McMindfulness. This began with an internet image of McDonalds which was devised by an artist and it had the image of a Buddha very clearly seated in the Buddhist pose but with very obvious McDonalds hamburger icon associated to it and it upset the sensibilities rightly so I think of many Asian Buddhists but it did define a word that has become hugely important in the mindfulness industry and that is McMindfulness.

However, as some critics have said "*McMindfulness aims to reduce the stress of the private individual but does not admit to any interest in the social causes of stress*" and there is so much more on this but it is absolutely fascinating because of the level of mindfulness and whole emphasis on the now which the likes of Eckhart Tolle have indeed profited greatly but also contributed to as well our own need for grounding ourselves in the here and now but again McMindfulness is often blind as one said to the present moral, political and cultural context of what problems we find in our world today.

Someone, again a comment, "*Most mindfulness authors pin their hopes on a mindful capitalism as sufficient to bring about the kinder, wiser society they envision.*" and very often the breathing and the mindful techniques that are used in business can often defer any sense of unrest that the staff might be feeling of a sense of injustice that their employers may be showing towards them.

Now all of this I'm just mentioning this because in the Gospel today Jesus is talking about eternal life and very often we Christians, Catholics, we tend to see eternal life as something into the future but in fact it isn't it's here it's now but in the social context of where we are as Christians and the responsibility and what it means to be in relationship with Christ. St Paul brings this out beautifully in one of his most often and loved expressions and that is that he is a slave to Christ. Good morning.