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MY TURN

■ **Wayne Chan**



Not enough time for meditation

You need to manage your stress better," my wife Maya would say. "You should try meditating."

Have I been stressed? Well, yes, I probably have. But meditation? Really?

Don't get me wrong. I'm sure meditation can do wonders to manage stress and anxiety. But just as some people love Brussels sprouts and other people think they are little vegetable balls of revulsion, I'm just not sure meditation is for me. And believe me, I've seen a lot of meditation up close and personal.

Every morning, when I get up for breakfast, I find Maya sitting on the family room floor, legs crossed with her arms resting comfortably on her thighs, palms turned upward in a kind of Buddha-trance-like state. In the background, there is a recording of a soft-spoken man with an Indian accent calmly repeating various mantras.

This is where I have a problem.

I've heard many of the mantras. It's just that I hear all of them one mantra at a time. By the time the soft-spoken, Indian-accented guy gets to the second mantra, I've inevitably tuned out and started thinking about something else. It goes somewhat like this:

Mantra: Center your thoughts and let feelings of compassion, spirituality, and hopefulness bring you wellbeing.

My next thought: I wonder if that leftover slice of pizza is still in the fridge or did one of the kids already get to it? I should hide that slice somewhere before somebody swipes it. Is it too much to ask to have one leftover slice of pizza without having to think about where I need to hide it so nobody eats it?

What kind of world do we live in where I have to stow away a slice of pizza to keep someone from snatching it?

The next thing I hear on the tape is, "Namaste." Wait, what? That was it? I'm still totally stressing out about the pizza!

My other issue with meditation is that, being a little neurotic anyway, I'm afraid if I ever did manage to lose myself in the soft-spoken, Indian-accented guy's mantras, it would leave me in such a vulnerable position that I could be talked into doing just about anything. I'm worried it might go something like this:

Mantra: Release all the stress and anxiety of your life. Focus on the next breath, and imagine that with each breath, your body is floating toward a calming sea of tranquility. As you drift deeper and deeper into complete mindfulness, know that your life is at peace, and think about how serene it might be to pull out your credit card and log onto <www.themindfulindianaccentedguysmeditationcandles.com> to receive a 20-percent discount on your next order.

Me: "Wait a minute. What was that last part?"

Maybe I'm just being paranoid. Meditation could probably do wonders in reducing my stress and helping me better deal with the things we all go through in everyday life that cause so much anxiety.

Tell you what ... I'm going to give this meditation thing a chance. I'm going to do a cost-benefit analysis, I'm going to chart my progress on a risk/reward scale, and if I can fit in a 15-minute meditation session in between the stock market close and my upcoming "Making More Time In Your Day" seminar, I'm all in with this meditation thing.

I need help ... serious help.

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Ex-PM's forgotten Pearl Harbor visit

Continued from page 3

Mainichi showed Yoshida's face nearly buried in Hawaiian flower necklaces because he had received so many of them at the airport.

At the September 12, 1951 reception attended by U.S. military and Hawai'i officials, Yoshida sought further U.S. economic assistance and cooperation to reconstruct his war-devastated country and pledged to never use aggression.

Two days later, the *Honolulu Star-Bulletin* welcomed his speech as "a notably frank admission of Japan's war guilt and a pledge that Japan will do everything possible to repair the enormous damage done by her armies, navy, and air force."

Associated Press writer Audrey McAvoyn in Honolulu contributed to this report.

Wham!'s influence felt in China

Continued from page 4

Wham!, many instantly recognize his well-loved songs "Last Christmas" and "Careless Whisper." The latter song was translated into Chinese and sung in several versions before the 1985 concert.

AP researcher Yu Bing in Beijing and news assistant Fu Ting in Shanghai contributed to this report.



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