

# WIN AN AMAZING WEDDING PACKAGE

worth €6,800 with the Wedding Journal Show

The Wedding Journal Show comes to the Citywest Complex, Dublin on Sat 26th & Sun 27th September, 12 noon - 6pm. Highlights include the all-new catwalk, VIP Lounge, Irish Designer Zone and Style Stage. Door price €11 or book discounted and VIP tickets online at [WeddingJournalOnline.com](http://WeddingJournalOnline.com).

THE WEDDING SHOW JOURNAL *live!*  
CITYWEST COMPLEX DUBLIN  
SAT 26TH & SUN 27TH SEPT  
12 noon - 6 pm

## Included in the prize:

Win a 'Catherine Deane Bridal Separates' from Alice May Bridal to the value of €2,500



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Alice May Bridal offer a beautiful range of wedding dresses, separates, and wedding accessories such as bridal jewellery, headpieces, birdcage veils, bridal belts and veils in all lengths and styles. Stockists include Catherine Deane, Watters, Raimon Bundo, Tara Keely, Nicola Anne and Maria Senvo.

Located in Kiltarnan, Alice May's is only a five minute drive from the M50 with free parking for customers. Visit their stand at The Wedding Journal Show to view the collections and make an appointment.



A luxury photography package from Wedding Stories worth €2,300



"Wedding stories..." is documentary wedding photography by Dublin based photographer, David Gilmartin. David captures the events and emotion of your wedding day in a natural and unscripted way. Standard wedding coverage is from preparations on the wedding day right through to the evening celebrations and includes a beautiful album. Coverage is available throughout Ireland. Visit [www.weddingstories.ie](http://www.weddingstories.ie) or drop by David's stand at The Wedding Journal Show to take a look at some real weddings in beautiful albums and to book your wedding story.

Wedding stories ...  
Documentary Wedding Photography

Wedding rings from Rocks Jewellers to the value of €2,000



Rocks Jewellers, specialists in engagement rings, wedding rings and bridal jewellery believe the right piece of jewellery will carry you through your whole life, gathering meaning and memory as you go.

Rocks' collection of unique and beautiful diamond engagement and wedding rings will catch your eye, meet your every desire and fit within your budget.

With a private diamond viewing floor, highly trained diamond specialists and competitive pricing, Rocks provides you with the confidence to select a diamond engagement ring and wedding ring that is perfect for you. Drop into the Grafton Street store anytime or make an appointment!

ROCKS  
JEWELLERS

FOR YOUR CHANCE TO WIN ENTER ON :

EVOKE.ie  
As it happens. We have it.

Terms and conditions apply!

# Dr Mark Dooley



## MORAL MATTERS

# Let your mask slip to reveal the tenderness we all possess

**T**HIS above all: to thine own self be true.' Shakespeare's immortal words provide the key to a life of liberty. They open up the possibility of living without fear.

From the dawn of reason, we take refuge behind our masks. We cultivate a certain self-image and project it to the world. We do so in our appearance, clothes, hairstyle and body shape.

Each morning, as we stand before the mirror, we see a person that must be 'made up'. We see the raw material that must be masked if our image is to be maintained. So we undertake a ritual of self-transformation that brings to birth our public persona.

Through the way we walk, eat and talk, we add the finishing touches to a self-image of our own making. In this way, we invite others to recognise us as we yearn to be recognised. We paint ourselves up in order to be noticed and affirmed.

All human beings do this, even those who live simply and humbly. The monk cultivates a self-image that draws attention to his humility and modesty. His clothing signifies a life of penitence and prayer, a self-image rooted in spirituality.

We need our masks in order to be affirmed as the social people we are. They symbolise what we stand for, where we belong and what we believe. It is true that you can't judge a person by his looks but you can tell a lot about that person from his appearance.

So do our masks constitute the true self? Is my mask who I really am? Or is it merely a protective shield behind which my real self hides?

My appearance is certainly a necessary part of who I am but it is not the whole truth. Behind the mask is a person who loves, fears, cares and longs for health, security and happiness. No matter how impressive our public persona, no matter how confident or self-assured we may appear, there is always a hidden individual who worries, cares and doubts.

Our tendency is, as we say, to put 'a good face on it'. We mask our fragility with a smile or with a burst of bravado. Behind it all, however, we have similar needs, hopes and dreams.

Sadly, we live at a time when many people, especially the young, over-identify with their public self-image.

Fearing that they will be shunned or rejected by their peers, they preen and prune until they have reached 'perfection'. What they see in the mirror is, for them, the sum total of the self.

We all have a tendency to get trapped in the mirror. There is, of course, nothing wrong with wishing to look well. That is because in

looking well we show that we care about others.

However, being true to oneself means much more than that. It means allowing the inner light to shine through the mask. It means letting down the defences so that you can express your yearnings, fears and joys in a spirit of honesty.

There is so much truth in the old saying: 'Just be yourself!'

Don't try to be like others but trust yourself to do what must be done. Be true to the person you are and you will find everything will turn out well.

It took me a long time to heed that wisdom. Like most people, I hid behind false masks, fearing that if I revealed my true self I would not succeed. All that changed when I became a father.

Very quickly, parenting teaches you to let go of inhibitions and insecurities. In loving and caring for others, you simply don't have time to excessively care for yourself. And because children are just who they are, little souls who unashamedly express their joys, sorrows and fears, you learn to do likewise.

**T**HERE is such purity and honesty in this that you long to let go of those masks that held you captive. You rediscover what you were like before you entered the 'mirror phase of existence'. In becoming like your children or grandchildren, you begin to experience the beauty and freedom of life as it is meant to be lived.

Our masks are necessary because they enable us to function in a society where appearance matters. They demonstrate that we respect others and ourselves. However, they are not who we are and should never be used to conceal the true self.

We are true to ourselves when, without inhibition, we laugh, cry, love and express ourselves as children do. In so doing, we risk others seeing our fragile side. We risk them seeing behind the shades into the depths of our tear-filled eyes.

It doesn't matter, because in that moment you will have found the freedom to be yourself. You might appear fragile or vulnerable but that fragility is an opening onto a life of true love. To let our masks slip is to reveal a tenderness of heart that, deep down, we all possess.

It is to reveal something that cannot be 'made up' or put on.

That 'something' is your true self and it is that which others fall in love and for which they shall mourn when you are gone.

Like a child playing in the rain, be true to yourself. Turn away from the mirror, cast aside your mask and enjoy the freedom of seeing others smile simply because you are alive.