

Features

Andrew Kelley Finds Inspiration Through Meditation

By Kathy Kurtz Ferrari
Staff Writer

Andrew Kelley is a different person today than he was five years ago.

The Weston Street resident was a self-described Type A personality. Working in the television industry, he thrived on pressure and deadlines. He rarely slept through the night, and was cynical about many things he faced. He was a “guy’s guy” and never thought much about changing the way he lived.

But a present from his wife, Catharine Uyenoyama, transformed his life.

“Catharine gave me Deepak Chopra’s (book) ‘A Perfect Health’ as a gift, and I gotta be honest with you, I was looking at it and I’m saying, ‘I’m not going to read this,’” Kelley recalled.

The book on the powers of spirituality and meditation sat on his nightstand for a

while, but once he finally read it, he discovered something new in his life.

He was able to sleep better. He found new energy. And he decided to search out more books, realizing that the message was one that resonated within him.

According to Chopra, “Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there – buried under the 50,000 thoughts the average person thinks every day.”

“I started to see that mediation probably could be helpful for someone like me,” Kelley said, as he remembered his decision to attend his first meditation class. “There was a certain insecurity that I might have to go to one of these things, being an average guy.”



Two of Andy’s Favorite Teachers – Hayden and Dr. Deepak Chopra

(Photo by Catharine Uyenoyama)

Finally deciding to pursue it, Uyenoyama booked a weekend for them to attend a session at the Chopra Center in New York, where Kelley took a Primordial Sound

Meditation class, which really set the hook.

"I think I am the poster child for someone who has changed more than 10 percent. Meditation has definitely changed my outlook on life," Kelley said, adding that he meditates 30 minutes, twice each day. "I'm certainly a lot physically healthier; I'm in better shape. I have better relationships with my wife and my family. And I have a better understanding of who I am; at least, I've started to scratch the surface of who I really am."

The transformation was so profound that he actually has launched himself on a new career path. Kelley is now a certified instructor of Primordial Sound Meditation through the Chopra Center, and recently founded The Boston Buddha, providing meditation classes for the average person. He also offers occasional free introductory meditation classes in Milton.

But the likelihood of him becoming more spiritual at age 38, has surprised many of his friends and family members. And looking at him, relaxing in jeans and a New England Patriots T-shirt, it's easy to understand their disbelief.

"When I tell people that Andy's going to start teaching meditation, they say, 'Andy who?'" his wife laughed, explaining how friends have reacted. "Because he's just the least likely person that they would think would, number one, meditate, and number two, that it would resonate with him and that he would want to teach it. But the funny part is, is that he's good at

it, and it works, and this is what he's supposed to do."

But in the beginning, he was reluctant to even tell friends about his newfound spirituality.

"When Catharine would tell her friends that I was meditating, I would get mad. I would say, 'Please don't' tell anyone that I'm meditating. They're going to think I'm a freak.' At the time, I was more concerned with what people thought," Kelley said. "When you meditate, you figure out who you really are. You stop caring about those ego-driven thoughts that you create about yourself."

It's a passion that has brought obvious calmness to his life, and he wants to pass it on.

"This is becoming such a big area, holistic growth and healing. People are turning away from just medicating problems now," Kelley explained, saying he's not opposed to modern medicine. "But I also think you need to find the root cause, and I think meditation can help you figure that out. The inner pharmacy you have can sort of reset itself. You can heal yourself, because the biggest wealth is inside of you."

He also wants to share his knowledge with parents and their children. As a father of a 7-year old son, Hayden, he has seen the benefits children can glean from meditation.

And Uyenoyama notices the lessons Kelley reaps from their son.

"I think Andy's focus is also a lot on getting outside with Hayden, taking a look at nature, being in the moment. Because kids are often in the moment,

and we often are not," she said, adding that Kelley says Hayden is one of his best teachers. "So I think Andy is much more in the moment kind of like a kid."

Kelley said people of all ages, and from all walks of life, can benefit from slowing down and being in the moment. And it only takes a small amount of time each day.

Kelley is offering his next, free "Introduction to Meditation" class Saturday, March 13, from 3 to 4:30 p.m. in the Keys Community Room at Milton Public Library, 476 Canton Ave. To learn more about The Boston Buddha and the benefits of meditation, visit www.thebostonbuddha.com or call Kelley at (617) 322-1904.



Andy and Hayden, excelling at what they do best!
(Photo by Catharine Uyenoyama)