

LETTERS TO THE EDITOR

Wednesday December 30 2020, 12.01am, The Times

**IT’S ALL ME, ME, ME**Sir, Your report that meditation can lead to “spiritual superiority” (News, Dec 29) in many ways complements the concerns raised by AN Wilson (“[Church shepherds have lost their flocks](https://www.thetimes.co.uk/article/church-shepherds-have-lost-their-flocks-jqxz59t2g)”, Comment, Dec 26). The timeless message, championed by the late Rabbi Jonathan Sacks, should be that we discover true value and meaning in life only when we involve ourselves in the lives of others, when we realise that one act of genuine human kindness is more valuable than many thousand tweets. **Anthony Cohn**  
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