



The Meditation Man



THE CONSCIOUS CHRONICLE

My weekly ponderings...

Welcome to the first weekly instalment of THE CONSCIOUS CHRONICLE!

This is a new way of connecting with our students in the shape of day to day observations and how they can be seen as invaluable teachings, if we can only just shine a little light of awareness onto our lives.

You may have attended our drop in meditation session this Monday and recall we touched on the concept of 'giving up the next moment'....

But what does this mean? And how can we practically apply this to our experience? I am sure you are all familiar with that enthusiasm, vigour and gusto that we generate when we need to get something or lots of something's done within a limited time frame! I know myself I am always busy from one second to the next focussed like an exocet missile pinpointed on its target using all my so called multitasking skills (although Kate may disagree!) to reach achievement nirvana! However, do we ever really reach that target? Does that goal we have invested so much time, effort and energy into ever live up to our expectation? And what did we miss on the way? Of course, energy, discipline and organisation are wonderful attributes to work through our 'daily to do list' and function and are necessary for taking us from one experience to the next, but we must not forget the underlying experience of getting there.

How many times have you driven a journey and frightened yourself through not remembering how you arrived? Or walked through nature not realising what flowers, trees and coastal scenery your eyes kept hidden?

Although obvious and you may have heard it many times before, the journey is such an important part of living and one so many of us often neglect. I do find it funny how whenever we complete something whether it be an interesting project, mundane chore or imperative responsibility, it never lives up to what we imagined. This does not mean to say a sense of attainment cannot be felt from years or minutes of satisfying diligent hard graft but think about trying not to sacrifice all that endeavour for a fleeting instance of gratification.

I vigilantly notice this movement of energy every day when awareness grants me the opportunity to, and it is safe to say the quality of my life is truly brighter for doing so. I invite you to try the same.

Once it was said:

"There are only two tragedies in life: one is not getting what you want, and the other is getting it!"
OSCAR WILDE.

Happy contemplating.

Namaste, Vincent and Kate x

Current classes:

Location; The Studio, Earlham House Clinic, Unit15, Earlham House, Norwich, NR2 3PD.

Monday weekly drop in meditation sessions - 6pm

A one hour guided meditation session in a relaxed, safe and warm environment. Reflecting on philosophy, whilst enjoying some peace and tranquillity.

Tuesday weekly mixed ability yoga class - 6pm

Hatha / Vinyasa Flow Yoga A step up from the complete beginners' class at an intermediate level. We will be working through some of the more challenging poses at a reasonable pace to really feel like you are working the body and achieving a good workout. We will put into practice; posture, breathing exercises, relaxation and meditation.

Starting Thursday 3rd March - 6 week beginners yoga course - 6pm

Suitable for complete beginners, or those who are wishing to refresh themselves on some of the fundamental postures of yoga before joining or re-joining a mixed ability yoga class. The class will be kept to a small size and paced to allow the participants to learn each pose in a safe, friendly, supportive and unrushed environment. We will cover; posture, breathing exercises, philosophy, relaxation and meditation.