

My weekly ponderings...

Good morning all!

Finally, here we are... the first double figured milestone edition of the Conscious Chronicle! I cannot believe that it has already been 10 weeks since we have been sending these musings to everyone and hopefully we can eventually reach triple digits! (*Let's not get ahead of ourselves though and keep things in perspective eh!*).

Perspective is a word that is well known to everybody, especially when we all lean towards the habit of viewing things out of shape, compared to the reality of how they actually are. Our own personal trials, tribulations, worries, problems and anything that plagues our mind intensely for that matter, always is of extreme importance to us, and understandably so. It's 'personal' or we could see it as separate, or individual and alone. We can all relate to how we feel about a desire or aversion that means a lot to us and isn't matching up to our personal (there's that word again!) expectation and I can certainly vouch for the fact that we lose ourselves in our own drama, further narrowing that wide angle lens into a pinpoint. The teachings all guide practitioners to focussing that attention into a state of concentration, or 'Dharana' to almost block out all other phenomena. However, there comes a point when we must let go of the personal me me me. It doesn't matter how grave your situation is and I really do not mean that dismissively. I too have problems, as does everyone and yes mine could be viewed as heavier than the next person or lighter, it's just a matter of perspective. It's no wonder the Buddhist traditions see this reflection on perspective as a vital petal to the opening of the flower, to fulfil their understanding of themselves, achieving the transcending of suffering. Why me? Is an exemplary soliloquy we all use when suffering a situation (guilty as charged!), but it only takes a horrific news story or magazine article about an inspirational survivor, to snap us out of that hypnotic state of 'me'!



Keep perspective close in your daily thoughts. Revisit it constantly. Forge that habit of counting your blessings over your limitations and see how you can transform those moments of despair with diligence, practice and faith... into moments of peace, gratitude and joy. When resting in your natural state YOU are always bigger than the problem, not the other way round. It's YOU who can bear the problem, rather than be overwhelmed by it as it appears. As YOU are limitless in your truest nature. In the Yoga sutras, with similar words it contains a wonderful instruction on how to navigate around that issue of comparison. Be happy for those that are happy. Have compassion for those who suffer. Praise for those who are virtuous and composure for those that oppose your values. Another beautiful piece of wisdom, yet we sometimes forget our true selves and need reminding from time to time....

Once it was said;

'Your ability to see, will never broaden when you only see yourself.' - SHANNON L. ALDER.

Happy remembering!

Namaste, Vincent and Kate.

ps. One to watch out for... BBC 1, 9pm started on Tues 12th April: 'FREEZE THE FEAR' with WIM HOF, one of my favourite people. If you enjoy it, check out his book 'THE WIM HOF METHOD' a fascinating and inspiring story.

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.

Thursday - 6 week beginners yoga course - 6pm - STARTS THURSDAY 14TH APRIL 2022.

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.