



My weekly ponderings...

Good morning everybody!

This weekend we visited the National Trust site Anglesey Abbey in Cambridge, which I highly recommend seeing if you are ever down that way. The calm serene grounds provided an ideal setting to find some peace and quiet, whilst enjoying the natural and historical gems. Allowing contemplation to arise most spontaneously.

When quiet in our thoughts, do you notice that we tend to tap in and discover insightful moments much more freely. Certain events and circumstances just unfold at the most unusual moments particularly when we are not bound by the constraints of time. These moments I like to see as transformative to our thinking, releasing that knot of one sided immovable opinion with the prospect of no other alternative or possibility.

Gratitude is one of these shifts of thought that can occur as every object of our mind (physical or not) becomes an opportunity to be grateful for. This is quite easy to cultivate when finishing up a delicious meal, wrapping up warmly in a blanket on a cold evening, or receiving a tax rebate (they do not seem to happen as much anymore)!

However, it is sometimes really difficult to be grateful for things that seem so alien to our wellbeing. Such as disappointment, grief, pain, ill health or any form of suffering whatsoever. As I have said before in other chronicles, these are the ripe and prime times to practice, otherwise what is the point of all this stuff? We are continuously perplexed to figure out 'what is our purpose' or 'reason for being here'? A big question I know! These practices cannot be just for when things are going fantastically. In fact, it's precisely when things are falling apart that we can really begin to know our true self. The Bhagavad Gita sums this fact up perfectly; *'Whatever is coming to you, you should have some level of contentment and with contentment comes gratitude'*. Demonstrating this not only shows that your circumstances are more fortuitous than you realise, but it also halts any negative thought spiralling out of control. It's a real

test and testament, not only to our resolve, but a truly worthy one. As with all these practical ancient practices, yet again... it's really good for the soul!

Our health is impacted hugely by performing gratitude daily. It helps us deal with adversity, stress, mental anguish and heal quicker personally and in any relationship too. We are blinded by events that do not suit our expectations. Our judgment is so cloudy and foggy when things collapse around us in matters that are very close to our hearts. I implore you with a tiny breath, just see with all your might if you can be thankful for that moment... as hard as it may seem, there is wisdom deep within it. Allow the tragedy or setback to reveal the deeper meaning for its purpose. In the throes of this moment lies the greatest chance to open up our being fully, and really eclipse the harshest of sufferings. You really never know the reason why, until further down the path.....

Once it was said;

'Cultivate the habit of being grateful for every good thing that comes to you, and give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.' - RALPH WALDO EMERSON.

Once it was also said;

'I am thankful for my struggle because without it I wouldn't have stumbled across my strength.'

- ALEX ELLE.

Happy Gratefulness!

Namaste, Vincent and Kate.

NEW and current classes...

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

***NEW* SATURDAYS - Outdoor weekly guided meditation sessions, The Plantation Gardens – 9am.**

Starting from 21st May... They are back... A one hour outdoor guided meditation session in the relaxed & beautiful setting of 'The Plantation Gardens'. Reflecting on philosophy, whilst enjoying some peace and tranquillity.

***NEW - MONDAYS* & TUESDAYS - 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.

THURSDAYS - 6 week beginners yoga course - 6pm - NEW START DATE... THURSDAY 26TH MAY 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.