

## My weekly ponderings...

*Hello everyone!*

How quickly time is flying. We are almost at the end of May already... and more importantly the arrival of my birthday (26 again!). A Yogi or Yogini never reveals their age! Yeah, yeah, yeah, I hear you hollering... 'wow, he must have had a hard paper round!' HAHHAHA... all jokes aside, our weekly chronicle is always pointing towards the bigger picture. To inspire you to rethink the important things, as we negotiate this roller coaster called life.

As we mature we hopefully change our fixed positions, whilst learning and embracing new experiences along the way. In yogic terms, this is almost structured like an automatic path of development, ever reaching closer to the unification of consciousness, and it can be compared in some degree to our 'modern age' (depending on your lifestyle and devotion). There are specifically four stages: *Brahmacharya* - student phase, *Grhastha* - householder phase, *Vanaprastha* - forest dweller phase and finally *Sannyasin* - renunciate phase. Obviously, these have been adapted to reflect how most of us live our lives (although dwelling in a forest sounds fab!), but observation of these stages can help us gain insight and wisdom to our particular purpose. We can view these stages chronologically; from learning and familial commitments through to work and career obligations, culminating to a time in which we enter our twilight years, where nothing really holds much importance anymore apart from being happy and peaceful within ourselves. Of course, sometimes our lives rearrange this order of stages, depending on what has been set out for us. However, by seeing this natural progression of life, it can really help us feel we are successful in whatever happens, by consciously remembering that 'we are enough as we are.'

So many people (especially today with the modern pressures and trappings of life) feel a sense of 'lack, inadequacy and failure.' Whether this is because we are subconsciously dwelling in the past and wishing we had made different choices. Or, if we notice time is slipping through our fingers, and we have not yet



achieved the goals we had in mind. Every path is different, unique and most importantly exciting!

You are where you are for a reason. Everything up to this juncture happened to get us to here, in the most perfect and present moment, as it reveals what is to come next. Switch up your attention and focus from lack... to fullness, sparse... to abundance and unsatisfactory... to enough. When these feelings of despair arise, as they do, forge the habit and mantra in your mindset to: 'I AM ENOUGH' repeat it frequently with utter conviction and see how your outlook changes. By stating this, the beautiful quality of humility is allowed to blossom, and you can reduce it even further to: 'I AM.'

A little pearl of Buddhist wisdom tells the story of a starving man being offered a bowl of rice... and rather than being grateful his hunger will finally be eased, the first thing the man thinks to ask is 'Have you any salt?'... sound familiar? As human beings we display the most complex network of systems, that seem to link up and come together to produce this marvel that we call 'life'! So always remember this, when you are feeling untalented, nothing special or in a place of humdrum, the fact is you are really pretty AMAZING!

Once it was said;

*'Our whole spiritual transformation brings us to the point where we realise that in our own being, we are enough.'* - RAM DASS.

Happy Enoughing!

Namaste, Vincent and Kate.

## NEW and current classes...

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

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

*Starting from 21<sup>st</sup> 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 COURSE STARTING...THURSDAY 26<sup>TH</sup> 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.*