

## My weekly ponderings...

### *Good morning to everyone!*

For those of you that came to our first Plantation Garden Meditation of the year on Saturday, we do hope you enjoyed the setting and were able to synchronise with the natural surroundings seamlessly. It is a perfect environment to be able to just sit together (weather permitting!!) and immerse yourself in the solitude that arises as we practice. All are very welcome to come along just see the website below or Eventbrite for booking.

Talking and pondering of such things as space and synchronicity! Whilst practicing Yoga today, I had a deep experience of everything just going perfectly well (which I can assure is not always the case!). When transitioning from pose to pose (asana in Sanskrit lingo), I really enjoyed that experience of total effortlessness and elegance (hark at me!), may I hasten to add without the ego jumping in and spoiling it. I have been practicing for many years, and I can tell you from experience that this only happens when the distance between desire and goal oriented achievement widens. Of course, in the beginning of our practice, much effort is required. Especially through 'Tapas', the fixed observance of heat and diligent discipline, which allows us to gently, I repeat gently, coerce the body into new shapes and experiences. It is about discovering the space where there was formerly none, not only in the fascia and joints of the body, but also the mind and recognition of the free flowing spirit. Paradoxically this effortlessness is what grows from effort and repetition, so that the brain can build newfound pathways through the magic of neuroplasticity. This is what our meditation practice is also doing when we still ourselves for regular sitting and concentration. Yes hard and challenging at first, but with patience, faith and commitment, the tree starts to bear fruit as it were.

Anyway, isn't anything new difficult in the beginning until it becomes familiar? Use Yoga or Meditation, Qigong or Tai Chi, playing chess or banging the drums, it doesn't matter, it's all the same juice you are squeezing. That perfect natural state of bliss and joy



that the masters of old speak of. Patience really is a virtue, as the Buddhists advocate along with many other traditions and religions. Good things really do come to those who wait (remember Heinz tomato sauce glass bottle?), you just cannot rush enlightenment! HAHHAHA! I compare the process to watching a 'sped up video' of a flower grow or stop motion video like Wallace and Gromit. We are seeing the final product in all its glory, but forgetting so easily the process that happened, before eventually getting to the point at which the flower withers away effortlessly back into the soil to start the process again.

It is all in the process, this is where we find solace and stillness. Only to one day see how the process merges with the result, and then everything is simply perfect. As it has no duality, no conflict and no disturbance, just keenly watching whilst being part of it, but not limited by it. I think there must have been something in my chai today! I will leave you with this invitation to look for the space as long as you want when you engage in your meditation or Yoga practice, but every now and then, don't look, and see if it just turns up out of nowhere..

Once it was said;  
*'Once you realize how effortless the highest way of life is, it takes tremendous effort to assume the opposite.'*  
- LESTER LEVENSON.

Happy Flowing!

Namaste, Vincent and Kate

## NEW and current classes...

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

### **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 STARTS TONIGHT!!.**

*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.*

### **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.*