



My weekly ponderings...

Good morning everyone!

Another week shoots by presenting us with fresh challenges, stories, opportunities and experiences, that shall we say colour our life rather than 'affect' it. The fluctuations we all notice in our day-to-day movements always seem to have a sense of going from one extreme to the other. Either ridiculously busy or twiddling our thumbs, seems to be the one I notice more and more. Especially as the offspring get older and require less parental advice (obviously a 17-year-old knows pretty much everything!).

I jest! However, whilst writing this observation and as you read it yourself, that comment could come across as quite judgmental; referring to the fact 'how can a 17-year-old possibly know more than me!' For I am long in the tooth, well-travelled and have gathered great knowledge and wisdom (see the ego rising its ugly head!). Yes, indeed we all experience these momentary delusions of grandeur, which can result (as mentioned above) in an untrue statement normally laced with prejudice. This can only be seen really when we are engaged in a vigilant, routine and constant practice of self-inquiry, meditation or ideally both. I do not mean obsessive self-analysing, but a softer observation, a witnessing of our thoughts, behaviours and actions and whether they serve us as we mature and hopefully raise our level of consciousness (authentically). Judgment is just one aspect of the human personality, which if investigated with keen perception can be seen as taking us further away from the truth.

A few chronicles back I talked about 'Pratipaksha Bhavanam' the art of flipping a negative thought on its head. In this respect, when you next find yourself in a situation of prejudice, see if you can reflect that thought and transform it into empathy to avert feeling superior or overconfident. The struggle comes when another person deems to have a low level of awareness in 'your opinion!'... and you believe you are the 'righteous being' to save this wretch from their road to perdition (good Tom Hanks film by the way). In these moments, keep coming back to awareness, time and time again, and see

how eventually with patience and diligence, these judgments and opinions negate themselves in exchange for more open-hearted feelings of compassion. Even the masters get criticised regularly for behaviour that does not become them. You only need to read of Jesus, Buddha, Martin Luther King... the list goes on, where they have allowed human tendencies to dominate their consciousness temporarily, only to be castigated and shot down for one tiny slip up. 'Glass houses' springs to mind. Our Karma is being worked out constantly until we become liberated, and it will continue to do so. A little like a lawn mower being switched off and the residual energy still makes the rotors whirr round and remain hot, even though it is slowing gradually into stillness.

Humanity as we know has a multitude of facets and elements to its character, it's what makes us HUMAN! A continuous changing palette of hues that never remain the same for long. But where do these colours appear from? I like to agree with the wisdom that considers; before the colours unfurl, we are all a blank canvas essentially. This is where we should place our awareness when it arises, in this blank non-judgemental place, taking just a moment to see the 'real truth' of any moment that appears to us. From this perspective I can personally say mysterious things start to happen, and the natural flow of life starts to work through you. Leaving you centred, peaceful and free...

Once it was said; '*Prejudice is a burden that confuses the past, threatens the future and renders the present inaccessible*'. - MAYA ANGELOU.

Happy Non-judging! Namaste, Vincent and Kate.

NEW and current classes...

Location; The Studio, Earham House Clinic, Unit15, Earham 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 BEGINNING ON 7th JULY.

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 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.