

My weekly ponderings...

Good morning everyone!!

We are feeling fully rejuvenated, fresh and sprightly after a family dip at Happisburgh this weekend and I must say you would be surprised by how the sea really isn't that cold at the moment! We stayed in for a full 20 minutes and as always, apart from the immediate benefits of feeling alive, that night's sleep was completely undisturbed and extremely deep.

So, what are you waiting for GET IN THERE!

I thought I would write a little bit about meditation this week, not necessarily in the sense of Yoga poses, but more the practice of when we sit with stillness and let the mind's loud expressions begin to reveal themselves. For those of you that have joined our classes before with or without any experience, I think it is safe to say you would all agree that the art and practice of meditation is certainly not an easy task to master. I always ask people (when meeting them and preparing to sit together) what the word meditation means to them? And 9 times out of 10, the words that come back are relaxation, calm, quiet and peacefulness. 'I just want to find a way to stop my mind and the thoughts going round and round.' This is also normally the textbook verbatim response. First of all, I feel it is important to really understand what the word means. Not in a dictionary definition context (as there are so many interpretations) but rather an experiential sense, how practically we can utilise this skill for our benefit. There are endless descriptive words and styles of meditation, from the very fashionable Mindfulness to Transcendental, Vipassana, Zazen and Buddhist or other traditions to name a few. However, a word I like to use is 'familiar' meaning that this immediate experience when we come to the ground, cushion or grass is that of 'this feels familiar', but I do not know why? The mind that everybody is so eager to stop ruminating, is actually not your essential true nature, in fact it is unfamiliar that has now masked itself as familiar. People I believe 'fail' for want of a better word at meditation for fundamentally two reasons;



1. The practice is not regular and 2. The belief that meditation is something 'you' do and make happen. Yes, indeed there are infinite ways to reveal this calm sense of peace we all contain naturally and there are different ways to guide the practitioner into this revelation. Buddhists talk of training the mind, and that mind is all there is. Advaita or other traditions refer to the fact there is no mind and whose mind would it be? It gets very sticky here, with more words and more philosophy which can lead to bafflement and confusion! It is how you reach that point! With ardent dedication, or total surrender and acceptance, without a trace of resignation. You cannot 'do' meditation; it is something that happens spontaneously when the conditions are just right. It's like alchemy if the mix is wrong you will experience imbalance. Either you keep watching and training the unfamiliar back into the familiar or you leave it be to settle itself. Both wrong and both right at the same time... and neither at the same time... get it? No? What is he talking about? Perplexed? GOOD let my waffle, words and deep philosophical nonsense bring you to that point... where something happens by itself... like a live current appearing in and around you. For me anyway that is meditation...

Once it was said;

'The most confused we ever get is when we try to convince our heads of something our hearts know is a lie.' - KAREN MONING.

Happy baffling! 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 - STARTING NEXT WEEK ON THURSDAY 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.