

My weekly ponderings...

Good morning everyone!!

As I write this morning's issue I apologise if I seem vague, as I am being distracted by the smell of a carrot cake I just whipped up wafting from the oven! (I told you the mind will easily be drawn away from the moment!) So, I stopped typing for a minute to immerse myself in the sweet aromas of my culinary skills, to just simply enjoy the experience before my kids devour it all, leaving a plate of lonely crumbs to salvage a morsel from.

I really do enjoy cooking, although I know many people that do not. For me it is a wonderful opportunity to meditate, whilst being actively engaged in the creative process of starting out with a few ingredients (that look like they couldn't produce anything), to seeing the finished result (although sometimes not getting a chance to eat it!!). Fully transformed into a small edible edifice. (Hopefully!) Now, I may enjoy this activity, however, I do not enjoy the act of D.I.Y... for what reason I do not know. Perhaps, it's the memory of being dragged around home improvement establishments as a kid, like... 'Texas' (which was my childhood version of B&Q). Or it could be the fact that it's just not in my genetic code to get a thrill out of a bag of rawl plugs, like it isn't for someone who doesn't like cooking, equally to get heart rate pumping with a tin of chopped tomatoes! The point is (and there is a point), does it matter what floats your boat? Or more importantly what floats someone else's? I am sure we have all more than once in our lives (myself included) felt the need to vocally state that your preference is better than another's, that your taste in food, music, art, tv dramas is of a cultural superiority to the next person. Yes, indeed we all have different tastes, likes and dislikes. But think for a second, is the need to see a dislike, a reason to vehemently oppose it? If you investigate the next time you feel or see yourself doing this, have a think why. It could, and I emphasise 'could' be a subtle form of defence against your opinion, which sometimes is valid. However, this can sometimes be obstructive, as it does not allow us to really meet



someone on a deeper level. Allowing us to not only connect with another, but also to maybe find out, actually rawl plugs sound pretty darn amazing! (I am trying! LOL). In all seriousness though, don't always feel the need to defend something, contrary to what we are taught, if it is in your heart and important to you it will defend itself. Really ask yourself, what do you gain from putting another's preference down? I would say not much really, apart from if you look carefully, you may have a slight aftertaste of sadness. You've not really gained anything, apart from the extra need to set up the ramparts to defend your position again. It all sounds counterproductive doesn't it, I hear you say. Yes, we do need to defend positions occasionally, otherwise we do not balance out the troubles and conflicts individuals or nations have. But let us have some perspective here. There is a vast difference between fighting for the independence of India and what football team you support (although I don't get why you would support spurs! Sorry Spurs fans!). It's the way you do it, the way you say it, and how you make someone feel. If you can make somebody feel good, happy or their mind to open without a brick wall defence up, then isn't that a nice thing to do? Maybe the feeling will be reciprocated.

Once it was said;
'Physical life is characterised by defensiveness, whereas spiritual life is just the opposite.'
- EBEN ALEXANDER.

Happy Sharing!
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 - STARTS TONIGHT... 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.