

My weekly ponderings...

Good morning everybody!

I hope you are all healthy and well after our fierce two-day heatwave last week. As much as we all welcome and enjoy the sunshine, it was a stark reminder that we must all come together responsibly, to preserve and look after our mutual home... Earth. For as long as I can remember, since my school days (as my kids say the olden days!), the need for taking care of our environment has always been a topic never too far from our consciousness, and so it should be! We as human beings, when not aligned with mother nature (our nature) tend to create some form of suffering, and whether it has small or vast consequences, it still equates to suffering. The lack of care and attention to ourselves, and our surroundings, will and do without a shadow of a doubt, have implications on our wellbeing and our fellow inhabitants. Although we still have a long way to go when it comes to attitudes towards wellbeing, health, environment, animal welfare, and equality... I remain optimistic and positive that in this current zeitgeist, we can make (what we may think are infinitesimal) changes. But, in truth if we truly all muck in with verve and gusto, those changes can be enormous. We only need to look at the effect the pandemic lockdowns had on our environment and how pollution (even in that short time) started to decrease! Can you imagine if that transformation could be lengthened by sensible, practical and effective methods, so that the planet and relationships between nations and humans could start to thrive and grow with fullness and abundance. Fullness and abundance is here, it has always been here, yet we allow the belief of thought forms; such as insecurity, anxiety, lack and fear to take hold of our psyches as real entities. The impact this has on all aspects of life is traumatic to say the least. With the media, political jousting, international conflicts and various extreme protest groups, it's overwhelming to know how to combat the so-called evils of the world.

As I write this, I too of course have a deep sense of sadness when thinking of the future for all of us,



especially our precious children. This is why it is absolutely crucial to begin with ourselves, making healthier choices; physically, spiritually and mentally. This has a knock-on effect across the board! We must listen to ourselves; read the signs the Earth is telling us from our interrelationships and environmental feedback. Yes indeed, the thought that 'well we are all going to hell in a handbasket we might as well just abuse the system no one cares!' Nature does not work like that and of course when an event happens well beyond our control, well then there is an unknown reason we cannot fathom as yet, but life as the saying says... goes on! So rather than looking at why we are suffering all the time, let's start to look intently at how to remove suffering. We know there is suffering in life, and we definitely know what is causing it. We also know we can impact it through awareness, perhaps all of the world's problems are now the cause to finally end our unnecessary anguish and suffering...

Once it was said;

'We believe in self creation. That's why Buddhists believe in the four noble truths.'

- DALAI LAMA.

Once it was also said;

'I cannot do all the good that the world needs. But the world needs all the good that I can do.'

- JANA STANFIELD.

Happy aligning!

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 - STARTING THURSDAY 8th SEPTEMBER 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.

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.