

## My weekly ponderings...

### Good morning everybody!

A different few days entirely from the intense heat we experienced last week, now we find ourselves in a rather pleasant warm breeze accompanied by cloudless blue skies (for now!... Remember impermanence!) Noticing the weather and its constant fluctuations is a great portal into observing the fundamental nature of things. There for all to notice, no matter what senses are available to each of us individually. I played the part of a very proud Father this week as I dropped my eldest son off to the first of two interviews he has managed to secure during these highly competitive and challenging times. The emotions I immediately experienced were identical to those I felt when I watched him trot up the road on the way to his first day at school, equipped with a rucksack twice the size of him! I felt fear, anxiety and total helplessness as a parent, it was the total recognition that he now has to find his own way. I have to go through this 3 more times yet, but as any Parent will tell you, it's part of the whole process of life. You certainly do not have to be a parent to relate to or understand what I am describing here. We are constantly fluctuating like the weather in every possible and imaginable way. Our physical bodies are developing, growing stronger, our intellect becoming sharper, our emotions maturing and with contemplation revealing an acute awareness of how things actually are; rather than how they appear. Yoga points us as does meditation; not to rely necessarily on the feedback of the five senses. Of course, before you all rise up in incredulity, I do not mean ignore the senses to the point of putting us in harm's way, as they are quite useful in that arena! I mean it's not particularly accurate information of the totality of who we are. In chronicles past, I have used all manner of words to point towards that which doesn't require the sense input... the remaining 'stuff or stufflessness' once the senses subside... is what we experience when in deep meditation. This doesn't seem to have a beginning or an end, it seems to pop up in those magic,



or as some yoga books describe 'goldilocks moments' of just right. When I watch my children grow (or even myself) there is this apparent input of the timeline of birth, living and death. This can bring fear, but it also can bring joy that every moment is absolutely precious, and whilst inhabiting this physical organism called a body, we may as well make the very best of it. I know that this is all common sense, and nothing new, but for some strange reason we always find ourselves being pulled into the way that things are not. In truth, there isn't really a timeline. It seems that suffering (samsara) doesn't really have a beginning point, it can seem sometimes like it's always there lurking in the background, but when we come to stillness shall we say, it then reveals that it does have an end. This is where the beginning of Nirvana ignites, which when it does burn and extinguishes all false perceptions in its path with no end. Thich Naht Hanh has a wonderful way of describing how our loved ones or ancestors are intrinsically built into the fabric and DNA of who we are, we can never really be apart from them, they are us, without them we wouldn't be. So, I use his wisdom and do it often when I have human moments, including feelings of loss and impermanence, taking great comfort that it's all just appearing and disappearing in the unchanging that we all are....

Once it was said; *'There is no beginning. There is no end. There is only change.'*  
- ROBERT MONROE.

Happy Everlasting!  
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 THURSDAY 8<sup>th</sup> 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 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.*