

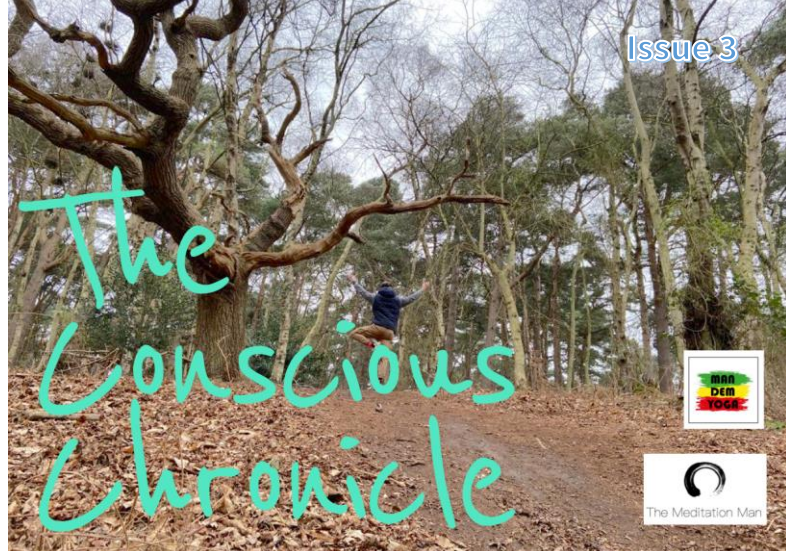
My weekly ponderings...

Hello and a very good morning to everyone!

Another week flies by landing us at the feet of issue number 3, a number that has many representations and symbolic significance in various traditions. For example, *The Holy Trinity in Christianity, The Three Jewels of Buddhism and The Hindu Trimurti*, also including numerous branches of mathematics and the use of trichotomies in the field of philosophical ideas and evolution. I will leave the intricate historical details for you to research the next time we get some protracted stormy weather!

In relation to this week's ponderings, let's take the number 3 as representing 'The whole', 'all of it' or 'that aspect of being relieved from the 2', shall we say for argument's sake duality. Even the most non-spiritual people among us (spirituality being its own hindrance, another subject entirely!) have heard of the concepts of yin and yang. On first glance it indicates opposites and the balance between those energies, again reflected in all the traditions mentioned above. However, there is a line separating the two symbols and a concept of a third element maintaining the equilibrium between the two.

Opposing extreme energies is an easy way to view these polarities, for example: full of beans, energetic, lethargic inert, unmotivated, joyous, happy, sad downhearted (you get the point!). But this mysterious third space that so often gets missed in life could be described as a light of awareness shining on the other two, a conscious shift from constant peaking and troughing contracting and retracting, leaving us in a perpetual state like a yoyo being played with by an inquisitive child! That third space gives us the opportunity to relieve ourselves from the erratic and sometimes intense upheaval of sudden or unexpected change.



In the Indian ayurvedic and yogic tradition we can refer to the 3 *Gunas* or attributes, which are established in how we find ourselves on a day to day basis. *Sattva, Rajas and Tamas* speak for balance, fire & energy and disinterest or inactivity respectively. We all experience these moods or conditions at different times of our lives, but sometimes we have a tendency to identify with one or the other including the balanced sattvic quality of serenity. The decisive moment comes when we encounter awareness of this identification and start to investigate the quality of the space that particular feeling or emotion is appearing in. This nameless space has a different nature altogether to the dualistic elements we experience throughout life. This space is why we practise meditation, to allow the 2 to be noticed in the 3rd viewpoint, then who knows what occurs?

The only way is to be still and find out.....

OM = (A...U...M) *Creation, Preservation, Culmination.*

Once it was said;

'Number three is always fortunate'

TOBIAS SMOLLETT.

Happy noticing!

Namaste

Vincent and Kate.

Current classes:

Location; The Studio, Earlham House Clinic, Unit15, Earlham House, Norwich, NR2 3PD.

Monday weekly drop in meditation sessions - 6pm

A one hour guided meditation session in a relaxed, safe and warm environment. Reflecting on philosophy, whilst enjoying some peace and tranquillity.

Tuesday 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.

Starting Thursday 3rd March - 6 week beginners yoga course - 6pm - STILL SPACES AVAILABLE!

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.