

## Meditation script 1/5

### My weekly ponderings...

Good morning everyone!

As promised after the five issues of Asana profiling (which I hope you found useful) I would continue the next five issues based on meditation. Each week I will either present a favourite teaching of mine or write you my own script. This week is a wonderful practice for allowing our ego to become very thin and opening our perspective lens, so that we can see that in truth we do not always know the whole truth. By following this example from Rick Hanson's book 'Buddha's Brain', we can start to forget the small self very quickly. Which in turn will not only create space for the situation, but also make you feel a deep sense of humility at the same time. I have also included a YouTube link if you prefer to hear the spoken word.



*'Look for opportunities to take in the good'.  
- Dr Rick Hanson.*

Enjoy...

Namaste, Vincent & Kate.

## Ten Thousand Things Exercise - Rick Hanson Buddha's Brain

Relax and steady the mind, focusing on the breath.

Pick a situation in which you feel someone has wronged you.

Be mindful of your reactions to this person, especially the deeper ones.

Scan yourself for any ill will.

Now reflect on some of the various causes – the ten thousand things – that have led this person to act in the way that they have.

Consider biologically based factors affecting them, like pain, age, innate temperament, or intelligence.

Consider the realities of their life: race, gender, class, job, responsibilities, daily stresses.

Consider whatever you know about their childhood.

Consider major events in their life as an adult.

Consider their mental processes, personality, values, fears, hot buttons, hopes, and dreams.

Consider their parents in light of whatever you know or can reasonably guess about them; consider too, the factors that may have shaped their lives.

Reflect on the historical events and other upstream forces that have formed the river of causes flowing through their life today.

Look inside yourself again.

Do you feel any differently now about them?

Do you feel any differently about yourself?"

<https://www.youtube.com/watch?v=IB2TSziLhqs>

## 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.*

### **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.*