

Meditation script 2/5

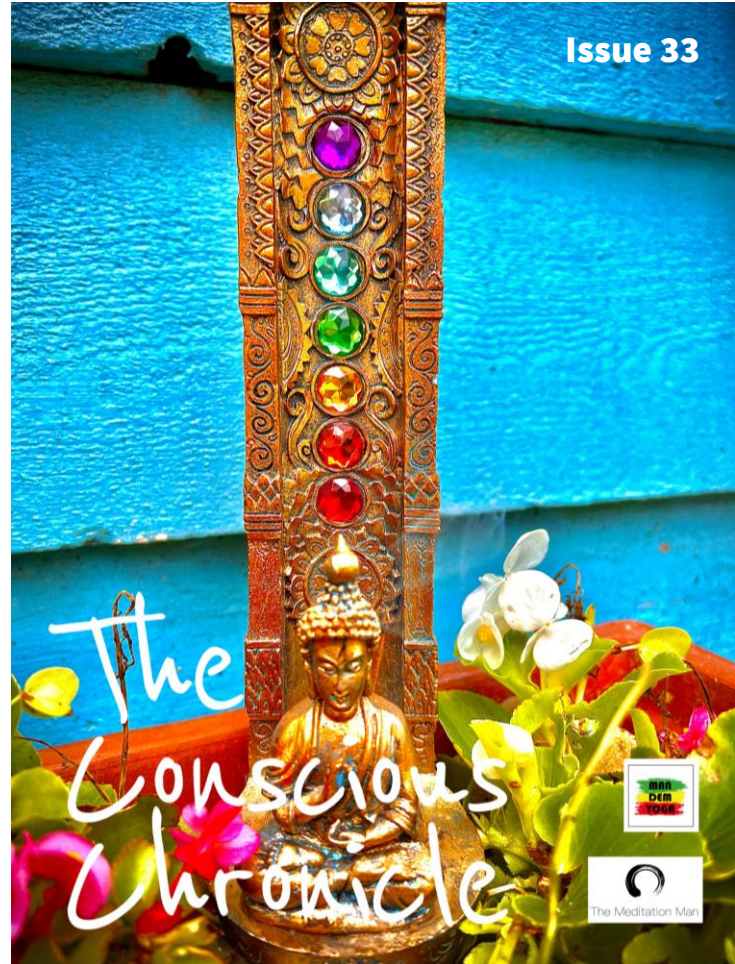
My weekly ponderings...

Good morning everyone!

I hope you managed to have a go at last week's meditative exercise and reap some positive benefits from the practice. We are currently in the process of moving at the moment, so I have slightly adjusted my version to 50 thousand things! Anyone that has experienced moving will understand my sentiment. Today I would like to introduce you to a very very simple meditation that you can access anytime anywhere, when feeling perhaps a little out of kilter and stress has maybe started to get the upper hand. This is an easy mantra you can repeat with your inhalation and exhalation. If you are one of our regular practitioners, you will recognise this exercise as we revisit it on most sessions at the plantation gardens.

So, without further ado take rest and enjoy....

*'One conscious breath in and out is a meditation'.
- Eckhart Tolle.*



Simple breath mantra

Find a comfortable quiet space where you can take a few minutes for yourself.

Whilst keeping a relatively straight back, not rigid but soft, perhaps using a chair, wall, or even lying down if you can still focus on concentrating.

For the first few breaths just allow the breathing process to be exactly as it is fast, slow, rapid or shallow. Just remain still, watching its nature and notice how it is always evolving, and then eventually start to lengthen your exhales. When you start to feel ready, and a little more centred, in unison with the breath silently or aloud repeat;

On the inhale... *'I AM BREATHING IN'*

On the exhale... *'I AM BREATHING OUT'*

Try this for five minutes, and as you develop your practice maybe extend it to 10 -20 minutes. If you forget the phrase and the mind wanders, that's totally wonderful as that is the opportunity to keep taming and training the mind, bringing it back to the mantra. Before you know it, it will seem automatic, and the soul will feel refreshed and rejuvenated!!

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 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.