

Meditation script 3/5

My weekly ponderings...

Good morning everyone!

From last week's issue did you notice the enormous difference to your sense of equilibrium when breathing consciously? If you continue to make this a daily habit and regular pastime, I can assure you it will enrich your life in so many positive ways. Therefore, I invite you to keep doing it until it becomes effortless. This week we will explore another meditation from the Buddhist tradition based on mindfulness practice. The main point of this technique is to bring attention to 'The First Five Parts' (body parts). This allows us to focus on our body and be really accepting of how it is now, in turn seeing how all things are now. With good fortune we can then see how situations like body parts are a continuing process of infinite change, therefore cannot have any lasting satisfaction and are only temporary. The mind can then rest in its own source of holding the space of change, where we can reside in everlasting joy and peace...



'Nature creates unity even in the parts of a whole.' - Eugene Delacroix.

The First Five Parts

1. HAIR - Reflect silently on the nature of your hair... soft, messy, neat, sparse or full. Think on its colour and how it changes. Its style and your attitude towards it, depending on the circumstance. Allow these reflections to resonate for a few moments.
2. BODY HAIR - Again reflect silently as before focussing this time on perhaps facial hair or the particular shape of the eyebrows. Notice how it is all impermanent and does not actually represent your true self. Allow these reflections to resonate for a few moments.
3. NAILS - This is a clear observation of the change in the growth of nails shape and colour that changes over the years. Even pay attention to how we adorn the nails to keep a lovely appearance... all subject to change. Allow these reflections to resonate for a few moments.
4. TEETH - Strong and healthy when we are born with a great deal of care needed to maintain over our lifetime, however eventually we can notice that the change is gradual, and the strength doesn't last as it isn't you. Allow these reflections to resonate for a few moments.
5. SKIN - Like all the last four... the skin has a purpose and is necessary for good health. We can tone up our tans for aesthetic purposes and add moisturiser for suppleness, but again the skin will become dry of its own accord and of no use when recognising our true nature. Allow these reflections to resonate for a few moments.

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.

Coming soon... weekly 'indoor' guided meditation sessions.

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