

Meditation script 4/5

My weekly ponderings...

Good morning everyone!

If you managed to try last week's meditation on the first five parts, I hope if anything you found it interesting and thought provoking, pointing you towards the impermanence of things.

This week we will continue the idea of impermanence, looking at how we attach ourselves so willingly to all aspects of our lives, materially or emotionally speaking. It is a well-known teaching in eastern philosophy, and I am sure you have come across it before in the practice of non-attachment or detachment. It is not an easy concept to break the habitual cycle of! However, the freedom, relief, and lightness one experiences through this teaching is truly liberating. Nevertheless, we must not become disassociated, which is sometimes confused with detachment, instead not invest so much of ourselves in things that do not serve us. Holding on to everything will tire us out, and in the end it will still fade away. So, by practicing non-attachment it points us toward that which never fades away....

Enjoy...

'Work! Be unattached! That is the whole secret. If you get attached, you become miserable.' - Swami Vivekananda.



Script - Vincent de Freitas

Find a comfortable seat or position where you can spend the next 5 - 10 minutes silently in reflection with perhaps your eyes closed.

Contact your breath and feel its behaviour right now, and do not attach to its action... just watch it undulate and change by having a carefree attitude of detachment.

If thoughts arise, be welcoming, yet happy for them to leave when they decide to. Almost like the consummate host, pleasant, unoffended, and detached.

Notice or bring to mind anything you feel you are holding on too tightly to, it could be absolutely anything... trust your soma, your natural intelligence will reveal to you what that is. If there is nothing, then that is wonderful. Just remain unattached, and mindful simply of the breath and thoughts, and if anything arises shine the light of awareness on it with a detached view. Even detach from the idea of non-attachment!!!

Continue with this contemplation for as long as it feels right, and notice the aftereffects when you open your eyes, within your mind and body....

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.