

Meditation script 5/5

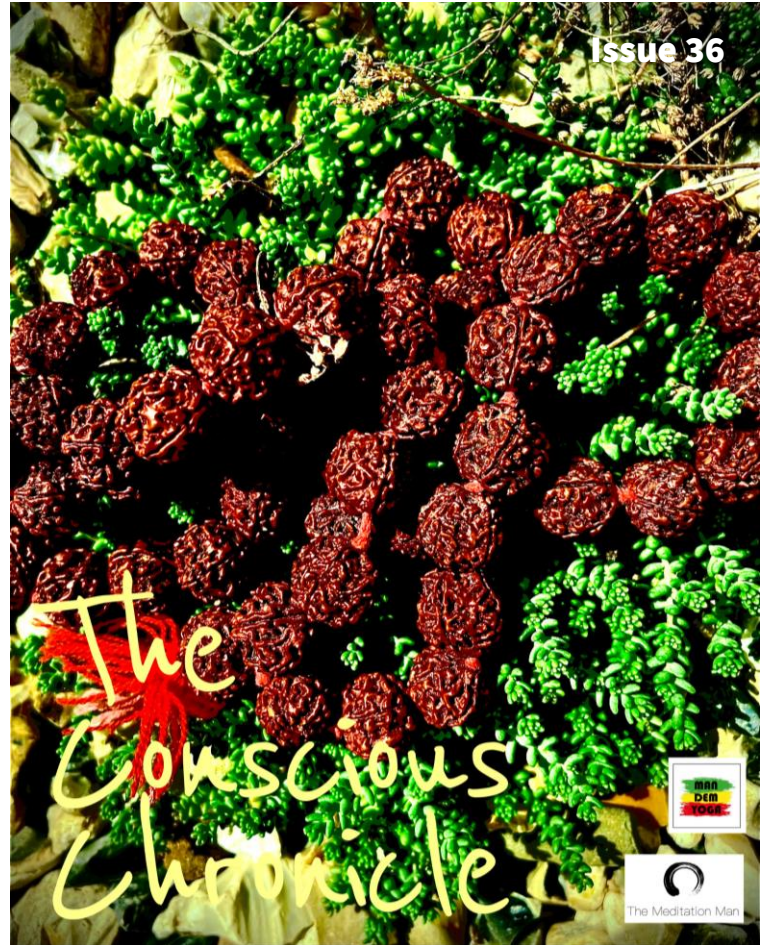
My weekly ponderings...

Good morning everyone!

Suitably detached from last week's practice I presume? Ensure you keep returning to the practice and include the notion of non-attachment in everything that you encounter in your daily life. Observing how you may feel much lighter and more freedom in your actions. This brings us to our final edition of these meditative practices as business will return to normal next week.

I want to leave you with another reflective meditation, opening your view to a much wider space and perspective. I call this the real YOU meditation. Without philosophising too much (as if I would!), my only pointer would be to just take a backseat in your awareness letting the panoramic scene reveal itself, and if you are lucky and fortunate enough, seeing the infinite quality of your real nature, not your limited personality

Enjoy.....



'The real you is timeless and beyond life and death'- Nisargadatta Maharaj.

Script - Vincent de Freitas

Take a comfortable seat, where you feel at total ease in your being. Immediately contact the breath and allow yourself to settle naturally, without any coercion. Like a ripple on a lake finding its own stillness.

The YOU that you are familiar with pops up in thoughts, opinions, and perceptions. Just become aware of this as you breathe consciously, and notice the limitation of your thoughts, without more thinking just, notice.

Slowly as the noticing continues, you may become aware of a shift of perspective, the nameless, limitless part of you that remains when opinion and thoughts fade.

Stay here... in the peaceful stillness, notice its quality, feel its nature. This is the real YOU, the only YOU that always is ever present, infinite, and eternal.

Continue allowing everything to appear in the sphere of awareness, not YOUR awareness but awareness itself, make no effort to do this apart from to remain still within and all is open to you

Namaste.

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.