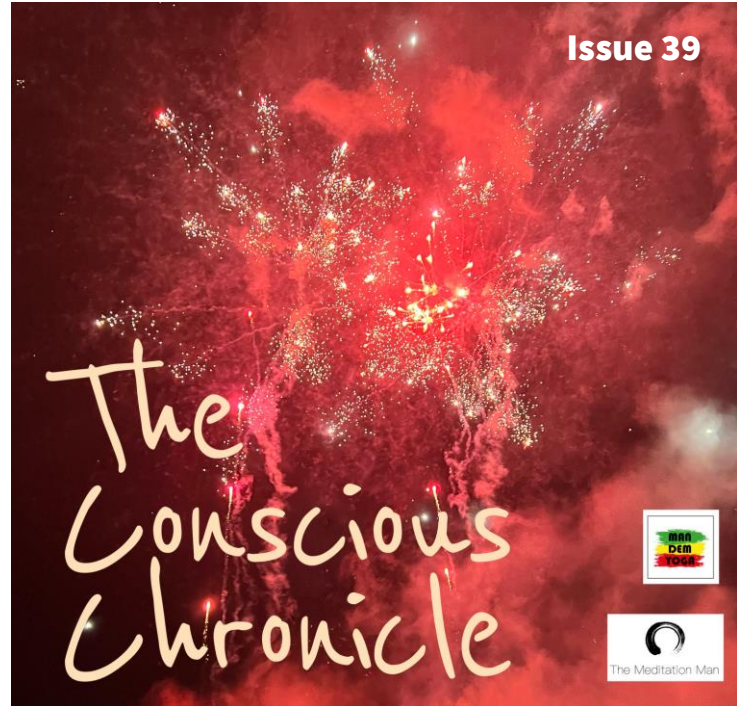


## My weekly ponderings...

### Good morning everybody!

From this week's picture opposite you will have guessed that we managed to get to our local fireworks display, which I have to say was highly impressive. Not only a various selection of bangers, rockets and whizzers in action, but also a wonderful performance by an artistic pyrotechnics group that choreographed fire eating with fantastic music... setting the perfect scene, before the festivities commenced. Looking up at the black (rainy!) sky in that moment before the big bangs appeared, is a little like how sages of the past have described our essential nature. You can research for yourself how many eastern traditions talk of this empty fullness, or full emptiness, and also we are all very familiar with the BIG BANG theory purported by the erudite physicists of our time. I like to see these observations as pointing to exactly the same thing, one from a spiritual tradition, the other from a scientific vantage point. We find in modern times a real disconnect between these two schools of thought, but really are they not both emanating from the same indescribable place, like the black sky before anything happens? The fireworks are just expressions from the source that I have mentioned before, this also includes the philosophical, scientific, spiritual, religious theories or opinions that jostle for space within this nameless framework. See! It's all just a play of consciousness, empty words, yet full of the life they were created from. We mustn't get bogged down with the actual expression, as the reality of the matter is that it doesn't actually matter. Looking from the source is the direct way to peace of mind, and those of you that practice meditation will know that this cannot be coerced into happening. Even that is a theory, as certain traditions will profess that it can through sheer willpower. So even my rambling on shows you that there is no one way of describing this non phenomenal nothingness (I'm running out of words now!).



The really tricky bit is us! As we think we are so bloody clever, knowing it all when it's all in the not knowing, when true knowing appears without edge, difference, or duality. That's why trying to write about all this is in the end totally futile. It's just whether you connect with a particular word or expression that hits you like a lightning bolt, or firework for that matter, waking you up into the reality of how things are. The plain, blank, white page is closer to that unity than the gobbledygook words printed on it. Be blank, be before, be silent, be thoughtless, be still, just BE, and everything will be revealed in your eternity.....

Once it was said; *'Despite its name, the big bang theory is not really a theory of a bang at all. It is really only a theory of the aftermath of a bang.'*

- ALAN GUTH.

Once it was 'also' said; *'When you know nothing, you say a lot. When you know something, there's nothing to say.'*

- UG KRISHNAMURTI.

Happy unknowing!

Namaste, Vincent and Kate.

### \*\*\* New & Current classes... \*\*\*

Location; The Studio, Earlham House Clinic, Unit15, Earlham House, Norwich, NR2 3PD.

#### **NEW THURSDAY WEEKLY MIXED ABILITY YOGA CLASS - 6pm.**

*Hatha / Vinyasa Flow Yoga class at a mixed ability 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.*

#### **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.*