

My weekly ponderings...

Good morning everybody!

November is halfway through, and the mild weather we are enjoying this month, I fear, is lessening the chance of a 'White Christmas'. The season of joy and goodwill seems to exponentially increase our worries about shopping, money, family arrangements, gifts to buy, food to cook... the list is endless! Worrying is such a popular pastime I think I can safely say that at some point during our lives (or more likely our day!), we have engaged in the art of worrying. Some people worry more than others, some about big things, some about little things, some about both, some people worry about not worrying enough, or too much (I'm not kidding!) The fact is, worrying is down to our conditioning, as we grow older; from children through to tweens and teens, we learn more stuff and absorb more information and with that comes questions, doubt, and worry. It was only the other day my son expressed his worry for the planet and how he wanted to live with mum and dad forever (NOOOO!). Not really... I will be the first holding onto his ankle at the front door as he flies the nest. My point is, when we are enmeshed in our innocence as little infants we don't worry! That's someone else's job if you're blessed. Everything is immediate. It may on occasion not be a pleasant experience, but there is no worry until we get older. Worry is learned and you could sometimes confuse it with contemplation, but it is not the same. Worry suggests a sense of not getting the result you are hoping for. Therefore you worry about the outcome, wasting valuable energy, affecting your health and peace of mind in the process. Worry is doubt, and there is a teaching that says that 'when doubt arises, *doubt the doubt...*'. This is a perfect opportunity to delve into your meditation or yoga practice whilst observing the mind and its thoughts to see if you can catch the movement of worrying as soon as you notice it, you may be astonished by how often worrying is present.



As the American rock group Chicago said, 'You're a hard habit to break' (classic). However, it will be broken, you created it, and you can undo it, both are appearing in you. Cast your mind back to a time when you actually thought worry helped you, I bet you cannot find one single incident where it actually made something better. You may think it did, but the truth is what happened was always going to happen, whether you worried or not! A total and utter waste of time. Now meditative practice, prayer, playing with worry beads, or focusing on an activity is the perfect antidote, and at the end of the worrying time you will still be balanced and more than likely the desired outcome happened. If you insist on worrying about anything at all, worry that we have a limited amount of time in this body, nobody can know what's round the corner, so enjoy every sunray, every blade of grass, every breath of fresh air, every bite of an apple, every bear hug with a loved one, and every second of this blessed existence... that's our purpose worry about that...

Once it was said: 'Worry never robs tomorrow of its sorrow, it only saps today of its joy'
- LEO BUSCAGLIA.

Once it was also said: 'When in doubt, doubt the doubt!'
- DEEPAK CHOPRA.

Happy Being! 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.