

My weekly ponderings...

Hello and good morning everybody!

We find ourselves at the end of the first month of these weekly reflections, which I hope at the very least are proving interesting and 'perhaps' useful!

We would have to be residing on Mars to not have noticed the disturbing events that have occurred during these past two weeks and not forgetting those that occur on a daily basis across the globe. A level of hopelessness and inadequacy can have a tendency to arise in all our thoughts when bombarded with the overwhelming catastrophe that is and does unfold in front of our eyes. Assaulting our senses from every direction and angle. Hope infers the desire of a better future, and is a phrase coined by many a politician and public speaker alike, and certainly does create a sense of so called positivity and better days.

However, what if we also look at hope as a diversion of not being able to deal with this very moment, the moment we are in right here and right now? Yes of course, as discussed in previous issues, having a positive mindset is crucial to living a fruitful and balanced life. But it is also crucial in what we do right here and right now and determines the shape of the very next moment. Looking at hope this way could be seen as a hindrance, a way of always looking forward into the future for a different moment to the one we may be in right now. I am not at all saying give up hope and suggesting that we suffer unnecessarily in a state of hopelessness, but can you see this would be staying in a moment that has already passed? As what is happening is already the factual case. 'Now' is all we have 'now' is all there is right NOW and that 'now' is ever unfolding and ever changing. So, when we feel overwhelmed by the barrage of negativity, tragedy, pain and suffering of the world, what can we as this tiny organism and 'apparently' separate individual possibly do to help?



The well-known phrase BE HERE NOW! Whatever is arising... use the moment to stay still internally and see how your problem solving and natural creative intelligence unfurls. Suffering may well continue but you will be carrying and containing it, not overpowered by it.

So, this is how we help. Action then comes from this place... and the more humans start to realise this... the more the awareness and compassion innate in our beings starts to activate and refrain from those self-harming movements.

Perhaps by integrating the yoga self-restraint practise of *Ahimsa* (non-violence to self and others). This has been seen in various experiments in which a large number of people have meditated, resulting in studies showing a reduction in crime rates! (please feel free to research findings online!) Also, it is needless to say; by noticing the quality of how people relate to one another, if they are looking inwardly, rather than outwardly of themselves. Being courageous enough to embark on that journey, to see 'what we are really made of', which if we are lucky enough to discover is all the same stuff.....

Once it was said;
'Can you remain unmoving until the right action arises by itself?' LAO TZU.

Happy Being!
Namaste, Vincent and Kate.

Current classes:

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

Monday weekly drop in meditation sessions - 6pm

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

Tuesday 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.

Thursday - 6 week beginners yoga course - 6pm – NEW DATES TO BE CONFIRMED.

Suitable for complete beginners, or those who are wishing to refresh themselves on some of the fundamental postures of yoga before joining or re-joining a mixed ability yoga class. The class will be kept to a small size and paced to allow the participants to learn each pose in a safe, friendly, supportive and unrushed environment.

We will cover; posture, breathing exercises, philosophy, relaxation and meditation.