

My weekly ponderings...

Good morning everybody!

'The sun has got his hat on hip hip hooray'... and with that introduction I anticipate you are beginning your day with positivity, readiness and most importantly an open heart to meet the boundless possibilities that await you! Because that is exactly what each day is, an infinite number of possibilities and opportunities, even though at first look they may not seem so. It is so easy to use the mind as a tool for being a bit of a know all! Let's just be honest with ourselves for a moment, you must be able to recall at least one time that you have lost yourself in your own inner or outer talk (I did once in 1993!) and as I jest, many many times since!

We are a species that loves communication, and we need it to survive and connect to our fellow beings through whichever medium we are using. Perhaps through language, music, writing, speaking or any artform for that matter. However, it becomes noticeable (if we pay close and careful attention), that we can start to 'proverbially speaking'... believe our own hype. Yes of course knowledge is crucial for development in science and technological advances, but what about human development or ascending higher stages of consciousness? It is safe to say we have a long way to go, and looking through history it seems the ego continues to creep through the back door again when some progress is made. True knowledge, that indescribable aspect of our nature is not the same as the learned knowledge we attain through our physical and mental aspirations. True knowledge is on a different plane altogether. This dimension can only be entered from a point of surrender, a point of not knowing and taking our 'know all' hat off for just a minute.



This is where meditation can really help us connect with our true nature, that deeper part of ourselves that permeates pure knowing, without opinion, judgment or prejudice. This is indeed why opportunities in disguise can elude us, or wrong choices can attract our consideration. In the space of limitlessness, there is no black or white, or not black or white, or both, or neither at the same time! Confused? You should be! There is no room for egoic viewpoint if we can remain still and ever vigilant with the arising and falling of thought, perhaps imagining them like bubbles rising in water from nowhere, and popping on the surface back into nowhere. I encourage you to find that space between the content of your mind and remain in the context, and discover new realms that are beyond all your imagination!

Once it was said;
'It's the people who try to be clever who never are; the people who think they are clever never think of trying to be.'

- GILBERT PARKER.

Happy Finding!

Namaste,
Vincent and Kate.

Current classes:

Location; The Studio, Earlham House Clinic, Unit15, Earlham 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 - STARTS THURSDAY 14TH APRIL 2022.

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.