

My weekly ponderings...

Greetings and Good morning to all!

Isn't the sunshine such a welcome gift this week, just the warmth and brightness shining on our faces is enough to lift anyone's spirits. Last week you may recall I opened with the line 'The sun has got his hat on' (unbeknownst to you all I write these ponderings every Friday as my Editor in chief Kate demands!). The point is I didn't know if the sun would still have his hat on, but good fortune was on my side and the sun beamed saving me a second draft.

We cannot control circumstances and events of every nature in our experience, even though the finite and restricted part of our being says we can. Yes our decisions karmically speaking have an effect on the unfolding of our lives, but this way of thinking will only take us so far. I could not control whether the sun would be still shining next Thursday, I just didn't fear the fact that it might not. Control is and can be a false sense of security in our lives (I urge you to read the wisdom of insecurity by Alan Watts), it gives us the impression that things are completely going our way. The acronym F.E.A.R *false evidence appearing real* could not elucidate this fact better. As when investigated by your own experience, you may find that control is just fear of the opposite happening to what it is you are trying to control.

Have you ever noticed when something goes well, your own mind takes the credit and praise for it? However, when it does not go to plan, we have a tendency to perhaps blame another person or situation. The mind thinks it knows everything, clearly it is a clever old thing the brain for functioning, organising and developing - as I pondered in issue 6. But that doing part of our mind, 'the 'ego' seems to overlay and superimpose itself onto something much bigger, or shall we say infinite



than our little humble selves. It must be seen that relinquishing control is true freedom of expression and living. We are fooled into thinking that freedom is doing whatever you want when you want, but does that ever really bring any joy?

It is a daunting prospect to give up control, but the paradox is this is authentic control, we become open and vulnerable and at peace with any experience that comes our way. Ill health is a wonderful gift to bring us towards that quality in ourselves. That there is something bigger in charge; God, spirit, Brahman, Allah, Yahweh, absolute consciousness, whatever label you want to give it. Otherwise, we would live forever (organically speaking!). So let go of a little control next time you notice it happening and merge with that flow of life that is always ever present. I know I cannot control West Ham United winning the Europa League this year. However, I will give it a darn good try!!! Consciousness is simple. I never said it was easy!!! *Come on you Irons!!!*

Once it was said;
'If you want real control, drop the illusion of control; let life have you. It does anyway. You're just telling yourself the story of how it doesn't.'
- BYRON KATIE.

Happy relinquishing!
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.