

My weekly ponderings...

Good morning everyone, I hope this day finds you full of contentment and happiness!

Especially now that we have fully recovered and adjusted from the lost hour since the clocks have changed (well just about!). It is wonderful to witness the subtle changes as the seasons shift. Whilst the mornings may be darker, we all I am sure relishing in the fact that the evenings are a bright and resplendent welcome from the dark winter months.

Noticing is clearly not just on a visual level or a sensory one at that. I was chatting with my uncle this week (a recently inducted fellow yogi) after a great class, about the art of listening, and he recalled when one time he received some wise advice prior to an interview. *'Don't be afraid of silence.'* What a great simple piece of guidance! I couldn't agree more! Silence can be very disconcerting and frightening for a lot of people, and I can verify this from teaching meditation to beginners as the oxymoron states; *'The deafening silence...'* I feel this is only because we have become so accustomed to noise pollution, not only in sound form but more poignantly in the sounds of our thoughts and emotions.

Have you observed when we take the time to rest in a quiet moment, how suddenly things get hugely amplified by the birdsong, traffic, somebody doing DIY next door or just voices of school children on the way home? Along with this we become much more aware of the inner voices, thoughts and imaginative musings within our own minds. Try to see this as a perfectly natural process of exploring what is happening in your immediate and intimate experience. Some Buddhist traditions refer to this witnessing phenomenon as *Metacognitive Introspective awareness*. A keen perceptive ability to separate from the tunnel like vision grasping of content. We can reveal this state when we come into a deep state of listening, not only with our ears but also with our body, intuition, spirit and our entire



being. Silence is where all the answers are shown to us, where all solutions are exposed, where peace and equanimity are completely present. Yoga speaks of this in the form of *'Nada'* translated as subtle sound vibration created by the union of the *Shiva and shakti tattwas* (representations of various elemental opposites e.g., male/female, sun/moon and manifest/unmanifest). We can only pinpoint these vibrations when we are still within ourselves connecting to the facets of our nature, which remain hidden when engaged in so much commotion. Liken it to when we do not notice the birdsong or the rustling of tree branches in the gentle breeze. Why is this? Because occasionally we need to stop and take a breath of silence as it were... and listen. Next time you have a conversation, play with the idea of truly hearing what the other person is saying and not just waiting for a gap so that you can declare your opinion (probably not important at that moment anyway!). You never know not only will you feel more present, but you may also just pick up something you really didn't want to miss.....

Once it was said;
'The word LISTEN contains the same letters as the word SILENT.'

- ALFRED BRENDEL.

Happy Harkening!
Namaste, Vincent & 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 – 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.