



## Mid Week Inspiration

**"Life is a series of natural and spontaneous changes.  
Don't resist them - that only creates sorrow.  
Let reality be reality.  
Let things flow naturally forward in whatever way they like."  
Lao-Tzu**

Greetings!

**Remember...go with the flow!**

Let's talk about movement and flow for a moment.

A glance out of your nearest window will confirm Lao-Tzu's wisdom that life is a series of natural and spontaneous changes.

Being *conscious* in the flow is wonderful, but sometimes, when you feel you're fighting the current rather than swimming happily along, it's important to take a break. Whenever that happens you can use this simple meditation:

For the next five minutes stop whatever you are doing and simply allow the world to unfurl in front of your eyes. Don't think about or judge what you see, just watch the scene as an impartial observer. If any unwanted thoughts pop up, gently usher them away.

It might be a street scene or the view from a train carriage, it could be a building site or meadow. Whatever the moment and wherever you are make a conscious effort to tune into the flow of the scene while staying absolutely still.

**Observe the flow and movement as if you're watching the great river of life while sitting quietly on the river bank.**

Only when the moment is right, should you smile and consciously jump back in.

Quietening the mind is difficult at first but if you practice with this little tool, whenever the flow gets too much, you'll not only get better at it but you'll begin to long for those snatched moments of serenity in the chaos of the day. Good luck!



Flow: glide, soar, waft, progress

Look forward to seeing you very soon.  
Peaceful and warm wishes  
**Soul Power Yoga**

Photography © Penny Jones

## Good News!

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