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soulpoweryoga
Weekend Inspiration

"Self-recognition, the self-contemplation of spirit is the primary movement out of which all creativeness proceeds."
Paul Twitchell

Dear fellow yogi,

This weekend we'd like to carry on our 'slowing down' theme from last week by meditating on the infinite wisdom of the hover fly.

The humble hover fly is not only an excellent friend to gardeners (as it feasts on our pesty foes and pollinates our colourful friends) but unlike many of us it **contemplates** deeply before acting.

While hovering for minutes at a time, the hover fly keeps its head absolutely still. What's it doing? Hover fly experts don't seem to really know so let's set our imaginations free...perhaps it's carefully selecting the most succulent flowers to nectar, perhaps its vantage point allows it to avoid its predators, perhaps it's simply enjoying the freedom of flight.

Whatever the reason there's surely a lesson in here for us. If we take the time to be silent and calm *before* we act perhaps we, like the hover fly, will receive the greatest rewards, avoid our enemies and better enjoy the process of doing.

We look forward to seeing you very soon!
Peaceful and warm wishes
Soul Power Yoga



Contemplate: meditate, gaze, consider, muse, ponder

*Photography: The Hover Fly
by John Jones*

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