

**Samadhi** – described in many yoga texts as an ecstatic and transcendent condition and clinically in my Sanskrit dictionary as one-pointedness; concentration; absorption; union; a calm desireless fixity, a unifying concentration; “equal mind” (from the verb root dha = “to hold” + the prefixes ‘a’ + sam = “together completely”).

It is described as a deep spiritual meditation or a meditative union with the Absolute. Something that the majority of us absorbed in our day to day lives is unlikely to achieve. Yet maybe, just maybe, we do get glimpses, by just paying attention and listening.

When walking my grandchildren to school and listening to those things that concern them, it is possible to scroll back through the years and enter their world, to look through their eyes at the children streaming into the playground and the authoritative teachers waiting to receive them.

We often close ourselves off to other people’s lives, demanding to be heard, with deaf ears to what others have to say. By opening to others and listening it is possible to enter their world and share their joys and suffering, at one with the unique wave length that is representative of their lives. It is possible to listen and remain centred, so that any response is to the point from a wider intelligence.

There are many strands in the infinite web of life, many trees in a forest, each with a life of their own. Whether on the ocean or the air, divine intelligence expresses itself everywhere, the space encompassing each living thing highlighting its significance. By filling that space with our own stillness the magic and uniqueness of each is often revealed.

To reference Eugene Halliday and quote a line from a note made at one of his talks:- *‘Space and motion are interchangeable terms, because there is no space that is not full of motion’*. And to make a further reference: *‘All time, past and present is a function of an Absolute Here Now’*.

To be open and listen, is to let go and let God, to experience in passing the many facets that constitute life and to glimpse the ever present in the unfolding play of life, to discover, there are many paths, many games to play, just one reality.

Gordon Smith (Founder Member)

**Eye and Neck Exercises:** these days computer and television are becoming more important than ever and a Yoga class can form a counter balance to the hours spent in front of the screen which can be the cause of neck and shoulder tension, as well as in the muscles that control the movement of the eyes. The exercises can combine both exercise and Yoga technique, by keeping the gaze focussed and steady on one point. Then moving the head three times horizontally in each direction while keeping the gaze calmly focussed; next repeating the exercise by moving the head up and down three times.

It is likely that tiredness and the need to stretch will be felt in the eye muscles, accompanied by creaks and noises from the neck and vertebral attachments. It is important to maintain a sense of control, maintaining a steady gaze, and not letting the eyes wander away from the point. This can be a little more difficult with the next stage, when the head is rotated three time to the right, and then three times to the left.

This is followed by changing focus by raising the hand, with the palm approximately one foot in front of the eyes, with a space between the middle and ring fingers. Then alternating the gaze between the distant point and the palm; we transmit energy with the gaze which can be sensed each time we focus and steady the gaze. It helps in keeping the hand steady, and a sense of balance, by using first one and then the other.

To check the control that you actually have over the muscles of the eyes, select a straight line, a picture rail of similar is ideal. Then keeping the head still, move the eyes slowly and smoothly keeping your gaze focussed on the rail. This is not that easy, as the tendency is, if you do not have very good control, to move the eyes in a series of small jumps rather than a smooth continuous movement.

Gordon Smith (Founder Member)

*The little space within the heart is as great as the vast Universe. The heavens and earth are there, and the sun and the moon and the stars. Fire and lightening and winds are there, and all that now is and all that is not.*

**The Upanishads**