



### *Yoga, Meditation, Embodiment by Caroline*

*'People are drawn to yoga and meditation for many different reasons, but what we all eventually discover is that practice may feel like a sanctuary but is not a place of escape.'*

*Our great life's task is to embody all of who we are, what it means to be us, on this planet, in this lifespan. This process of embodiment, of integrating body, mind and spirit, is unique to each one of us, cannot be imposed and expresses itself within the vast scheme of things.*

*Exploring the body-mind through yoga and meditation we can start to move beyond our habitual ways of seeing and doing things. This requires patience, kindness and understanding of our patterns of trying to fix, control, employ effort, do work or collapse and shut down.*

*Most spiritual traditions describe a movement towards less self-centeredness so that life can flow through us more freely. This does not happen somewhere else. Settling into the body, befriending ourselves, re-aligning to centre and with the ground, we gradually cultivate depth and support, peel back the many layers of tension, fill ourselves up, rekindle ease and care. We become bigger than our conditioning as we 'rest back' and our old habit-energies lose momentum.*

*Present in our body, inner eyes open, we can listen more deeply to ourselves and others and respond with wisdom and compassion to the joys and challenges of this life'*