

## ***Musings on Mindfulness, Leadership & Nature***

### ***Dragonfly Vision***

June 2026

***“the weft of turtle”***



*...in becoming January 2026 by b*

In the beginning of January this year, I mused on weaving as a skilful practice of meshing mind and body, bringing together dualities to make meaning in synthesis. This included offering an image of my own year's beginning, fledgling weaving of the moment, learning to integrate warp (vertical) and weft (horizontal) within a frame. While my musings at that time centred on energies present in the beginning of a calendrical year deep in snow, a reminder of its coolness and intention seem useful still as we transition to the warming times of summer beneath the elevated sun, and the more so-called Yang time of the year.

*As we enter into the new year, if you find some resonance with becoming more the weaver of your own tapestry I encourage you to consider reflecting on your frame/s, weighing the usefulness and the beauty of what you bring to your warps and wefts. perhaps deepening relationship with nature, or manifesting your inner leader/teacher more fully. Possibly taking advantage of the wet and the cold, the grey and the white, the turning of the year to move you to your mat or cushion to sit. Weaving breath and posture, paradigm and intention, sensation, emotions and thoughts, and relationships into a tapestry of practice. Learning to see the interconnectedness of all things, web of all beings, life and consciousness of this one earth, beneath the dance of sun and earth slowly returning to that seasonal tilt that brings a touch more light into each winter filled day. A reminder that the light continues to exist within/without however dark the time.*

- *January Musings 2026*

And dark continues to exist within the light oft met in shadows not necessarily good or bad, but different. Shifting perspective on meeting shadow, from potential fear or trepidation, to delight in its relief beneath hot summer sun. While winter's weaving integrated one dance of light and dark, this seasonal frame invites its own choice of warp and weft. And while I enjoyed yesterday's skate with a friend bundled up with toque and mitts, in general I have been more deepening down into working in the garden, along with following the curves of Deshkan Ziibi, the Thames, on my bike. Adapting to days becoming longer, sunnier and warmer. Noticing the markers that show that summer is here; shorts and sandals, incoming tourist floods, to Solstice, patios filled with laughter, to schools end! Providing so many reasons for gratitude in beginnings, and endings.



*Tapestry 2026 by b*

As I reflect upon my latest weaving, there has been a certain growing fascination in seeing its similarity to a viewing of Rorschach Ink Blots, or some artists abstract work...provoking spins of curiosity in my contemplations, along with wondering what my 'unconscious' might have purposefully woven into its colours, layers and textures. However, whatever is there, it mostly reminds me of the weaving we daily do, to create our lives, our choices, interactions with others. Of our conscious or unconscious lenses or frames, warps and wefts that we use to create our own unique tapestry-like patterns of meaning. Providing us a set of maps to navigate through life. Yet also reminding us, that in defining an inside, that there might be things worth

noting 'outside' those lenses or frames as well. And that we might choose at any time to emphasize a different range of colours, textures or fabrics. That within a summertime frame so easily full of much 'doingness', that inserting some more of that 'yin time' might be useful at times.

Lately as well, I have been 'weaving', making sense, or non/sense, of reality in processing the recent passing of a close friend, a death seemingly too soon in a life's arc. A person who did much to teach much what is meant to live in a slower, more meditative, flow of yin in life. Loss of a teacher. Wanting to show their importance by including them somehow in this musing, noticing the warps and wefts of diverse colours and feelings, reflections and questions of transformation. Reflections shaded, and tinted strongly by the many aspects of grieving, including its seems, a bubbling up at times, swirls of gratitude. Feeling 'gratitude' for the many depths reached over the years of that relationship along with the circle of friends that allowed that relationship to grow. Expanding circles of gratitude for all the many loved ones in my life that have been part of my weaving to now, even if somehow distanced in busyness or patterns of living my life. Gratitude for those who have contributed to the continuance of *Yin Space*, and the ongoing development of a practice providing one set of tools to support small steps through the moment. Gratitude for the local play of chipmunks, the sunlight through the window, its shadows, and flow of river, that continues to evoke beauty, and kindness and joy whatever else happens. Gratitude for all the actions and words of the many beings, human and more than, that continue to inspire, to act, to weave.

*When we concentrate on our breath and the steps we're making, we can see the beauty of the Earth around us more clearly. We can take each breath and each step with awareness and gratitude.*

*– Thich Nhat Hanh*

If drawn to a yin yoga practice in June, *Yin Space*, continues on Wednesday evenings. As the summer 'blossoms and burgeons' there will be a hiatus beginning in July until the fall. ***To begin again*** our collaborative cycling of practice for another year as we begin to slowly adapt to the cooling and declining light descending into the more yin time of the year.

As we weave, we choose what to include, notice, emphasize, offer, leading me to focus this month's ***Solidarity Sunday*** on acknowledging National Indigenous Peoples Day on Sunday June 21st.. Knowing that on that 'same day' one could alternatively choose to centralize the Summer Solstice, or International Yoga Day, but this noticing of a set of roots that so defines aspects of our evolving society seems somehow more important in this moment. That said, you are the weaver within your tapestry, and whatever your choice to notice, I encourage you to find ways to step into this day of containing such power of human imagination whether; as an act of truth and reconciliation, celebrating the crossing into summer, or acknowledging a practice

drawing from many lineages, cultures and teachers that can be so useful in these times.

## Offerings of Dragonfly Vision

*Mindfulness, Leadership & Nature*

**June 2026**

***Yin Space***, - Livestreamed Wednesday night Yin Yoga classes

Wednesday Evenings

7:00-8:30 pm PST/10:00-11:30 pm EST

Monthly *Sliding Scale* 30.00-40.00 (includes 4 to 5 classes)

Drop In *Sliding Scale* 10.00-13.00

**OR...just pay what you can (just practice!)**

*Please do not let financial obstacles block you from a practice that serves you.*

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***Solidarity Sundays*** - free once a month Yin Yoga all levels class focused on adding energy to Global Memorial and Celebration Days. A short hour and five minute all levels gentle yin yoga practice ending with a metta loving kindness meditation for all beings, and folks choosing this work of 'be the change' in the world.

Time: 6:00-7:05 pm PST 9:00-10:05 pm EST

Sunday June 21st - National Indigenous Peoples Day

Note: I will send invites to all who have practiced with me in *Yin Space*, before. If you would like to join or know of another please contact me beforehand.

In closing, I recently focused one of my yin yoga classes on the 'wisdom of turtle', whose steps I would invite you to consider in your summer weaving. So easily symbolic of yin, rising from the dark cool muddy depths of the pond; slow, to often still in movement. With the ability of some species to draw within, while others so effortlessly find the flow of currents deep within the ocean. All attributes, yin-like, worth remembering as we move into the exuberance of summer; to rest beneath tree's cool shadows or within water's touch, or in practice on our mat. Pausing to notice all the world's beauty, acts of kindness and compassion.

in weaving,

*brad*

brad davis

E-RYT200 RYT500 M.Ed.

[www.dragonflyvision.ca](http://www.dragonflyvision.ca)

[brad@dragonflyvision.ca](mailto:brad@dragonflyvision.ca)

[yinspacebrad@gmail.com](mailto:yinspacebrad@gmail.com)

*I am grateful to be able to live and share these ancient, and evolving practices of mindfulness, leadership and nature from the traditional territories of the Attawandaron, Anishinaabeg, Haudenosaunee, and Lūnaapéewak Peoples ( and present day nations; Chippewas of the Thames First Nation, Oneida Nation of the Thames, and Munsee-Delaware Nation), in London, beside the river Thames, Deshkan Ziibi.*