

## *Musings on Mindfulness, Leadership & Nature*

### *Dragonfly Vision*

October 2025

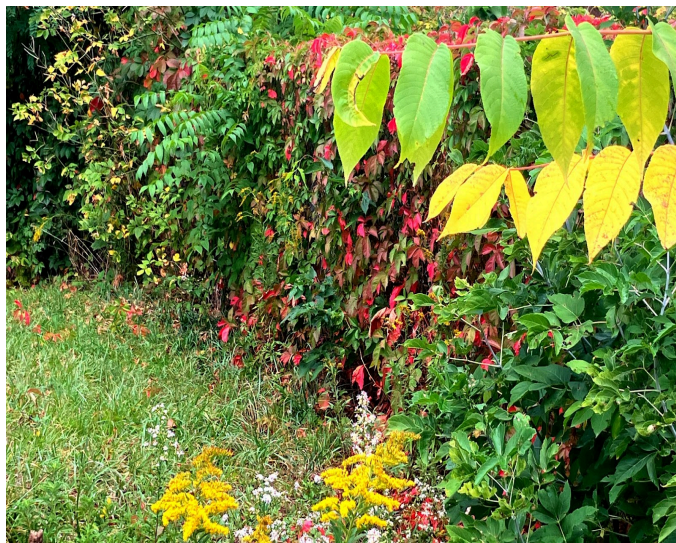
A few days ago on one of my walks to the library, the rain began to fall, moving me to look for shelter. Choices presented themselves; return to the library back across the street or shelter and pause on one of my favourite 'yin benches' or walk on through the rain? Pausing, and staying dry spoke loudest, so while the library itself for me can so much be a quieter, slower, receptive yin space, in this moment sitting outside on the bench beneath the overlapping canopies of leaves that really only allowed only a few droplets of soft rain through, drew me more.



*Yin Bench*

I have come to find benches in parks and on streets, in general so 'yin possible', offering the ease to sit and pause; to observe, muse, journal or simply be. Of course they require immediate scanning of my 'edges' as in Yin Yoga in order to stay safe/r in exploration and play. Bearing in mind that while we tend to focus on the physical or energetic qualities of an 'edge' in our yoga practice, they can also be affected by arising memories, stories, and emotions, obvious and hidden. A wider set of factors that give shape to our edges in any given moment. Here, on the bench, I as always in urban spaces assessed my social safety in sitting in what can be an unpredictable environment, especially for those more vulnerable or marginalized. This bench is lovely in that it is just a few metres around the corner off a slower, quieter main street out of the main flow of traffic, people and commerce, on even a quieter gentle street. So I settled onto the bench, and having grown comfortable over the years with a social edge of doing yoga in public spaces did a few twists and folds. Moved inwards focusing on sensations of breathing, and opened to listening within and without. At times leaning into 'no judgement' and witnessing; at others simply luxuriating in the calm and sweetness of the experience. It was no more than 5 or more minutes, about the same time of a longer held yin pose on the mat, but one of those moments that reminds of the benefits of dancing yin and yang throughout the day.

As the rain stilled, I walked on slightly altered, noticing differently, carrying more consciously that spaciousness that can result from yin practice. Feeling it influence my decisions as I continued on towards home, so that rather than following the efficiency of the right angled blocks and streets, choosing the curvy manicured path paralleling the wild forested edge of the river. This particular day it was the shift in colours, rather than the sounds, or smells, or diversity of beings, that captured my attention. What had been mostly summer-sun filled tints and shades and textures of green was now touched by all manner of daubs, smears and smatterings of reds, oranges and yellows. Waves of them spread out from trees on their way to becoming their more common wintertime, composting browns.



*Reds, Oranges and Yellows*

The colours moved me to reflect on the theory, often encountered in yoga, of the chakras. While experienced in my personal practice, occasionally shared in my yin classes, it is not a deep source of study and practice, but enough known to bring into my musings. The seven essential chakras located loosely along the spinal column from base of the spine to crown of the head are coloured red to orange to yellow to

green to blue to indigo to violet/white. Each energy wheel is associated with some meaning, such as grounding at the root chakra or communication at the throat. One key method in working with chakras is to release any blockages in them to allow for freer movement of prana energy, and greater expression of that chakra through one's yoga practice, yang or yin. Others see them as something to release in ourselves to find freedom. So much more here, but for me what arose in the movement was the recognition that the colours I was noticing changing, reds, oranges and yellows, were of the lower chakras which focus on the body and actions within the physical world splashed across the richness of green foliage, symbolic of the heart chakra associated with love and compassion, that acts as a link to the upper chakras. The upper chakras, coloured blue, indigo and violet, more of the mind and spirit which have becoming more evident and powerful with the earlier arrival of night, and the blues and white lightning flashes of increasing fall storms. The shifting colours moved me to see yet another seasonal hint, or invitation to consider synchronizing practice to what was occurring in the natural world. Go inwards in your practice. Move to your mat or cushion. Reengage with our supportive communities of inner practice, inner exploration, be they in community spaces or at home. This is not to say that moving to nourish or release the energies of red and orange and yellow should be relinquished but perhaps in inner warmer spaces of collective or home practice, or while wearing good rain and snow gear when it gets wet, and cold and maybe white!

And in doing so keep in mind what or who serves you as a learner? A teacher of some kind? Place, or book? What kind of relationship, setting, approach to learning works best for you in what you are learning? Spontaneous adventure, or dedicated practice? Coinciding with the invitation to reflect on teachers and schooling and learning in holding the complicated, important energies of National Day of Truth and Reconciliation on September 30th alongside the acknowledgment of World Teachers Day on October 5th, the latter whose theme this year is *Leading in Crisis: Reimagining the Future*.

We all have stories of 'teachers', both formal and informal, school teachers, parents, professors, canoe or meditation teachers, coaches or bosses in our lives that have influenced us in what we wish to be, or not to be. Lifted us up or potentially limited or wounded us. Shaping our beliefs and perspectives of learning and teaching, including manifesting that deep capacity of critical reflection that we grow into as adult learners. A process that asks us to also pay attention to the flows of power within our learning or teaching relationships that may empower and inspire or harm and wound. Darkness at times, yes, but oh so important in deepening the 'knowing' of all the beauty that teachers may have brought, or will bring into our lives, be they people, other beings or manifestations of nature. Asking us to remember that we all exist as individuals with individual stories that we bring to our mats and meditation cushions. Making it so important to create learning relationships and spaces that are respectful, safe/r and inclusive as we move into the future.

And as we come to reflect on the teachers in our lives realizing that we too have grown our own potential power to shape a relationship or experience of learning. Developed what is known as one's 'internal teacher' that can actively influence, shape, and mediate what we encounter in a learning relationship, or experience. Allowing us to make sophisticated choices in what and how we learn. This is not to say that external teachers are not a source of influence, or lesson or power...they are.... but simply that there is also the opportunity to dance within the learning relationship, where we too can shape the steps and rhythm. So, I invite us to celebrate and empower our own 'internal teachers' as much as those who exist in our external worlds, appreciating that there are many ways to describe the interactions between the two, well beyond what may be contained in these few words.

If you might be drawn to a Yin Yoga dance, teacher within and without, live streaming **Wednesday evening Yin Space<sub>b</sub>**, has begun again, along with the continuance of free once monthly **Solidarity Sunday yin** classes. Lastly, I will be on the road/through the air to the west coast in late October and will be **teaching in person** and livestreaming my October 24th **Yin Space<sub>b</sub>** class in Victoria BC, beside the Salish Sea on the traditional territories of the lək'wəḡən people.

### **Offerings of Dragonfly Vision**

*Mindfulness, Leadership & Nature*

**October 2025**

**Yin Space<sub>b</sub>** - 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.*

**Yin Space<sub>b</sub>** - Revealed & Concealed

**Live and Livestreamed in Victoria**

**Wednesday October 29th**

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

Ajna Yoga 209-2250 Oak Bay Ave

Drop In - Live: 20.00 Livestream: 10.00

**Solidarity Sundays** - free once a month Yin Yoga classes focused on adding energy to International Memorial and Celebration Days will continue throughout the summer. A short hour and five minute gentle yin yoga practice ending with a metta

loving kindness meditation for all beings, and folks choosing this work of 'be the change'.

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

Sunday September 21st- International Day of Peace

***Sunday October 5th - World Teachers Day***

*Sunday November 16th - International Day of Tolerance*

I will send invites to all who have practiced with me in *Yin Space*, before. If you know of someone who might wish to join please have them contact me before.

As always, if you have feedback or reflections, questions please email  
as part of the ongoing weaving!

As I crossed the bridge over the river that day, a raptor flew overhead. Shadowed silhouette at first, then light revealing the white head and tail, that I have learned is the colour pattern of a Bald Eagle. While many migrate looking for nourishment and safety, seemingly with little notice of political lines, here beside the open water of the Thames River, *Deshkan Zibii* they stay the winter. The sighting made me think whole are our teachers, and what may be their actual teachings. Especially, as I understand that in some cultures the Eagle symbolizes vision and spirituality. For me in that moment the eagle in flight seemed to illustrate a manifestation of the active, driving energies of Yang. Moving me to consider how much we tend to spend much of our days and lives in Yang; doing, accomplishing, doing more, striving, getting even more done, flying through life, with ambition and purpose. Yet also stimulating the question of how those energies seem to create a world, off balance somehow. Unable to pause and listen, create space for more than just us, and create a balance where all may rest and restore when and where they need. Remembering too that in the life movement of the eagle, pauses, rests, sits on the snag of a tree for great lengths of time...seemingly so Yin, is common....balance.

Asking us to consider that while we might not have instinctual ways to balance yang and yin, we too can start again to create a healthy balance, today, tomorrow, to find and craft more of those restorative yin moments in the flow of our days. Perhaps even working with the turning rhythms of the seasons as we move into what one paradigm describes as the 'Yin time of the year'. As darkness and cold and wet descend and wrap us in their energies choosing to slow, refocus to go inwards: perhaps come to our mat or cushion; or sit quietly with our pet; baths and good naps; finding that perfect bench, or kitchen chair to watch the fall of the rain. To listen to our teachers, both within and without, and create a next small step.

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.*