



Black Tea

A better day



Begin by acknowledging how you are. Do you feel a little scattered? Or like too many things are colliding, both in your inner and outer landscape? Do you feel a little overwhelmed? Do you have too much to do? Do you feel like you might be teetering, about to fall into a state that isn't good for you? Just let this all be.

When you woke this morning or any morning in recent memory, remember how you engaged with the day. Did you feel an internal armour going up to steel yourself against what was going to be asked of you? Did you feel a creeping tension building in your body, readying you for all the things you need to do? Try and remember what that felt like, the emotions around waking up to a standard day.

Start to step back from this feeling, it is not who you truly are. This slight jarring or anxious sensation is the incompatibility between what you are expected to do and what you would choose to do when there are no expectations on your time.

So imagine instead of waking into your standard day, you awake into a rose-tinted day, where you feel safe, unencumbered and free. Imagine it is a day from your favourite holiday.

Arriving at this beautiful place, what are you excited about? To eat great food? To swim in the sea? To lie and read for hours? To have an adventure? Consider what you would choose to do and actively not do.

In your mind's eye create your perfect day. Feel how you feel as you awake into THIS day that is truly yours. Is it different to how you currently wake? With no expectations, what would you want this day to look like.

Is there something from this perfect day that you can bring back with you? Something you could change or add to your every ordinary day? Or is it a different feeling or approach to the day you could bring back with you? Something that is more truly you? Or more truly who you would like to be?

Something that would connect you to your perfect day, create a space for you to feel safe, joyful, content? Something that will help you, even momentarily, step back into the rose-tinted world and bring a smile to your face?

It is time to return to the here and now.

Be aware of the reconnection with your body-mind. Start to allow a little movement. Breathe a little stronger, a little deeper.

Use these stronger breaths to bring your awareness back into your waking mind, back into the room and when you are ready, open your eyes.