



# Pu'erh Tea

## A felt sense



Feel your lower limbs grow heavy and still until you can no longer distinguish between them and the earth you're sitting or lying on.

See yourself in your mind's eye, walking down towards the shoreline of a lake. See this lake, see the crystal clear waters, see the boat there waiting for you. With no destination in mind, clamber aboard this boat, allow yourself to drift slowly and effortlessly away from the shore.

You are safe and comfortable in this boat and the water surrounding you is still and peaceful, so lie yourself down on the comfy rug lining the bottom of the boat and gaze up at the clear blue sky and feel yourself settle as you drift onwards into the lake.

As you relax and breathe, allow yourself to reflect on any issues from your every day. Our nature is to try to understand the stories attached to any issues or stress we come by, our mind often demanding to understand the details.

But for now, just feel any such tension or unease as a felt sense in your body. Don't think about what has caused it or seek desperately to name it, just feel into it, focusing on the somatic and energetic quality of it within your body- where do you feel it, what does it feel like.

Focus on that felt sense and try and describe it to yourself as an image, if you could interpret it visually, what would it look like?

This is a visual representation of disconnection. It is the tension created between your natural instincts, what you know to be authentic and true, and what you override that with to help you survive and live in the modern human world.

It is blocking some truth trying to come out from within you, it is blocking the power of your intuition. Continue to feel into the resistance, engaging fully with your embodiment of this tension and how you are visually interpreting it.

Now ask yourself without filtering your thoughts- is there anything that needs to happen? How can you best liberate this blockage- should you change it, accept it, remove it? Do what feels right.

As your awareness begins to notice once more the gentle sway of the boat bobbing around on the water, smile and feel gratitude for this liberation.

Then return your focus back to your body. How does it now feel?

Our inner wisdom has been replaced with information yet all our best decisions are intuitive and we need to relearn how to trust and cultivate our intuition so as to better recognise and release these often unnamed feelings of unease.

This requires us to etch out time for reflection and action, time to pull back from daily life and give ourselves a chance to change, accept or remove things that don't feel right.

So take a moment to set the intention to add this time into your life, however you see fit.

Now gently sit up in the boat and return to the shore, carefully standing and stepping into the shallows. It is time to come back to the here and now.

When you are ready, just starting to bring your awareness back to your body, to your breath, to the hear and the now. Resting, breathing, being. Start to bring movement to your fingers and toes and when you are ready, open your eyes