



White Tea

Being true to yourself



Find yourself walking in a vast desert, the heat is striking and your limbs feel hot and heavy as you fall into a rhythmic step heading towards a little oasis now very visible in front of you.

Slow as you reach the outskirts of this beautiful fertile oasis and stop under the shadow of a tall date palm, its long leaves stripe the sand before you with shadow. As you take a well-earned drink from your water container, feel behind you the miles of sand and rocks you have travelled through to arrive here.

The burdens of the day fall away in this safe and tranquil place as you begin to get accustomed to its energy and feel.

Dusty and hot, you are excited to see the beautiful fresh turquoise water forming a pool in front of you. Tall palm trees circle the water, guardians over this wonder of nature, sitting here amongst the endless hot golden sand.

Remove your shoes and walk barefoot to the waters edge. The day is still warm so choose a spot to enter the water shaded by the palms. Walk ankle deep into the water and feel the solid sand bed beneath your feet. Wiggle your feet and toes into the sand bed and allow the exhaustion of the day to dissipate through your feet into the wet earth.

Take a moment to register the whole world is solid beneath the oceans and the icecaps, the Earth has a solid core. Feel very grounded and anchored to the earth's solidity.

Now wade deeper into the pool so the water reaches just above your knees. Feel the water splashing out of the way to let you through and then its gentle lapping around your legs, as it settles back around your knees.

Take a moment to feel it soothe your aching legs. Feel where the cool water touches you, feel its easy fluidity around you and feel that same natural flow and flexibility within your own body.

Begin to notice the delicate sensations of the almost imperceptible breeze. Take some deep breaths taking in the wonderful fragrance of the flowers and vegetation of the oasis. Maybe you can smell jasmine or another familiar scent?

Take a few moments to connect with this light wind. Intangible to the touch but tangible through its actions and behaviour. Feel it gently ruffle your hair and tickle your forearms. and know that even though you can barely feel it, it's presence helps nourish you.

Always true to itself, the wind lightly touches everything in its path with the uncompromising integrity of something that honours its true nature.

Now consider your current thoughts and beliefs. Like the wind, they are intangible to the touch but tangible through your actions and behaviour.

Are you always true to yourself? Do your behaviours and actions reflect your true nature like those of the wind? Do you touch everyone you pass with the uncompromising integrity of someone who honours themselves.

Does the wind offer any wisdom as it gently connects with you?

It is time to leave the tranquil oasis and return to the here and now. Take a deep breath, and slowly start to regain awareness of your body, starting with your feet, wiggling your toes and bringing movement upwards until you've reached the top of your head.

And when you are ready open your eyes.