



Pu'erh Tea

Redirecting your energy



Close your eyes and 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.

Allow your awareness to turn inward, and come to the very core of you, your solar plexus that houses your personal power and authority and imagine a glorious, glowing ball of light resting there.

Bestow on this ball of light great power, your personal power, it is wise and discerning, it is your guiding light, your internal fire and you feel its energy within you, empowering you.

Now, turn your awareness outwards and imagine that you are sitting outside in nature, maybe a favourite place, in front of a roaring campfire. The darkness and the cool of the night is behind you as you face the warm and intoxicating glow. The sound of the fire crackling and its vibrant light soothes and calms you and you feel completely safe and nurtured.

This fire is your companion, it mirrors the fire burning within you and it is here to guide you and help you bring a darkness into the light. Spend time settling and connecting with the fire.

Now focus on anything within you that feels disharmonious.

You may know what it is or you may not. How does it reveal itself? Do you feel wounded? Angry? Anxious? Betrayed? Take a moment to feel into how this uneasy feeling is presenting itself.

Instead of fending off this feeling, speak it out loud to the fire. Hear yourself as you say it, the more detail you can share with the fire the better.

As you verbalise it in whatever way feels good, feel it lose its power as the flames take in your words and uneasy feelings and turn them into glorious, glowing light.

Honour and acknowledge yourself, the courage it took to reach into that feeling and share it with the fire, to face it with honesty.

As you sit in gratitude gazing into this fire, once more turn your awareness inward. This external fire represents the ball of light within you and serves as a reminder that you are in control of your power. When you notice a sense of unease, you can release it by speaking it into your internal fire and allowing the darkness to become light.

When you are ready, just starting to bring your awareness back to your body, to your breath, to the here and the now. Resting, breathing, being.

Start to bring movement to your fingers and toes and when you are ready, open your eyes