



Green Tea

Cultivating life force



Close your eyes if they are open and feel free to lie down if you prefer- take a few deep breaths to resettle yourself.

As the body settles, become aware of the current sensations you notice in your physical body.

Begin by allowing the burdens of the day to weigh heavy. Without judgement, take a moment to notice how your body expresses the sensations that build up when other people, negative thoughts or the constant demands on your time has filled your day, when the day has taken a little too much from you.

Now do the same thing with your emotions: bringing your awareness to your subtle body, notice how you feel? How has the weight of the day has affected your mood?

This is what it feels like when some of your life force energy, the pure essence of your aliveness, is hijacked. Anything that doesn't nourish you, uplift you or empower you might be a cause for friction that can sap your energy.

Although it is easy to forget ourselves in our busy, often distracted lives, we actually have the power to control what we allow in, what boundaries we set, and what we allow to leak out or be taken. We can just as easily keep our energy stores topped up if we cultivate better awareness of how we choose to engage with life.

Imagine you are sitting with your hands in your lap and cupped in one palm is an energy stone.

This stone can be any size or colour and has the power to replace energy that has been drained by the burdens of life, you just need to welcome it in.

Feel it gently pulsing in your hand, full of vitality.

Take a big inhale and exhale a big sigh.

Take another big inhale and as you exhale let go of any feelings of overwhelm. You may know the cause or you may not, it doesn't matter.

Take another inhale and as you exhale let go of anything or anyone demanding too much of your attention

Take another inhale and as you exhale let go of all the tension and unease you feel in your body

Take another inhale and as you exhale let go of any emotions or thoughts that aren't serving you - be it shame, guilt, limiting beliefs or negative thought patterns

As you sit in this moment, feel your spine straighten and your body expand as all these weights are lifted away from you. Feel the freedom that comes with that.

Now raise the stone above your head and let bright golden energy pour from within it and trickle down through the top of your head and through your whole body. Feel your body filling up with this beautiful, rich, bright energy, filling the space you've created when you released anything consuming your energy.

Now focus your attention on how you feel this in your physical body.

Full to the brim with your essential life force energy, notice that you are alive. Feel this aliveness. Feel the subtle vibration of the bright golden energy from the stone coursing through your body from your head to your feet. Become aware of the warmth and tingling of every cell in your body.

We can't really explain what it is or where it comes from, this essence that animates us so completely. But it fills us with a sense of grace, the grace that comes from truly belonging to life.

This is the energy of the green tea.

Allow yourself to come back to your body and your breath. Feel the breath in your body.

Feel the ground beneath you. Begin to bring movement back into your body.

And then when you are ready open your eyes.