



Black Tea

Reigniting your power



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

Begin by acknowledging the space around you.

Feel the edge of your energy field where the influence of the outside world meets your inner being.

Take a moment to feel the weight of all the thought forms, beliefs, emotions and reactions that have passed freely over the years from the outside world into your being, as you are constantly bombarded by other people's views and societies expectations.

Now think about the inner burdens you are holding onto, experiences from your past that still define you and influence how you show up in the world.

All these things that aren't really you or no longer serve you but weigh heavy within your energy field. All these things that are stopping you being the full expression of who you truly are.

Why not now take a moment to think of a place in nature that you feel a real connection to. Maybe by a lake, in a forest, in the mountains or on a beach. A place where you were totally happy and at peace. Feel the earth beneath your feet, feel the sun high up in the sky and breathe in the air around you.

In this natural setting, take your awareness into your heart and connect to that feeling of pure joy and contentment. Breathe deeply, and with each in-breath allow that joyfulness to settle in your heart space. Gently allow your awareness to re-engage with the things that aren't really you or were once you but are no longer serving you. But do so with a compassionate gaze.

Acknowledge one of these things. It may be a belief, a lack of confidence, an emotion, a judgement that with deeper inspection you know does not really align with who you want to be. You may know what it is or you may not, it doesn't matter.

Now return to the joy you were just experiencing and imagine it as a little flame ignited in your heart centre. Watch it grow and expand, feel the heat building within your heart space. Envisage that flame gently burning away this thing that isn't really you.

Feel a new lightness as the weight you have been carrying slightly lifts, leaving a welcoming space to be filled with more of who you truly are.

Repeat this process once more. Take something that is burdening you and watch it gently burn away in the flame. Feel how as it evaporates, it leaves space to bring in more of who you truly are.

Feel the warmth and glow of this internal flame within you and experience the joy and excitement that comes from creating room to discover more and more of your true self. This is the energy of the black tea.

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.

Breath 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.