



Green Tea

Refinding your spirit



Allow your mind to start to drift. You are walking up a grassy path, a gentle climb up a hillside, the sky is clear and bright. The air feels cool and clean as you feel yourself getting higher, your body is loosening and your mind relaxing as you continue up the hill.

As you reach the top, the ground plateaus and there is a beautiful, crystal clear lake in the centre of this space. Notice your surroundings.

You know you are here to gaze into the water. Go to the lake side and take a look. The perfect clear, still water offers you a perfect reflection of your face.

The waters start to shift and change as you begin to see a vision of yourself, passing back through your life. Through your 30s, through your 20s, allow the images, the ideas, the sensations to rise and fade as your memories take you back.

Eventually the vision settles on a moment from your childhood where you really felt yourself, when you were unencumbered by life.

It may be when you were in one of your favourite places or doing an activity you loved or a particular memory you cherish.

See and feel your child self there. Who are you with? What are you doing? How does it feel to be you back then? To be in tune with yourself. Really embody that feeling.

Connect with the energy this free-spirited moment conjures up. Maybe you are reminded of the playfulness and lightness you had as a child

As you continue to gaze into the water, see your childhood face reflected back at you. Is there something you wish to say to them?

Do they have a message for you? Perhaps there are things you knew clearly as a child that you have forgotten in your adult life? Does your younger self wish to offer you some guidance?

Listen and feel and connect with their wisdom. Allow this soul connection.

And now it is time to return home. Allow the vision to fade and find yourself once more on the top of the hill. You feel clearer, softer, more enthused. Maybe there is a commitment you wish to make to your adult self as you make your way back down the path.

Know that whenever you need to bring a more lighter, truer sense of yourself, maybe a less serious approach to life, it is always there, within you.

Begin to come back to your body and your breath. Feel the breath in your body. Feel the ground beneath you.

And then when you are ready open your eyes.