



Oolong Tea

Reinterpreting emotions



Become aware of your body, notice the sensations of your body where it touches the chair or the floor. Feel the really subtle vibrations, twitches, heat sensations in your body that ARE your aliveness. Notice if your body feels heavy or light.

Bring your attention into your stomach area. If your stomach is tense or tight, let it soften. Breathe gently as you focus all your attention on this area. Feel a slight warmth grow in your lower abdomen.

Imagine the warmth spreading around your back and up to your neck and around your head and then back down to your abdomen.

Breathe and keep your attention moving the warmth in this circular movement through your body. Now give yourself permission to be with whatever is going on inside your head. FEEL your thoughts. Try and drop into the feeling of the thoughts. Don't focus on WHAT your thoughts are but on HOW you are feeling the thoughts? What are the sensations and where in your body do they appear?

This is where you can choose to reorientate your emotional landscape, choose the way you relabel these feelings.

Allow yourself to go beyond the feelings and feel your body as a whole.

Allow sacred space to open up around you. Allow your awareness to fold into this space, beyond the boundary of your physical body.

Allow a space for your wisdom.

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.