



White Tea

Releasing Tension



Picture yourself in a wooded glade. You are walking along a path, it is a beautiful warm day and the dappled sunlight streams through the canopy of trees. You can sense the forest is brimming with life. You can hear the gentle buzzing of insects, birds singing and a light breeze rustles through the leaves overhead. You can smell the rich dampness of the earth and as you walk, and occasionally catch sight of a little sun-lit clearings scattered with wild flowers.

Stop for a moment, notice the trees around you. Go over to one and touch its bark.

Look around you and spend time choosing a leaf from the forest floor that catches your eye.

Take it with you as you continue along the path.

Off in the distance you hear water. Follow the sound until you find yourself arriving at a little stream, the water running gently downwards. Find a place to sit on a mossy knoll by the edge of the stream.

Look deeply at the leaf you picked up from the forest floor, feel its energy.

It represents something that has been burdening you. Maybe a situation or a fear, it might be a particular person or a deep sinking sense that has been with you for some time. You might feel resistance to letting it go as maybe you aren't quite sure who you'll be without it. You might know the specifics of what or who it represents or you may not, it doesn't matter.

Sit for a while holding the leaf.

Allow yourself permission to feel the emotions it brings up for you, explore the sense of disharmony you feel. Where in your body does it rest, what thoughts come to mind. Know it is alright to feel these things.

Lift the leaf and hold it to your heart. Thank it for whatever lesson or guidance it was here to offer you.

As you breathe deeply, feel your awareness expand and allow the feelings you wish to let go of rise through your body into your heart and out into the leaf.

When you are ready, gently let the leaf drop into the stream and watch the water take it away.

Allow a feeling of deep gratitude to come into your body and rest there.

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. Beginning to notice how you have changed and how much lighter you feel.

And when you are ready, open your eyes.