



# Pu'erh Tea

## Releasing resistance



So begin by allowing yourself to arrive here, allowing all your thoughts and feelings to be here, now. Feel any resistance you might have, any thoughts of other things you should be doing, the inner struggle you overcame to come and give yourself this time.

Take a couple of deeper breaths and without judgement, just sit with these feelings and thoughts, observe them as though from outside of yourself.

Now allow your mind to start to drift. You are standing on a cliff top looking over the ocean. It is lightly raining but the wind is so ferocious, the rain is slightly stinging your face. You are wrapped up in a cosy waterproof that is billowing behind you, tugging you backwards. Although wild, you are totally safe as mother earth and the tea are holding you.

It is so windy you can't hear, you can barely keep your balance as you struggle to stay stationary, you are utterly taken by this moment. Nature is fully connecting to you, communicating with you. You can't think or move and for now your world is **JUST THIS MOMENT**.

Feel the joy in that.

Notice yourself realising this moment of surrender. How does it feel?

Fling out your arms and release your voice in whatever way you want- maybe you want to scream or roar or laugh out loud into the wildness. Feel the elements all around you and enjoy the feeling of being exhilaration, helpless to fight them, as nature reminds you that it is there.

Now turn around and face away from the ocean with the wind at your back. Feel the heat in your face as it is released from the biting rain. Allow yourself to move forward away from the cliff edge, almost in a run as the strength of the wind on your back pushes you forward. How light and easily you move with its help. Feel the wind gently subside as you get further from the cliff edge and allow yourself to slow down and begin to settle and steady yourself.

There is wisdom in the simplicity of this moment, how to be part of the life outside of yourself. How to struggle against the wind and feel powerless and then change direction and release all the resistance.

Allow yourself to go inward and reflect on your inner world. Where are you stuck? Where do you feel blocked? Notice any resistance. You might know what it is or you may not. Surrender to it like you did to the wind and feel it loosen. Approach it from a different perspective. It is here to reflect something important back to you. Welcome its wisdom if you can.

Allow yourself to feel the surge of life flow within you.

When you are ready, just starting to bring your awareness back to your body, to your breath, to the hear and the now. Resting, breathing, being.

And when you are ready, open your eyes