

White Tea

Significance and insignificance

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

Find yourself in a wild meadow. It may be a place familiar to you or it may not. Wander through the grass, taking in your surroundings and feel the warmth of the midday sun on your back. As you walk, notice that up ahead of you in the middle of the meadow, there is a high circular hedge. On closer inspection, notice there is an entrance to what turns out to be a labyrinth, and a wide welcoming pathway curving around out of sight.

Saunter slowly through the entrance and take your time walking around the gently curved path. It is a simple continuous path spiralling inwards, leading you to the centre. You will get there eventually but feel free to take your time, all the while enjoying the sunshine and the peace.

Eventually arrive at the centre of the labyrinth where there is a circular space covered in fresh, spongy grass. In the very centre there is a single beautiful white flower, pure and perfect. Go and sit down in front of the flower and allow yourself to arrive here.

Acknowledge your surroundings and begin to focus your attention on the flower, connect with it as a presence, as a sentient wise being. Start to allow your body to open up to this flower through your senses. Gaze at the flower, and study it. Notice its unique shape, contours, colours, texture and scent. Really feel its aliveness and presence in front of you. What sits in the liminal space between you and the flower? Is there wisdom to be shared between you?

As you feel more settled, allow your body and mind to drop any concerns you had when you arrived here. Let go of any preconceptions, to-do-lists, responsibilities, worries. Feel the timelessness of this moment, the purity and centring nature of this moment, locked in this beautiful relationship with the flower, nothing else seems significant.

As you sit in the simplicity of this moment, allow yourself to reflect inwards and become aware of the space that is left behind, now you have released your concerns. Breathe into this space, receive this space.

Acknowledge the space is not empty, but full of possibility. Feel the space within you and feel it expand beyond you, extending to embrace your companion the flower, to embrace the labyrinth. This expanding space is full of infinite possibility.

Everything held within this space is sacred, it holds that which is invisible and visible, that which is everything and nothing. Feel the limitlessness of everything existing before you and continuing to exist after you. It is all quietly held within this space. You are exactly where you are supposed to be. This is the energy of the white tea.

It is now time to return to the here and now. Allow yourself 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.