



# White Tea

## Simply Being



Allow your awareness to move through your body. Allow your focus to love your body, all it does for you, this beautiful body that allows you to see and feel, touch and taste, hear, to be in the world.

Today is a practice of being, simply sitting with yourself in the present moment. So I'd like you to imagine you are sat in a warm space, all around you is the lovely bright colour of sunlight but there is nothing else, nothing externally to distract you, there is just you, sitting in this bright space.

In your minds eye, imagine a ruby red stone and focus on it as best you can. Use your breath to stay present and if you find your mind wandering, gently bring your attention back to your breath and then back to the stone.

As you sit with your stone, allow your body to connect with its beautiful healing energy and give it permission to shift and gently disperse whatever you no longer need. Perhaps you will know what it is, perhaps you won't. None of that matters.

Imagine the stone is now a vibrant orange, it has changed colour. Hold it in your minds eye. Again use your breath to stay present and if you find your mind wandering, gently bring your attention back to your breath and then back to the stone.

Allow its beautiful healing energy to permeate your body, washing away any stuck-ness. There is nothing you need to do. Nothing for you to seek out. It is all here within you. In this moment. So just breathe and let go... and bring your focus back to the stone.

Again the stone changes colour. Imagine it is now a bright yellow stone. As you connect with its beautiful energy allow it to release any feelings of being trapped. Feel how hard it is to just be here. Feel the tension as your mind tried to get you to engage with it. Allow the soothing yellow energy release any tension.

The stone now changes to emerald green and as your body imbues its protective and loving energy, start to feel the space that exists within you when you release your thoughts and emotions. Use your breath to be here and bring your focus back to the stone. Sit in this feeling of deep presence. This is the way in. Sitting comfortably in the space.

The stone is now a brilliant turquoise colour, focus on it and feel its magical energy expand the spaciousness within you. Sit in this nothingness and completeness. Feel the softness. No thoughts. No emotions. Beyond it all is just the space within you. You are just focusing on the stone in your mind's eye.

Imagine the stone changing colour once more to a deep blue and as you connect to its healing and supportive energy, feel it light up the spaciousness within you. Feel the warmth of this light fill your body and sit in this stillness, focusing on the stone in your minds eye.

And the stone now changes colour for the last time. Imagine it now as a beautiful purple. Its energy pervading your whole being. Allow your awareness to rest in the whole of your body.

Offer thanks to the rainbow stone and to yourself for putting aside this time

Take a deep breath, and slowly start to regain awareness of your body, starting with your feet, wiggling your toes and bringing movement upwards until you've reached the top of your head.

And when you are ready open your eyes.