



# Black Tea Timelessness



Imagine a doorway. Allow yourself to move easily through this doorway and come out by a small rocky outcrop, there is a gentle breeze and you find yourself part way up a grassy hillside. It may be a place familiar to you or it may not.

Wander around the outcrop and feel the heat of the midday sun through the light gusts of wind.

Allow yourself to arrive here, run your hand over the exposed rock of the outcrop. Feel the comforting warmth of the rock and its solidness. Notice the many layers you can see running through the rock. Allow yourself to feel the history of this place, the lifespan of this rock as it begun to be formed millions of years ago.

Keeping your hand on the rock, turn and view the valley below you. You may see fields of crops growing or open meadows, or areas of trees. You might see a river. You might see cars travelling along the roads that weave their way through the landscape in front of you. Maybe there are cows or sheep grazing. You might see a town in the distance.

Spend time appreciating all that you see.

Now imagine you are fortunate enough to find yourself standing in this exact same spot but many thousands of years in the past.

The outcrop of rock is still there, exactly the same, unchanged.

Feel the timelessness of this moment as you stay touching this ancient rock outcrop, locked in a beautiful connection with it across time, nothing significant is different in this moment as you again run your hand over the exposed layers of rock.

Now again turn to face the valley below you. How different does it look? There are no cows or sheep grazing as the valley is still wild. There are no cars or roads. Maybe it is all forest. Maybe it looks like wilderness to you. Maybe you see the same river still quietly meandering through the landscape, or maybe now it is a much bigger river. Maybe you see animals you do not recognise. Maybe you see smoke from fires lit by the people living on the land.

Again spend time appreciating all that you see.

Really feel the limitlessness of everything existing before you and continuing to exist after you, as it quietly holds this same space. Really feel how we can connect so easily to the timelessness of everything through the natural world and its ever-changing rhythms.

Stand quietly in the liminal space between you and the past, present and future? Is there wisdom to be taken from this moment? Receive what you need from the space.

It is time to return to the here and now. Thank the rock for its guidance and once more see the doorway. Know that as you pass back through it, it will take you back to the here and the now. Be aware of the reconnection with your body-mind. Start to allow a little movement.

Breath a little stronger, a little deeper. Use these stronger breaths to bring your awareness back into your waking mind, back into the room and when you are ready, open your eyes.