



# Black Tea

## What do you desire



Begin with the breath.

As you focus on your calm and easy inhales and exhales, call in all the parts of yourself. With each breath, call back your thoughts and feelings, connect back into your body, invite your spirit, your ego, your soul to all come back together and call all your awareness to this particular space and time.

This is you. This is who you truly are.

What you experience in your life on the outside, is a reflection of what you've created on the inside. So to begin anew and find a truer path, begin by letting go of all that is currently filling that space inside you.

Notice which paths you are following unconsciously, which ones are made by your own wise choices and which are laid out by other people telling you how to live your life and how to define its success.

Take a moment to let go of the stories of who you are and how life should be for you.

Take a moment to let go of the expectations you have for yourself or feel others have for you.

Take a moment to let go of the identities you are defined by, the responsibilities you have loaded onto yourself.

Now imagine what it would feel like with no path already forged for you to follow. You're inner landscape is clean, pristine, it has no signposts. What direction would you take if there was no path? If you were to create your own path.

Take a moment to breathe and ask 'what do I really want?' Listen carefully to what answer comes back to you from within. Listen to your body, listen to your breath. What is your deepest longing, the one that lies deep within your heart?

Trust your instincts and knowledge and experience, feel into what makes your heart sing, what makes you smile? Feel into what creates a surge of energy that animates every cell in your body as this is what infuses your life with meaning, purpose, value.

What is it that you most deeply want and need? What does it feel like? What are the thoughts surrounding it? Feel into the sensation of this desire for this is what your soul longs for.

Dig a little deeper, take a moment to ask yourself once more 'what do I really want?' Become aware of your powerful inner voice that speaks your joy, your sense of hope. Let your entire being feel this purpose.

Now think of a recent time you were easily swayed, or allowed yourself to be led onto a path someone else had created for you. Does that path align with your own true purpose? Do not think critically, just accept it and be grateful it has shown itself and allow your inner wisdom to guide you gently back onto your true path.

Picture yourself on this new path, a path of purpose and authenticity. Is there something different about you? Something noticeably different? The colour you are wearing or the way you move? Allow yourself to sit with yourself as this person. Decide how to best follow your own path. You are the creator of your life. Every single day. Live here, in this moment, free to choose

It is time to return to the here and now. Be aware of the reconnection with your body-mind. Start to allow a little movement. Breathe 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.