



Oolong Tea

Wonder in the everyday



Imagine that you are outdoors in the countryside. It is dusk. There is still light but the sun has set below the horizon.

It is a pleasant temperature, comfortable, and you are somewhere that feels safe, calm and serene. In the distance you might see some trees, or mountains or just wide open space and there is grass all around you. Feel yourself relaxing and enjoying this solitude.

The sky is now a deep indigo colour and at the horizon, a dusky pinky grey as the light continues to fade. It is becoming darker and darker as each moment passes. What can you hear? Maybe the gentle breeze through the grass or some distant bird song?

Lie down on your back in the grass and gaze up at the night sky above. The sky is so vast, it fills your vision. You begin to see the first stars appear and as your eyes adjust, more and more reveal themselves. Some in constellations you recognise, some just random twinkly patterns in the sky.

Relax and wonder at the enormity and majesty of the starry sky above you.

Imagine the earth as it sits in amongst the stars, its place within the huge universe. Breathe in the vastness, the endless space out there and feel the waves of emotion washing over you as you try to comprehend the magnitude of the space that surrounds you and your life.

Imagine you are a star looking down at yourself from the night sky, a little dot lying on the grass. It is so easy for us to forget that we are living in such a seemingly infinite universe. We unconsciously go about our daily business totally oblivious to this remarkable reality.

But we can bring this miraculous feeling into our everyday life

Feel your gaze turn inwards and remember a lovely ordinary interaction that happened to you today.

It might have been with someone you love? Or an animal or bird or a beautiful tree you came across? What emotions did you feel? Were you surprised? Delighted? Content? Did the interaction make you laugh? Touch your heart?

Feel the gratitude for everything that made up this moment and for the unexpected wonder that existed in this moment

The more you recognize the magic that exists within the mundane, the more life-affirming each day can be. Every moment can hold such wonder, if we only choose to look for it

When you are ready you can slowly return to the present. Begin 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.