



Green Tea

Your innate joy



Feel your body begin to relax. Feel a wave of relaxation start at the top of your head and move all the way down through your body and out through the balls of your feet. Feel this rooting your body to the earth and notice the beautiful energy you receive back from the earth.

Feel the rhythm of your breath, feel how the body seemingly breathes itself. Notice the rise and fall of your chest with the continual movement of breath. Soften into a deep feeling of gratitude for your body and your breath.

Feel the rhythm of your heartbeat. Sense your heart opening to the miracle that is your body and all the amazing ways in which it allows you to connect with the world. Feel how the body brings that connection with the world back into your heart.

Think of something that costs nothing but brings you a sense of joy. Maybe it is watching a bee collect nectar or feeling the warm sunlight on your skin. Maybe it is being in the ocean or running with the wind at your back. Is it the feel of your body moving as you dance? Is it a beautiful piece of music that reminds you of something wonderful?

Locate that joy in your body. How and where do you feel it? How do you recognise it? Do you feel more connected, a stronger sense of well-being or peace? Perhaps it is a warm feeling in your heart or a glow in your belly.

Welcome and allow the feeling of joy to grow and spread throughout your body. This ability to feel joy is innate, it comes from a deep place within you, always there just waiting to be experienced. It helps guide your decisions, cement your values and your sense of meaning.

But often we get stuck in patterns of negative emotions, feelings of conflict, a separation from ourselves and this will quickly overshadow your ability to feel your innate joy.

Rest in this centred place and give yourself permission to allow any stressful thoughts or worries, preoccupations or conflicting emotions to rise up. You might know what they are or you might not. Feel how these thoughts, emotions, or situations affects your body. How and where do you feel them? How do you recognise them? Do you feel tension? Feel the sensations rise up through your body and fade away

Now, again experience the feeling of joy. It might help to think of a person, or animal, or place that makes you happy and reconnect and welcome the sensations of joy as they grow and spread throughout your body once more.

Then again let yourself open up to any stressful sensations or thoughts and revisit where they sit in your body. Then allow yourself to feel both at the same time, letting joy spread throughout your body even as you also still acknowledge any stress or worry.

When it feels right, relinquish the negative sensations and allow them to rise up through your body and fade away and just feel joy radiating throughout your body. Rest here for as long as you feel comfortable. This is your authentic self. This is who you are. So much of what we do goes against our true nature but at your core, beneath all of life's pressures...this is you.

Spend a few moments with this you, feel into this person and feel your authenticity, deep within. For this moment, just be... This you is always with you. Be grateful for the courage you have shown to look, to see what is truly inside yourself

Allow yourself to come back to your body and your breath. Feel the breath in your body. Feel the ground beneath you. Begin to bring movement back into your body.

And then when you are ready open your eyes.