



# Green Tea

## Lighten your load



Allow yourself to first take your focus to your physical body. Really feel gratitude towards this amazing body, all that it does for you, this beautiful body that allows you to see and hear, touch and taste, feel, allows you to be in the world.

Now begin to deepen that connection and begin to shift your focus to your inner being, your energy body, the amazing entity that is you.

Allow yourself to wonder anew at your being. You are here, now, in this exact moment in history- is that not miraculous. Imagine your energy body is made of radiant light and see it gently floating up, separating from your physical body, resting just above it.

This energy body is made up of energy pathways that allow the flow of life force energy to circulate throughout your being. Give these pathways permission to open. Each pathway has memory and carries stories from your life so far. Allow these pathways to gently open. feel the sensations of the opening, and any blockages or stresses that are created by stories that no longer serve you, allow them to gently float up out of your being and away like radiant bubbles of light.

Notice how you soften as you allow this opening. Notice how your mind calms. Notice how you feel more centred and anchored.

Give the pathways of your energy body permission to open more deeply, more completely. Allow them to clear any stories of anger, frustration, stuck-ness from your being, like bubbles of light drifting up and away.

Sometimes we are too close to the things that hold us back to be able to see the truth.

So allow your energy body to float higher and look down on your physical body below. Allow yourself to be aware of where your life path is currently taking you. Do you feel stuck or angry or frustrated by the direction of the path you are on. Be aware that this is the flow of energy you are creating. Do not be afraid of what you see, this is only possibility right now.

Allow your energy body to offer you guidance. It might reveal to you what actions need to be taken. Allow a space for its wisdom.

Allow your radiant energy body to slowly start to drop back down, eventually rejoining your physical body. Notice soul coming into body. Feel it merge and feel yourself become whole once more.

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.