



Oolong Tea

Embodying Stillness



Close your eyes if they are open and feel free to lie down if you prefer- take a few deep breaths to resettle yourself.

Feel the rhythm and scope of your breath. Notice the expansion and contraction, the parts of the body that make breathing possible. Notice how your body straightens with the in-breath and releases with the out-breath.

Feel how each inhale pulls your awareness down into your core.

Now consider the air around you. Feel the movement of the air in and around your body as you breathe in and out.

Notice with the beautiful cycle of your breath, how that air flows between your inner world and your outer world and then from your outer world into your inner world.

In this flow between your inner and outer worlds, feel your place in this moment. Feel the solidity of your body in this space. Feel the relationship between the inner and outer, feel them as one.

Imagine you are standing on a mountainside. You are high up and everywhere you look is covered in snow. You are wrapped up warm and looking up at the pearlescent sky as the winter sun struggles to break through.

A cold gentle breeze caresses your face and it begins to snow.

Observe the stillness of the air as the snow silently passes through it.

Connect with that silence as it continues to snow.

Using your breath, bring the quietness inward. Allow it to rest peacefully within you. With every in-breath feel the body receive this stillness.

Within this stillness, there is wisdom within you. Enjoy this experience of solitude and inner silence as the quiet of the snow shows itself to you.

This is the energy of the oolong tea.

When you are ready begin to move from the stillness and rejoin the outer world. Begin to come back to the present moment through 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.