

# BEGINNING MINDFULNESS TEA RITUAL

\*Make space for tea in your life – AM or PM – tie it into a morning/evening routine\*

1. Wait in silence – Take a few deep breaths and even close your eyes while your tea steeps or cools down.
2. Breathe in the aromatic scent of the dried tea leaves or a cup of tea before your first sip.
3. Slowly take a sip and notice the warmth of the liquid, touching your lips and tongue as it enters your mouth. Feel it flowing down your throat and into your stomach. Close your eyes, and be mindful of the warmth that is going through your body.
4. Slow down to enjoy and allow the tea to take on a much deeper quality - spark the spiritual nourishment.
5. **Pay attention to two things** – The flavor of the tea and its history. Imagine the tea bushes that were plucked and the intentions that went into this moment you are having for yourself.
6. Give Thanks – **Download I Have A Say Gratitude Journal Pages**

## RITUAL SUPPLEMENTS

- Burn incense or light a candle
- Adult coloring/Mandala
- Black tea bath