



## A Guide to Tea Rituals by teaBH

During turbulent times, life can get hectic. This makes it all the more important to practice mindfulness to take a break from the stresses of everyday life and learn to connect more with your inner joy.

### Beginning Your Ritual

Before you begin, ask yourself these questions and note them in your journal to guide your meditation:

- What has been on my mind lately?
- How has my body been feeling?
- What is my heart telling me right now?
- When was the last time I connected with my soul?

With these topics in mind, pinpoint an emotion you're feeling. You might be feeling upset, tense, low on energy, upbeat, loving, or a combination of emotions. Now that you are aware of your mental, physical, and spiritual state, choose the tea blend that's best for you.

### Your First Sip

Slowly lift the cup up to your lips and feel the warmth of the cup. Taste the layers of ingredients in the tea, savoring each sip. After you take your first sip, recite a gatha, also known as a mindfulness verse. This mind-to-body connection allows you to fully reap the benefits of the tea.

This cup of tea presents to me a life of health. My mind is alert and my body is receptive. During this time, I will have an open, relaxed body, mind, and heart.

### Materials

- Your favorite tea blend
- 15-30 minutes out of your day
- A comfortable sitting spot
- Journal
- Music (optional)

### Brewing Your Tea

This is where the fun begins. Boil your water and pour it into your favorite cup. We recommend using the same cup each time to establish the connection between the physical object and building habits.

Settle into a comfortable position and set the tea bag into the water. Take a few breaths in to ground yourself. Smell the aroma of the tea and be mindful of the different notes of the blend. Is it fruity? Earthy? Sweet? Let your mind come to a full rest.

### Finishing Remarks

Being mindful is to be aware of and controlling your experience, so take your time finishing your cup of tea. When you finish your cup, express your gratefulness and record in your journal your daily process. This will help you keep track of your progress. You're now ready to take on the rest of your day, or get ready for the next knowing that tomorrow, your ritual will begin again.

**To be healthy is to be wealthy.**

Sincerely,  
teaBH

