

Creating a Tea Ritual



Herbal teas are not only medicinal but highly enjoyable. Some countries make tea time a special ritual with deliberate movements, gestures, and people.

Even if you are not from a culture that has a full ritual for tea, you can create one that can serve you well. Taking time to be intentional while making a cup of tea can help de-stress and add moments of peace to your life. When you shift focus from noisy commotion to a positive alternative focus the perspective shift benefits our...

Concentrate on being present when preparing your tea.

- ♣ Create a space
- ♣ Choose a cup and/or tea set that brings you joy
- ♣ Set the mood you want to have
- ♣ Choose a tea that supports that mood
- ♣ Infuse your boiling water with the herb/s
- ♣ After covering you can watch it if you have a transparent vessel/saucer & watch the color changing.
- ♣ Seep into the process as the tea is seeping (10-15 min)
- ♣ Smell the aroma, feel the warmth, use as many senses as you can
- ♣ Taste the herb to get to know it, add a sweetener if wanted
- ♣ Think about the people that made it possible & send a blessing or prayer for them
- ♣ Be in the moment

Yogi Tea and Traditional Medicinal brands have great options for herbal tea that is already in a bag. You can visit your local health food store for loose herbs or pick it from your garden. The relaxation process can begin during the onset of purchasing your tea, appreciate the anticipation of it's enjoyment. Create your own ritual and incorporate the enjoyment with doing anything sacred; reading, praying, being.

Relish your teatime and the delight that it brings. No matter how busy the schedule, make time for you.

Below are a few herbs that are great tea options, they can easily be purchased or grown at home:

Stress, smell to calm and reassure, migraines in menopause, headache, muscle spasms, mild sedative for exhaustion, insomnia, brain fog, stammering due to nerves

Lavender

Soothing to heart, calms nerves and nervous conditions (headache, irritation), childhood fevers, colic, insomnia, promotes menstrual bleeding, soothes upset stomach, cold and flus, good for children

Catnip

Stress, relax nerves, heart palpitations, head and eye pain, insomnia, tension, general anxiety disorder, sleep disturbances due to nervousness, interrupted sleep, restlessness

Passionflower

Preparation examples

- Traditional Medicinals – Cup of Calm, Lavender Mint; Organic Chamomile with Lavender or Nighty Night
- Yogi – Honey Lavender Stress Relief; Kava Stress Relief

