

Morning Tea

A simple tea ritual that will prepare you to face a new day full of bright energy and hope.

- Mug
- Water
- Your favorite tea



1. Put the kettle on.
2. Turn off all phones and alarms, find a comfortable chair.
3. While you wait for the water to boil, take a deep breath and release the air with a sound.
4. Place your hands on your lap and empty your mind.
5. Once the water is boiling, add a tea bag to your mug, pour over the hot water and stir briefly.
6. Let it sit for 3 minutes. Close your eyes and say:
"Today, I feel free. I am love, I am peace. I am faith. I trust myself.
Today, I love and accept myself as I am. Full of light, kindness and health. My tea flows like a river in me. Today, I feel free."
7. Sip your tea with a mindful attitude. Focus on the taste, the temperature, the aroma, and keep observing your breathing and what thoughts come to your mind.
Let them go.
8. Once you're done, give thanks for the tea, and for the day that begins.