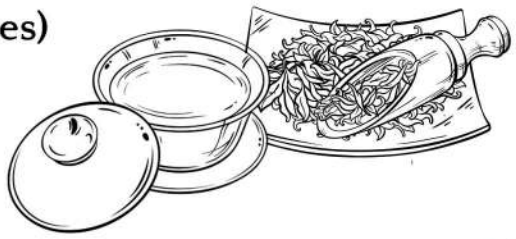
Pu Erh Tea Spell

Pu-erh is a variety of fermented tea traditionally produced in Yunnan Province, China. This tea can help you start your day with a boost of energy and a thriving attitude.

- **Pu erh tea**
  (1 tea bag or 1 tbsp loose leaves)
- **1 orange candle**
- **Tea cup**
- **Water**



1. Light the candle on your altar and heat the water.

2. Turn off your phone or disable notifications. Breathe deeply and relax.

3. Add the pu erh tea to your cup, then add water.

4. While you wait for the tea to steep, sit comfortably.

5. Take a deep breath and empty your mind. Your attitude is what can turn a mediocre day into a great day.

6. Take a sip of your tea. Feel how your body is filled with energy and activated with every sip of your magic potion. It is stimulating your brain and nervous system. Feel how this vital energy flows through every cell in your body.

7. Say good morning to everything that is about to happen. Say:

"Today I know what happiness is".

8. Feel the renewing energy. Warm tea flows through you making you look radiant and cheerful.

Gain strength and when you finish your tea, start this great new day.