

# Quick and Easy Tea Blessing

Add this Quick and Easy Tea Blessing to your morning tea ritual to turn a normal beverage into a potion for good luck, health and joy!

- Your favorite mug
- Your favorite tea blend
- A teaspoon



1. Brew a mug of your favorite tea
2. Stir as you recite the following blessing:  
*"Three to the left to remember the past,  
Three to the right to make blessings last.  
Up, down, and up again-  
For good luck, health, and joy I cast!"*
3. Calmly sip your potion and have a blessed day!