

MINDFUL *Bliss*

Tea Mindfulness Practice

Tea can become a beautiful meditation practice and daily mindful life experience. This beautiful practice can be for you alone or you can share this with someone else, Do your best to allow your heart to be open and this moment to be enough.

Allow the entire tea preparation, steeping, and drinking to be a silent mindful practice. If you choose to share this with another person, make eye contact before beginning and give a nod of awareness to each other (think of saying "I see you and thank you for being with me").

This practice can take 10-minutes to one hour.

ENJOY!

STEP ONE - Presence with Preparation

Be present with:
Boiling the water
Choosing your tea
Making the tea in your cup

STEP TWO - Settle and Notice

Become settled in your seat with your tea set in front of you.
Notice your breath and simply sit
Notice your tea - aroma, colour, what is took to create this tea, etc.

STEP THREE - Give Thanks and Enjoy Your Tea

Give thanks for this time and this tea
Pick up your tea with the fullness of mind and take a mindful sip
Place the tea back down and savour this sip (savour this moment)
REPEAT until the tea is finished