

## Mindful Cup of Tea

**This simple mindful practice can be practiced at home at any time.**

Choose a favourite cup, or one that looks and feels pleasing. Don't rush. This is about being present in the moment.

Fill the kettle and reflect on where the water has come from. Think about the reservoir where it has been stored. Imagine the rain that fell to fill the river that fed the dam. See the image in your mind.

Select your tea; find a fragrant one if possible. Gently smell it. Reflect on the tea leaves, growing in the field, being tended too, sun, rain, wind on them. Unfurling as they grow. Being picked and dried. Think about the hands that tended to them.

When you are ready, and the water is boiled, pour the water onto the leaves and allow to steep (about four minutes for a good brew).

Smell the tea.

Find a quiet spot, outside is good if possible, and sit quietly holding the tea. Smell it again.

When you are ready take a sip and taste the tea.

Reflect internally, what are you aware of inside your body.

Take your time with this cuppa. Enjoy it.

Ask yourself:

How is the tea?

What is this experience like?

How is your body feeling?

Are you regulated?

