

Tea + Candle Relaxation Ritual

Steep + Sip + Light + Relax



Step 1: Prepare Your Space & Your Tea

Put the kettle on and as the water heats

- **Hold** the tea between your hands and bring your awareness to the present moment
- **Place** the candle in a pleasing place close to you along with anything else you might like to add such as a favorite crystal, comfort item, or other inspiration symbol
- **Prepare** your tea, pouring the water over your tea leaves with intention
- As the tea infuses, take a moment to breathe deeply
- **Feel** the warmth in your hands, watch the tea's color deepen, the steam rising from the cup
- **Pause** and enjoy inhaling deeply the teas aroma, feel the steam near your face and repeat until the tea is a comfortable temperature for you to begin

Step 2: Take the First Sip

Gently sip the tea, feeling the warmth spread through your body

- With each sip, connect with the present moment—feel the tea, taste the herbs
- As the tea moves through your body, let it settle any tension
- **Pause** and reflect for 1 minute
- Take another sip of your tea, consider the plants that form the ingredients
- **Visualize** the bees that polinated the flowers that garnish our tea and the bees that produced the wax to make the beeswax candle
- Let the imagined sound of the buzzing bees softly drone out any negativity you may be holding

Step 3: Focus on Your Breath

Take another sip of tea...

- **Close** your eyes and swallow then breathe in deeply, slowly, through your nose
- **Hold** for a brief moment
- **Exhale** gently through your mouth
- With each breath, allow your body to relax even further
- Sip as desired



Step 4: Visualization

Light your candle...

- Gently light a candle, allowing its warm glow to illuminate your space. Let the flickering flame bring your attention to the present moment
- **Focus** on the flame: As you gaze at the flame, let your thoughts quiet down. Watch how the flame dances, flickers, and steadies—just like the ebb and flow of your own thoughts
- **Set** your intention: As the candle's light grows steady, take a deep breath and set a quiet intention for this meditation. Whether it's peace, clarity, or gratitude, let the candle symbolize the warmth and light you invite into your life during this practice
- **Close** your eyes: After a few moments of focusing on the candle, close your eyes and imagine the flame still glowing within your mind's eye. Carry this light with you throughout your meditation journey
- **Reflect** on the light: As your meditation continues, periodically return to the image of the candle's glow. Let it serve as a reminder of your intention and the peaceful space you've created within

Step 5: Pause and wander

- Let go of distractions—this moment is for you
- **Pour** more tea if you need
- Let your mind wander
- **Inhale** deeply for a count of 6, exhale for a count of 4
- Take as long as you need to enjoy your relaxation

Step 6: Close the Ritual

Finish your tea slowly

- **Give** yourself time to integrate the stillness
- When you're ready, open your eyes and take a few moments to reflect
- **Take** a deep breath in, and when you're ready, return to your day

