

A Tea Ritual

“Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves – slowly, evenly, without rushing toward the future. Live the actual moment. Only the moment is life.”

Thich Nhat Hanh

My cuppa time is a real ritual for me, it is something I cherish and look forward to. From filling the pot with water and heating, to adding the tea leaves, pouring, letting it steep, the aroma, and then the first sip! Ahh..... you are in the complete moment, no past and no future, just this moment of sipping my tea.

A ritual is often associated with religion. A ritual simply gives us the sense of routine, to encourage us to stay dedicated, focused, grounded and balanced. This is something that we often crave in our busy lives.

These moments remind me of a yoga practice, coming in and out of your poses slowly and reverently, taking your time to explore without rushing, finding balance in your breath, in your movement, and in your eventual stillness. Just being in the moment of appreciation, and gratitude.

Next time you have a cuppa, take a moment to pause and find a little stillness in your busy day, take a moment to fully appreciate all you have. Enjoy!!!

