

ATTIC Teas

NOURISH ✦ SOOTHE ✦ EXCITE



White Tea Spirit



**My purpose is to connect
you with the heavens.**





**I help you to reach for the
stars and to bring your
spiritual potential into
being.**





**Use me if you are
struggling to embody
your spiritual ideals or
if you find that peace
escapes you.**





**Think of me as a hotline to
divinity.**





**I expand the crown, open
the third eye and allow chi
to flow with ease through
the throat chakra.**





**In shamanic practice I can
be used to journey through
the upper worlds.**





**If used before meditation, I
will aid you to achieve your
deepest space of
connection.**





**I can be used at times of
desperation, when fear
consumes you or you feel
cut off from love.**





**I assist you to mend your
broken heart at times of
loss, to travel the road to
acceptance when you are
grieving and to find joy
when you have forgotten
the beauty of the world.**



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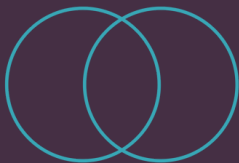


Oolong Tea Spirit



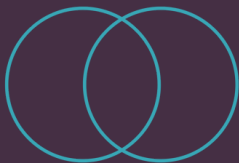
**I am of service when you
are unravelling or fear you
might be. Ultimately I bring
balance.**

**I help you to find the
midpoint in your
experience and birth new
equilibrium.**





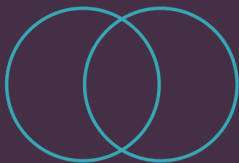
**Use me at times of
stagnancy to help you to
open the door to change
but perhaps I am my most
potent when change is
arising within you and you
are feeling unable to cope.**





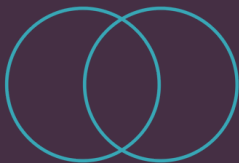
**I am excellent if you are
trying to vanquish old
coping strategies or rewrite
your patterns of behaviour
especially those in response
to stress and strain.**

**I can be used to free
yourself from the
conditioning of the past.**



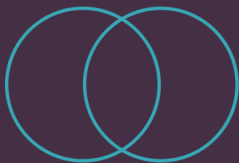


**I can assist you to undo the
legacy of your family
experience and the
inheritance that came from
your ancestors.**



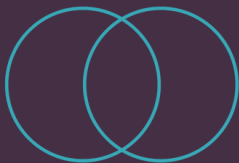


**I can help you to draw from
your ancestral line the
legacy which is of most
benefit and release that
which contributes to your
suffering.**



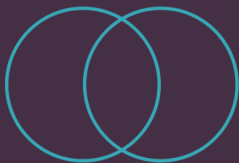


**Call to me when you are
ready to deepen your
relationship with your body
and to learn from its deeper
wisdoms.**



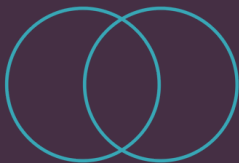


**I can help you to balance
the yin/yang polarity
within you; supporting you
in healing your relationship
with your own gender and
your feelings towards the
other.**





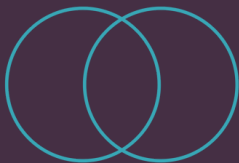
**I will lead your awareness
into your true centre so
that you can find your own
unique expression of who
you are.**





**Use me when your nerves
are frayed and you feel lost
and I will help you to find
clear sailing once more.**

**I lighten the load and ease
your journey, helping you
to find true and lasting self
acceptance.**



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Green
Tea Spirit



**I stabilise your soul in your
physical form. I am
resonant with the divine
mother who births your
spiritual awareness. I am
part protectress and part
mistress. I insist upon your
growth while holding you
safely in my heart.**





**I will release from your
energy field the energies of
your resistance.**

**I am no friend to the ego
and I will challenge it at
every turn.**





**I broaden your horizons by
making you see what is
possible for you to
accomplish in your lifetime.**

**I will take you through
your fear so that you may
move forward with what
best serves your family and
friends.**





**Some find me comforting
but most find me
invigorating.**

**If I frighten you, then know
for sure that great change
is coming and you can
choose to invite it in or
fight with it.**





I empower you to truly live.

**I am the path to radical
acceptance.**

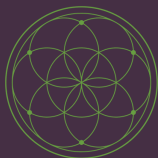




I purify the heart.

**I can bring forgiveness and
release from the past.**

**I am a great supporter if
you feel ashamed of your
past actions.**





**I support all those who
mother. I help you to find
the strength of the mother
without martyrdom or
victimhood.**

**In this action, I am deeply
and profoundly calming. I
aid you in coming to the
awareness that you are
perfect for the role life asks
of you.**





**Use me when you are
grasping after certainties
or find that you are seeking
to know everything that
may arise for you.**

**Use me if you find that you
are having the experience
of overwhelm.**





**My reputation as a bringer
of health arises from the
role I can play in
supporting you to embody
your true divinity.**

**Turn to me when you are
ready to soar.**



ATTIC Teas

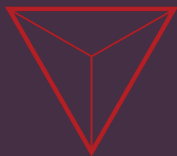
NOURISH ✦ SOOTHE ✦ EXCITE



Black
Tea Spirit



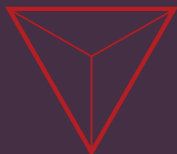
**I will connect you with all
the stories of your being.
Through me you will be
able to dance with your
shadow and reclaim its
wisdom. I am excellent if
there are parts of your
being that you have pushed
aside and are now ready to
release and utilise.**





**Work with me if you are
ready to hear the voices of
your ancestors as they are
written in your body.**

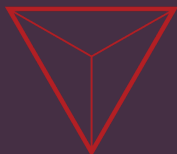
**Work with me if you are
ready to know of your
place within all creation.**





**Work with me if you are
ready to listen to the
wisdom of the plants and
animals and trees.**

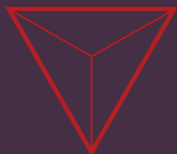
**Work with me if you wish
to reclaim the traditions of
the old ways and the
memories of societies no
longer thriving.**





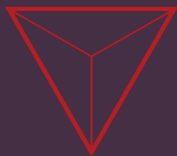
I am fate's patterns and life experiences. I can show you how your life came to be and how you were woven from the stars.

I push open the heart, shift the third eye and support the body so that you might encompass all you are capable of experiencing.





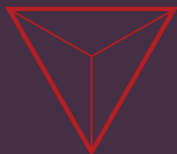
**Taken during stable times
in your life, I will empower
your growth, heighten your
senses and intensify your
awareness so that you can
see clearly and hear your
soul's voice.**





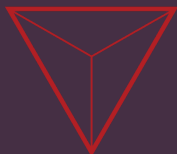
Taken during times of great upheaval and worry, I will offer you strength so that you are able to handle what is arising for you.

Use me with intention and reverence and I will elevate you beyond your anxieties and worries into a whole new way of being.



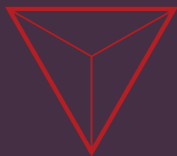


**I am of great assistance to
those involved in deep
spiritual practices and for
those who give voice to the
wisdoms of the earth and
the skies.**





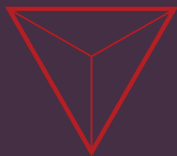
**I can help you to become
more adept at your soul's
work, helping you to access
abilities from your soul's
previous incarnations and
support you to activate
latent talents and skills.**





**Use me when you need to
achieve something
significant.**

**Call on my power and I will
be there beside you,
demanding that you rise to
the challenge.**



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Pu'erh
Tea Spirit



**I put fire in your belly and a
song in your throat. I call
from deep within you your
creative purpose.**





**I will help you to find that
part of you that holds the
key to the unique
contribution to life that
you were born to make.**





**I clear all that is stagnant
from your awareness.**

**I release old habits, tired
beliefs and childhood
programming so that you
can be a clear expression of
all that you are.**





**I am excellent when used to
harness your true capacity
to create so can be used to
birth new projects,
establish dreams or ground
your wildest fantasies.**

**I can help you to see what
is possible and how to
launch it in the earth plane.**





**I can facilitate the
awakening of your ability
to manifest all that you
need to ensure your soul
purpose can be experienced
within this lifetime.**

**Thus I am a bringer of
abundance and personal
longevity.**





**If you are holding on to the
past or are clinging to parts
of yourself that are best
released, I can help you to
let go and realign with your
own best self.**

**I leave no stone unturned,
no corner unvisited and no
part of you out in the cold.**





**I can be useful if you are
ready to meet your shadow
and are looking for support
as you reflect upon the
developmental work ahead.**





I will help you to create the life that fulfils you and to shape the road ahead so that you might journey easily wherever the road leads you.

I am supportive of those who are struggling and feel lost, aiding them to find themselves once more.





**Choose me if you fall prey
to the impulses of the ego
and to minds of self
criticism or neglect.**

**I can help you to have faith
in yourself and to trust life
once more.**



ATTIC Teas

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All The Tea In China
Tea Spirit



**I am a calming gentle
influence. The promise of
stability to come.**

**I help you to integrate life's
experiences and to find
your equilibrium whatever
is arising for you.**





I am your friend when you
are travelling through
choppy karmic waters as I
will help you to see the
lessons and to learn them
quickly so that you do not
suffer.





**I can aid you to accept your
emotional experience
without fighting so that
you make peace with pain
and are able to allow its
movement through your
being without judgement.**





I am excellent taken at the end of conscious healing work or after a particularly turbulent meditation session or night's sleep. I can help to smooth out the edges and help you to feel whole again. I can also be used at the end of a long and challenging day to similar effect.





**I am beneficial for those
who struggle to maintain
their boundaries or
definition when challenged
and should be taken daily
until greater confidence
arises.**





**I am cleansing in effect but
this is a gentler action than
that of my parts. Each tea
working together creates a
more balanced impact.**





**I am perfectly balanced –
earth, fire, water, air, metal
and spirit and as such, I can
bring your own elements
into balance too. Turn to
me if you know yourself to
be deficient in an element
or if you have one in
excess.**





**I am the tea to turn to
when the situation you find
yourself in is impossible
and yet cannot be changed.**





**I will help you to navigate
the storm and sustain you
as you do.**

**Look to me when you are
lonely or afraid and I will
help you to feel life's
benevolence once more.**

