



Tea Ceremony



What is an ATTIC Tea Ceremony? A Tea Ceremony is a group space created to offer a comfortable, accessible and sacred environment for sharing guided experiences. Tea circles obviously always have tea drinking at their heart and by acknowledging the more contemplative and centring effects of the tea, they can give us space to breathe and better reflect on our inner thoughts. Whether friends, fellow thinkers or in a class, retreat or workshop setting, it is a wonderful way to create the 'container' in which to enjoy group work and the power that comes from it.

Here is how to run a Tea Ceremony:

1. Creating a sacred space

This may be laying out meaningful objects or burning cleansing herbs (like sage or palo santo). It may include candles, salt lamps, incense or crystals. It is creating a quiet environment that you feel protected and centred in. You might wish to place a crystal grid in the middle (see crystal grid section). You might also want to welcome in the tea you are working with and consciously open the space.

2. Set the intention

Focus the experience by explaining the purpose of the Ceremony. Intention is the conscious seed from which everything grows and its power manifests in many surprising ways. You might take one of the tea spirit cards as the anchor or allow your group to pick one each. (see Oracle cards)

3. Prepare the tea and settle everyone

You might prefer to prepare the tea in one big pot and pour it out once brewed rather than have everyone do it individually. As the tea is brewing, use the time to still everyone. Use a breathing technique or movements to warm up and loosen the body. (See breathing technique suggestions)

4. Sit comfortably and mindfully and pour the tea

Begin to drink the tea with awareness, this process is an integral part of the Ceremony. Enjoy the process, the smell, the first sip and embrace the way the tea begins to make you feel. Notice where in the body you all feel the tea. You might want to align it with the animal totem, the season, the element or read the message from the particular tea spirit. These bits of information are available in the manual.

5. Enjoy the journey

Ask everyone to sit comfortably or lie down. Feel free to use blankets. Share a guided visualisation, meditation etc. You may want to do this over a drum beat or nice soothing piece of music. If using an ATTIC Teas script, you can pre-hear it on our website as a recording. You might want to end this section with a singing bowl or chime.

6. Journalling and sharing

If you have asked people to bring a journal, now is the time for them to write down any useful thoughts or moments of realisation that might have come up. You might want to use a 'talking stick' or sacred object to pass around the circle, as it gives everyone the chance to say something if they so wish.

7. Closing your sacred space

Always close your circle with gratitude, thanking the tea for its guidance and everyone for sharing the experience.