

# ATTIC Teas

## GUIDE TO CHOOSING YOUR TEA

### 1. TASTE

If you think of the different teas and your palate like tuning forks, you are seeking the best resonance between them. Beyond it being agreeable to pick a tea that you actually enjoy drinking, the reason we use taste as a great guide is that when you drink a tea with some awareness, it is possible to experience its effects on every level of your being BUT the physical (taste and smell) and the emotional (do you like it/ how does it make you feel) are the ones that give you the most easy access to your inner self.

This is why as a first step we encourage people to try ALL the teas before choosing the one(s) they want to drink regularly.

### 2. EMOTION

**White tea** will help rebalance you if you are feeling self-critical, overwhelmed, finding it hard to ask for help or support, anxious, running on nervous energy, detached.

**Oolong tea** will help rebalance you if you are feeling you lack motivation, find it hard to stay focused, struggling with others expectations or the responsibilities you feel, want to hide.

**Green tea** will help rebalance you if you are feeling angry and irritable, impatient with yourself and others, easily triggered, over analytical, frustrated, bossy.

**Black tea** will help rebalance you if you are feeling vulnerable, wounded, easily exhausted, you wear your heart on your sleeve, sulky.

**Pu'erh tea** will help rebalance you if you are feeling uncared for, taken for granted, keep procrastinating, aren't taking good care of yourself, give too much to others.

### 3. SOUL JOURNEY

**White tea** will offer support when working with anxiety, grief, raising your spirits, easing self-criticism, moving on, letting go, inspiration, finding peace, creating healthy boundaries, unburdening.

**Oolong tea** will offer support when working with stagnancy, fear, lethargy, wanting to hide, feeling lost, clearing the path, bringing balance, breaking conditioning, releasing old trauma, self-acceptance.

**Green tea** will offer support when working with uncertainty, anger, feeling emotional volatile, forgiveness, empowerment, being more flexible, broadening perspective, managing change, centring.

**Black tea** will offer support when working with stress, exhaustion, feeling unheard, ancestral healing, emotionally wounded, finding strength, manifesting a new path, rising to a challenge, gratitude.

**Pu'erh tea** will offer support when working with worry, procrastination, feeling taken for granted, self-nurturing, re-discovering yourself, finding purpose, creativity, release tired beliefs, dream a new dream.