

Tea Rituals for Balancing the Solar Plexus

Healing Affirmations

I am worthy

I am positive

I am motivated to get things done

I am confident

I am deserving

I am free from the need to in control of everything

I manifest with ease and grace

I am free from power struggles

I release judgement of myself and others



Short Tea History



Tea is one of the most popular beverages in the world after water, and it has been consumed for centuries. For most people drinking tea is a meditating experience that brings about calmness and sometimes clarity. When blended with the right herbs tea can be a healing experience made to rebalance and recharge the chakra's.

Tea Meditation

- 1) Breathe in and out while waiting for your tea to steep.
- 2) Once the tea is ready set your intention by quoting an affirmation and continue to focus on your breath
- 3) Inhale the aroma of the tea
- 4) Take in the color of the tea
- 5) Sip the tea and imagine it flowing directly to your Solar Plexus Chakra
- 6) With every sip feel your Solar Plexus chakra awaken and charge

Remember to stir the tea in the direction your Solar Plexus Chakra rotates.

Men Solar Plexus Chakra rotation:
Clockwise

Women Solar Plexus Chakra Rotation:
Counter Clockwise

