

# Black Tea Spell

Black tea is a great beverage if you are looking to improve energy and focus without a lot of caffeine. It increases alpha activity in the brain, which can help improve focus and alertness.

- Black tea  
(1 tea bag or 1 tbsp loose leaves)
- 1 white or yellow candle
- Tea cup
- Water



1. Light the candle on your altar and heat the water.
2. Turn off your phone or disable notifications.
3. Add the black tea to your cup, then add water.
4. While you wait for the tea to steep, sit comfortably.
5. Breathing deeply, notice how your body begins to relax, and your mind relaxes too. The art of mindfulness is balancing both states, leaving you relaxed and alert.
6. Take a sip of tea and visualize how its warmth travels down towards the center of your body. Visualize a bright yellow light in the area of your solar plexus. Inhale deeply, and perceive how this yellow light intensifies. Exhale, and perceive how this light expands.
7. Your heart center opens with each inhalation and the weight of your body lightens with each exhalation. Draw a soft and subtle smile on your face as a sign of gratitude for the energy flowing in you.
8. Rub your hands together vigorously. Feel the heat that is generated as you do this. Bring the palms close to your face, without touching it, and feel the energy and heat.
9. Finish drinking your tea and keep that smile on your face as a sign of gratitude. Calm, peace, and positive energy that vibrates in you and flows through your body, mind and soul.