Meditation Focus: _____ Date: _____

Tea Choice: _____ Time: _____

THE CHAKRA BLISS TEA COMPANY

Tea Meditation

Journal Worksheet

Prepare your favorite cup of tea and find a cozy, quiet place to meditate. Take in the amazing aroma as you begin to relax and go deep into thought. Be gentle with yourself and allow Spirit to speak to you. Next, take a few moments to write down your insights.