

a ritual for rekindling

Begin by walking down the tea aisle at your grocery store and notice which blends leap out at you. Choose something soothing if you need rest and grounding, or something bright and energizing if you need a little spark. (Or make your own blend using the Rekindling tea recipe I shared in the seasonal notebook page this spring.)

Prepare a little ritual space somewhere in your home. It doesn't need to be large. Clear out a corner, declutter it, and give it a good cleaning. Wash the wall or floor if it needs it. Move a comfortable chair or a pillow into the space and add a small table, stool, tray, or simply use a bit of the floor beside you.

Bring in a candle. Any candle will do, but I like white for this ritual.