



rekindling

~a tea blend for love of life~

- | | |
|---------------------|----------------------------|
| 1.5 parts lemonbalm | - to bring in love |
| 1.5 parts nettle | - grounding and protection |
| 1 part chamomile | - calm and luck |
| 1 part hibiscus | - a tart kick |
| .5 part rose petals | - for a rosy outlook |
| .5 part lavender | - to seek peace |

essential tea

Gather together the dried herbs listed above.

Combine according to the ratio in a clean glass jar.

Mix well. Store in a cool place, out of direct light.

Scoop out 1 tsp for each cup of tea (and one extra if you are making a pot).

Fresh water for tea should be heated below boiling.

Seep for four minutes.

Stir in a little raw honey for sweetness.

extra strength tea

Make according to above instructions.

Add 3 to 7 drops filtered thunderstorm water (may substitute filtered water from melted snow).

Drink while (a.) sitting in a sunny window, (b.) next to a lit beeswax candle, or (c.) with someone dear to you.

Use any cup that feels right, but stir with an antique spoon or willow twig.

