



HAYLEY WILLIAMS

Tea Ritual Guide

In the early morning, when my house is just barely glowing and the world seems quiet enough, I put the kettle on and start my day. The ritual of waiting as the water boils, pouring it slowly over the leaves, watching them unfurl...

It is a kind of prayer for me.



1. *Create a cozy space* by lighting a candle, burning your favorite incense, and maybe even putting on some music that makes you feel at home.

2. *Put the kettle on...*



3. *Pour the water* patiently. Watch the leaves react, the steam, smell the flowers...



4. *While the tea steeps*, sit quietly, maybe set an intention for the day - or if you've made it to the end of your day allow yourself to let it go. Connect to your breath. Give yourself this moment.