

V E R V E ACUPUNCTURE

# Coffee Cup Meditation



# So what is it?

We all live busy lives and the most frequent reaction when meditation is suggested is simply we don't have the time. For me it wasn't just that, I just didn't think it was for me. This is when I found coffee cup meditation, not all meditation is sitting crossed legged for hours saying ommm.

In reality its just taking a moment, a purposeful pause, the difference is intention.

Here you are taking a moment with the intention to switch off from the constant whirlwind we find ourselves in, the task of making and enjoying a hot drink can be the mundane every day task which enables us to truly switch off.



# How do I do this?

I would suggest you have a particular cup just for this, right from the off this will trigger endorphins to be released as the ritual begins.

If you purchase our coffee cup meditation box you will receive a beautiful gold leaf spoon, a handmade cup and a glass diffuser.

Using items of beauty within your ritual are not strictly necessary, your oldest, chipped most loved mug will do the trick but for some this adds to the luxury and enjoyment of the experience.

So...

- Try and do this when possible in a peaceful environment
- Select your favourite mug, something of beauty, emotional significance or that simply brings you joy.
- Take a moment to pour your drink, this is the start of the wind down.
- Find a place to sit down and get comfortable, no phone, no reading, no TV.



# How do I do this?

- Feel your feet on the ground, take a moment to ground yourself.
- Wrap your hands around your cup and feel the heat, let the warmth radiate through your body.
- Breathe deeply and pay attention to your breathe, take a breathe through your nose from deep down in the pit of your stomach, exhale through the mouth.
- Take a sip and notice the warmth flow over your tongue and how it tastes.
- Appreciate having this moment, appreciate the warmth and appreciate the taste.
- Take as long as you can to finish your drink, if your mind wanders try to bring it back. Enjoy the moment, be present.

This of course will work with any drink, there is something about a warm drink which heightens this experience, feeling the warmth spread through your body, tea, coffee, herbal teas are all great.

If you are too busy, if you're overwhelmed, anxious or unbalanced. If you feel any of these frequently then something needs to change.



# So that's it...

It's as easy as that. This coffee cup meditation is the perfect way to add in some mindfulness to your day without adding something else to your to do list. It's simply a different way to drink that cup you'll be drinking anyhow.

Mindful meditation can reduce stress, lower cortisol, ease inflammation and lower blood pressure. It can also help feel more present; a state that leads to productivity, creativity and comfort.

I sincerely hope you're able adopt this ritual into your every day life, prioritising small moments for yourself is just the start.

Remember, nothing changes if nothing changes.



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