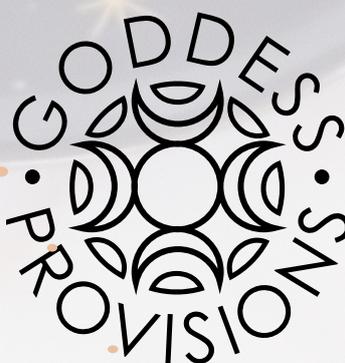




Moon Phases Teacup Divination Guide

BY GODDESS PROVISIONS



Tasseography

THE ART OF TEA LEAF READING

Tasseography refers to the divinatory art of reading patterns in tea leaves. The earliest evidence of tea leaf reading can be traced back to medieval Europe. Much like looking to the stars for cyclical clues in astrology or drawing tarot cards for archetypal guidance, reading tea leaves asks you to trust your intuition when connecting with the tools at hand. Tasseography, like any other divination art, will test your intuitive edges at first. Don't get stuck over-analyzing or questioning your inner knowing. Trust your instincts.

BEST PRACTICES

- + Work with 1tbsp of loose leaf tea
- + Don't use a tea strainer
- + Medium-sized loose-leaf tea leaves are the easiest to read
- + Trust your intuition

HOW TO USE THIS TEACUP

Enjoy a teacup of loose leaf tea and leave just enough liquid to swirl the tea leaves. Swirl the teacup in a circle 3 times clockwise and then flip upside down on the saucer to allow the liquid to flow out. Inhale. Exhale. Flip the teacup back over and observe the tea leaf configurations set against the map of the moon phases for insight into your inquiry. On which phase or phases do the tea leaves lie? What symbols appear in the tea leaves? Do these hold a particular meaning for you?

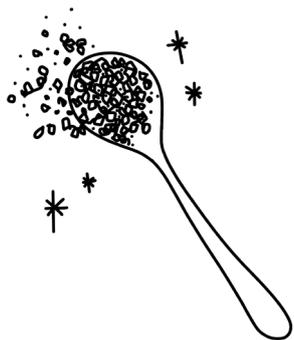
DIY INTUITIVE PLANT ALLIES HERBAL TEA BLEND

This simple herbal tea blend is a mix of powerful plant allies to help you connect with your higher self.* This tea blend is just a suggestion. Please feel free to use any loose leaf tea.

- + Mugwort - 1 part
- + Peppermint - 2 parts
- + Tulsi - 1 part
- + Calendula - 2 parts

Working with these plant friends can help to open your centers of intuition to the magic of receiving guidance through this ancient art of tasseography. These are common herbs you should be able to find at a local bulk food shop, natural food store or order from an online retailer. This recipe is designed in the traditional parts method—a part being whatever measurement you choose from a teaspoon to a whole cup or more! Once you've mixed the bulk tea blend together, use a rounded tablespoon of this mix in hot water to steep your tea. The rest of the blend can be stored for later use.

**Please consult your healthcare provider with any concerns before taking/working with herbs or supplements.*



Moon Phases Meanings

NEW MOON

Now is a perfect time to set an intention on what you'd like to call in. A new opportunity, person, or item may present itself or recently has. Be open, don't shy away and allow for change. Good things are on their way to you.

FULL MOON

You have access to a sense of fullness that is always within your heart. Take note and submerge in this feeling. Celebrate your wholeness by honoring all that you have, finding ways to acknowledge how what is already on hand serves to support and draw your desires towards you.

WAXING CRESCENT

Your manifestation powers are heightened! Be clear with yourself and others with what you truly desire. Embody the felt sense of what it will be like to receive that which you desire to create. That frequency will magnetize it to you.

WANING GIBBOUS

You're being called to make space and release what's no longer serving. Something is draining you. It may be a habit, physical clutter or a relationship that no longer resonates. It's time to let go and create more space for the Universe to fill.

FIRST QUARTER

Just like the Moon's light, your vibrancy and ability to take action are strengthening. Identify and pursue one step that shows your commitment and devotion to your intentions. This is your sign to act now and show the Universe that you are a willing participant in creating the conditions for what you desire to come to fruition.

THIRD QUARTER

This is your reminder that all timing is good timing. Nothing can be rushed. Nor can your destiny be missed. Find a way to connect with the natural world to let this anchor in: a walk in the woods, get up for the sunrise, or tend to your house plants. An awakening lies just ahead.

WAXING GIBBOUS

You're experiencing a surge in vitality or more energy is needed now. Channel it through your physical body by dancing, running, doing yoga. Do anything that has you feeling connected to the unlimited supply of life-force that surrounds and sustains you.

WANING CRESCENT

Right now, your lesson is in the sacred experience of stillness and reflection. Take time to cleanse your space. Reflect on where you are, how you got here and the strength that lies within. Give yourself permission to rest, knowing that another cycle will begin anew in due time.

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