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FALL CEREMONIAL™ TEA CLEANSE

BY





Dear Ones: As a reminder, this is not a medical program. This is strictly a mindfulness tea program. We are not doctors and do not give medical advice.

The purpose of this cleanse is connection, intuition, purpose & fine tuning the perfection you already are.

Check with your doctor if you have any medical concerns or questions.



Welcome

The purpose of this cleanse is to help you find your body's natural wellness algorithm, enhance your immunity & relax into radiance.

Your body is the host of your consciousness, your soul.

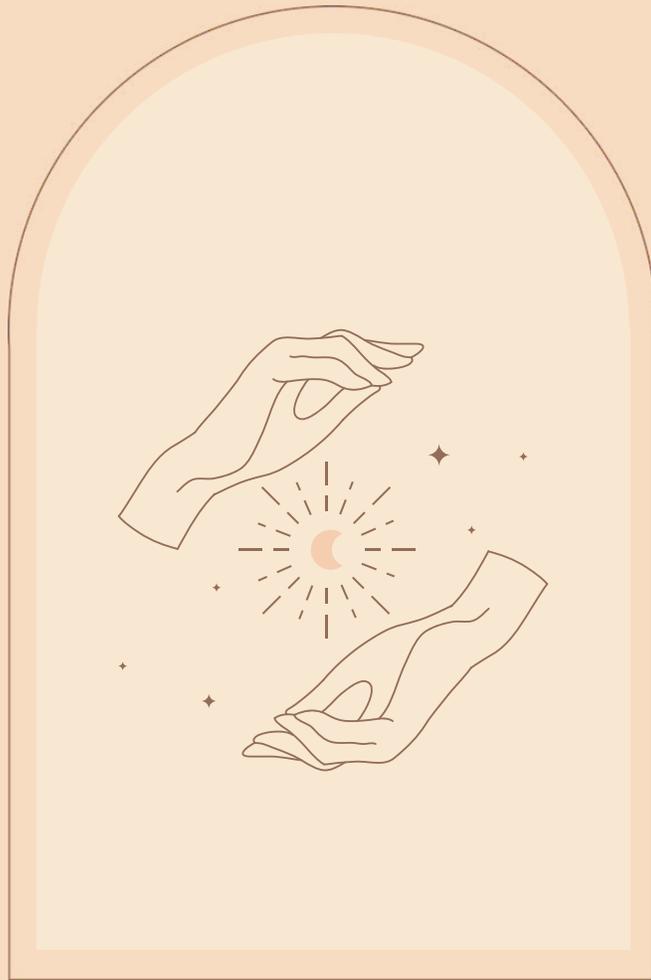
Take the next 14 days to slow down, listen to your body, and become more present and in tune with its needs.



Cleanse
for
Abundance

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Preparing For The Cleanse



Group Session Times

We'll meet over Zoom each day for all 14 days of the cleanse at 7:00AM & 5:00PM Pacific Time. Each session will be recorded and posted on your cleanse dashboard in case it isn't convenient for you to join live.

7:00AM:

Each morning meeting will include the day's sensory exercise .

Come with tea prepared. We'll weigh our hearts. We'll measure our minds.

We'll tune into our body and its natural algorithm.

Zhena will lead us through a Centering Meditation Practice & Aligning With Your Intention.

5:00PM:

In each evening meeting we'll reflect on how taking 5-10 minutes, four times per day, changed how our day went.

How to do the Ceremonial Tea Cleanse

1. Each day you will have 5 cups of tea.
2. You will drink 2 cups of water for every cup of tea.
3. Cup sizes can be between 6-8 ounces.

Upon waking you will drink a cup of water, then prepare your first cup of tea and proceed with the mindfulness practice theme for that day. We will first tune our senses. We do this for purposes of tuning into our body's true needs.

The second cup of tea will be at or before 10am. Again, take 5-10 minutes for each cup. Sit somewhere quiet if you can. If you are at work, simply take three deep breaths and then ask yourself the 5 sensory tea ceremony questions:

What do I hear?

What do I see?

What do I feel?

What do I smell?

What do I taste?

Take the time to ask these and listen deeply for the answers. Sip your tea with mindfulness.

Your third cup of tea will be just after lunch.

Repeat the sensory ceremony: 3 deep breaths, center into your body, ask the questions, listen for the answers.

Your fourth cup of tea will be at 2pm, you may choose non-caffeinated teas starting now if you are sensitive.

Repeat the 3 deep breaths and the 5 sensory questions.

Your fifth cup of tea will be before bedtime. Sit with your tea and reflect on your day.

Repeat the Sensory Ceremony: 3 deep breaths and the 5 sensory questions.

Thank your body for carrying you throughout the day.

Thank your body for sensing the world for you.

Enhance Your Cleanse Experience

Other items to have on hand to enhance your cleanse experience:

Incense

Candles

Sage

Palo Santo

Epson Salts To Create Sacred Waters

Soothing Sounds: music/meditations/sound bowls/bells

Journal

Enriching Body Oil

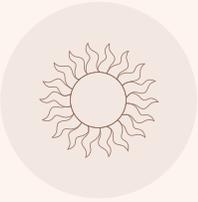
Facial Mist

Crystals

Essential Oils

Suggestions for Success

When cleansing your body, you first will tune your senses and cleanse your thoughts. Tuning into your senses allows you to notice cravings and habits that may have emotional motivations rather than physical.



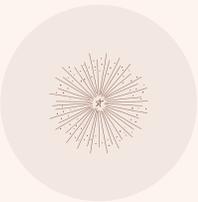
For instance: I often crave carbs when I feel lonely. If there are chips around, I will eat them. Instead, I will make a cup of tea and tune into what's happening with me. When I take the 3 deep breaths and ask myself the sensory questions, I notice I'm not hungry for the chips, instead I am hungry to be creative and work on my novel.



So, you may decide once you begin tuning your senses that sugar, dairy, and processed foods are not actually what you are craving. Instead you may find that you are hungry to be touched, or to share a story, or to read poetry—or write it!

Your physical hunger is different from your spiritual thirst.

Physical hunger is when your body is in need of nourishment to fulfill its job carrying your soul and consciousness around the world.



Your spiritual thirst is your call to action—your destiny. As you clarify your physical hunger you will learn how to quench your spiritual thirst.

What To Eat, What Not To Eat

Each of our bodies are so different and our physical hunger and spiritual thirsts are quite similar.

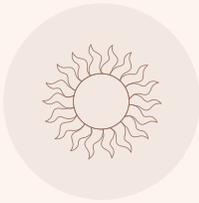
To focus solely on food during the tea cleanse would not give it the full effect as the foods you will crave will soon shift once you begin to think with “Tea Mind.”

Tea mind is calm and observant, open and spacious. From that place, our food habits and cravings will inevitably shift.

Tea will cleanse your liver, so you may experience some initial nausea. If that is the case drink one of the teas with ginger: Lucid Dreams, Coconut Chai, or you can also sip Citrine Cleanse or Bohemian Breakfast.

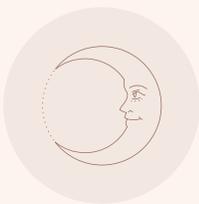
As your body begins to tune itself, remember it is more important to be mindful of the teas as you sip them, taking the deep breaths, asking the sensory questions, than to worry about what you will or won't be eating. Food is a gift for your body, tea is a gift to unify your body and mind and spirit.

Here are some suggestions for what to eat and what not to –all the same things you’ve heard before from every brilliant doctor and dietician before!



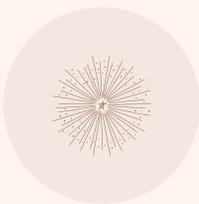
Do Eat:

- Leafy Greens
- 3 Fruit Servings (low sugar preferably- berries)
- 3 Vegetable Servings



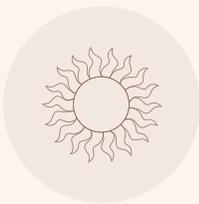
Don't Eat:

- Sugar
- Processed snacks like chips



Do Drink:

- 4-5 Cups of tea a day
- 8-10 6-8 ounce glasses of water a day

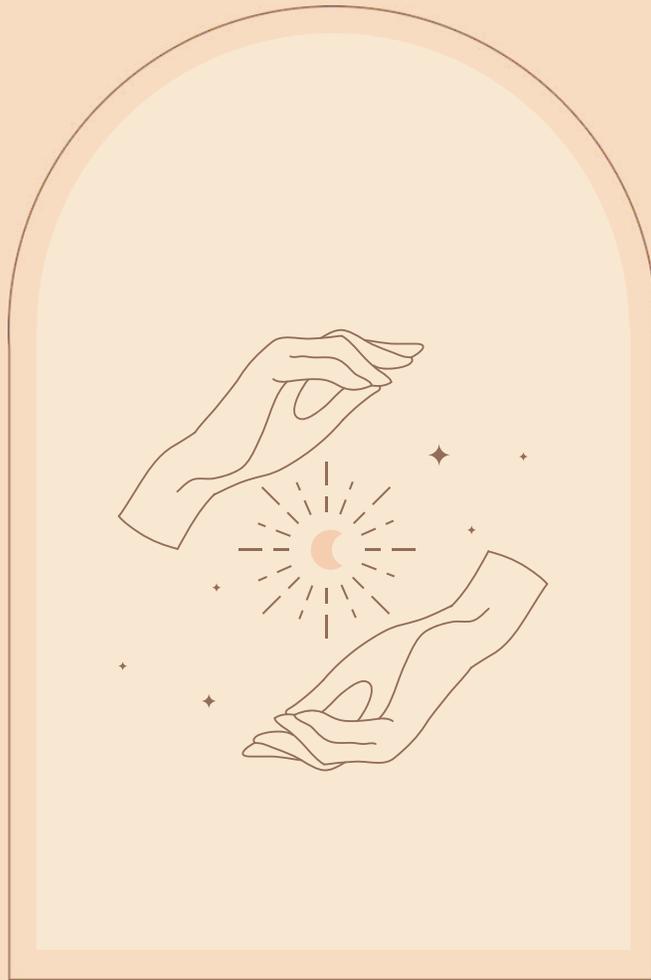


Sweeteners and Milk:

- Do use Monk Fruit, stevia (if you can tolerate it), raw local honey (or Savannah Bee)
- Do use unsweetened Nut Milk (if you are not allergic), Flax or Oat Milk, or Soy if you can tolerate it.
- A word about soy: It can increase estrogen levels so please check with your doctor.



Tea is a
Youthing
Process.



Day 1: Setting Your Intentions, Space & Tea Schedule

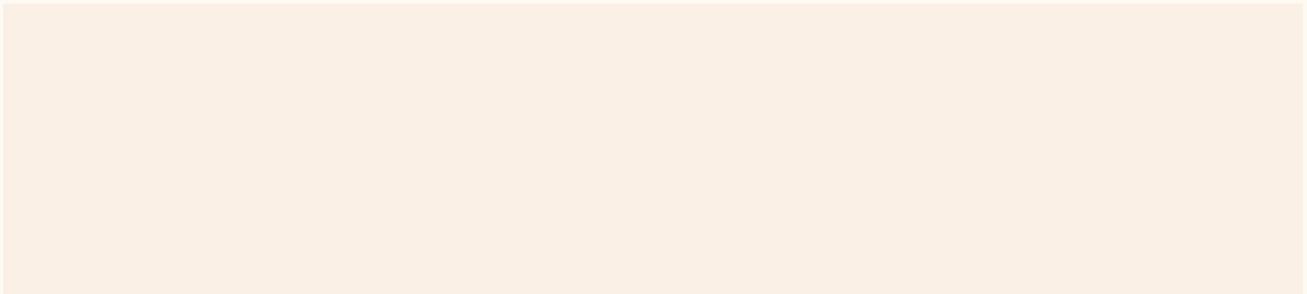


Creating Your Cleanse Intention

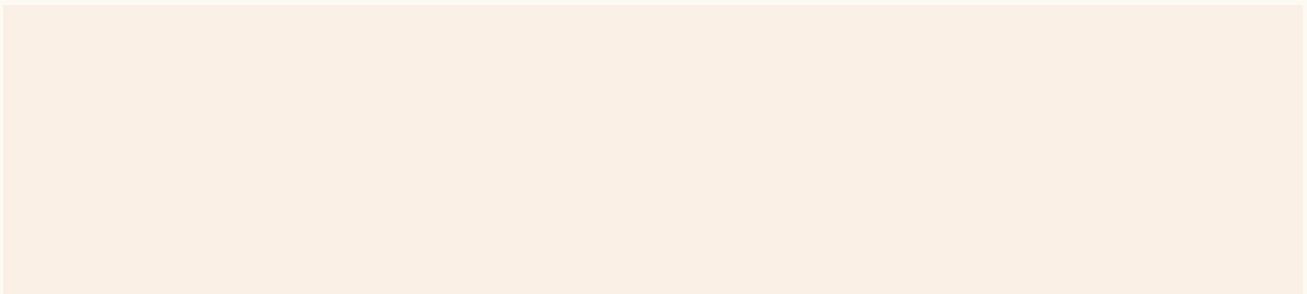
Creating an intention organizes your universe. What will the future you feel like after 2 weeks?

Try creating intention cards and put them around the house to remind you. Create a dedicated altar for your cleanse intention to focus your energy.

How does your energy feel after 2 weeks?



How is your body?



How is your mind?

How is your heart?



Ask your body what it
needs before you brew
your tea.

Which tea will most serve my precious body right now?

This cleanse is meant to help you grow a closer connection to your body. To that end, here is a simple process to choose the tea your body needs in the moment.

Close your eyes, take a slow deep breath and quiet your mind.

Feel toward the tea you intuit is the right one—remember, it might not make total sense to your brain, but your hand will be drawn to one more than the others. When I choose oracle and tarot cards intuitively, I lay them all out on a table and run my hand over them. I'll feel a sense of warmth or tingling in my hand over one of the cards—and that's usually the perfect one!

If you intuit two at once, blend them!

Set Up Your Tea Schedule

What times will you take a break for your 5-10 minute tea ceremony? Sketch out your schedule on this page. Remember, this does not have to be the "perfect" plan. As you move through each day over the next 2 weeks you will refine this schedule to match your body's algorithms.

Add these into your phone/calendar/planner and ensure an "alarm" goes off to remind you. On your phone or alarm, pick an "alarm" that is soothing to you, perhaps a bell or a piano sound.

Daily Tea Schedules

Zhena's daily Tea Schedule for Relax to Slim:

Wake Up: Drink a glass of water

1st Cup: Bohemian Breakfast to clear digestion

2nd Cup: Ceremonial Matcha or Renewal or Ti Quan Yin

3rd Cup: Just after lunch Almond Matcha (dessert)

4th Cup: Mantra Mint

5th Cup: Child's Pose

Zhena's daily Tea Schedule for Goddess Skin Aglow:

Wake Up: Drink a glass of water

1st Cup: Bohemian Breakfast to clear digestion

2nd Cup: Renewal

3rd Cup: Jasmine Pearls

4th Cup: Choose between Goddess Green/Harmonize & Raspberry Earl White

5th Cup: Mantra Mint or Child's Pose

Zhena's Daily Tea Schedule for Caffeine-Free

Wake Up: Drink a glass of water

1st Cup: Citrine Cleanse to clear digestion

2nd Cup: Mantra Mint

3rd Cup: Ruby Moon

4th Cup: Ruby Moon or Mantra Mint

5th Cup: Lucid Dreams

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'WAKE UP' section.

FIRST CUP

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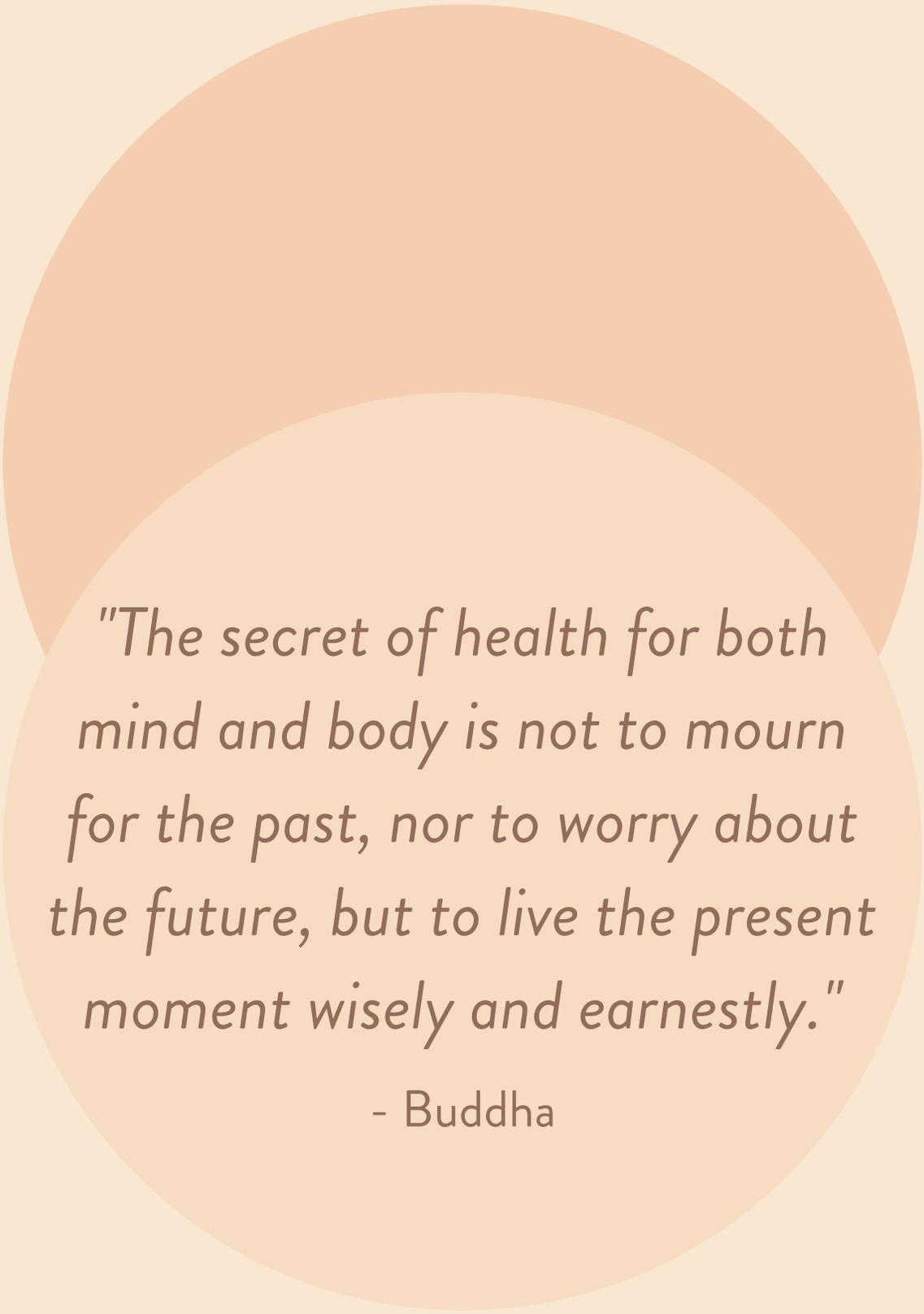
Set A Space For Grace

Setting your Cleanse Ceremony Space.

Set up an altar for your tea cleanse intention with items that remind you of your body's infinite wisdom.

Examples: A photo of you as a baby. A lock of your hair. A heart shaped rock. A feather that symbolizes your soft skin.





*"The secret of health for both
mind and body is not to mourn
for the past, nor to worry about
the future, but to live the present
moment wisely and earnestly."*

- Buddha

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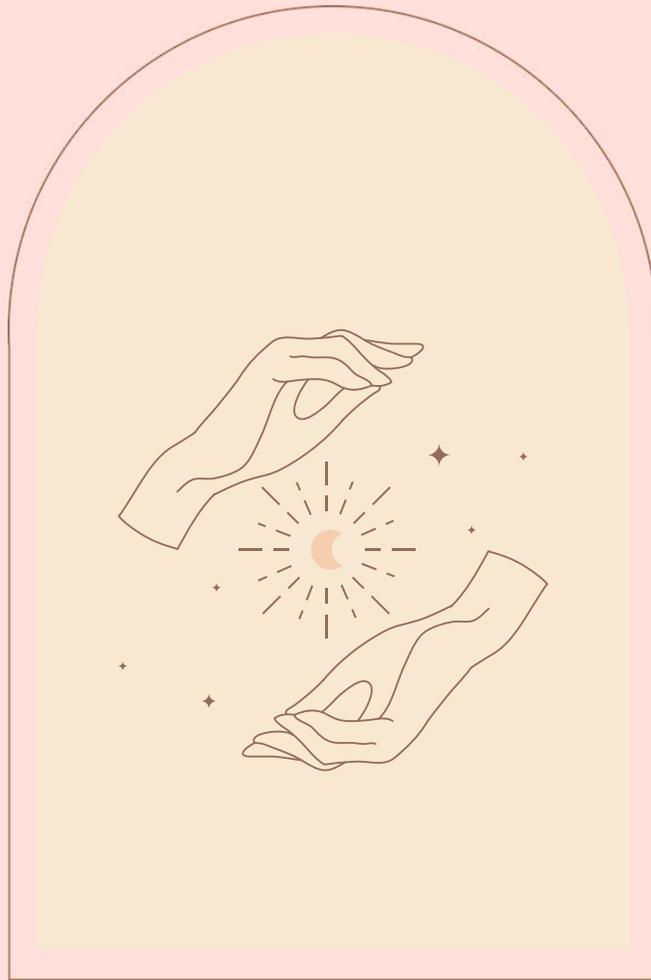


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Day 2: Sound Bath



Sound Bath Exercise

Begin to notice sounds in your environment that feel harsh or may not be in harmony with your sense of hearing. List sounds that bring you relaxation and joy. Begin to cleanse the noises that may add to the clutter in the mind. Is the TV on in the background? Listening to too much news? Neighbor's dog?

List every sound that you can hear and how it makes you feel—either harmonized or discord. Now create a plan for cleansing the sounds in your day-to-day life that do not elevate your moments.

Examples:

It can be to wear earplugs while on the subway. Could be soft playing music while you work. Could be playing your favorite song each time the trash truck bags around outside your apartment. Be conscious all day today as you softly sip your teas of sounds that dull your sense of hearing, sharpen it, or soothe it.

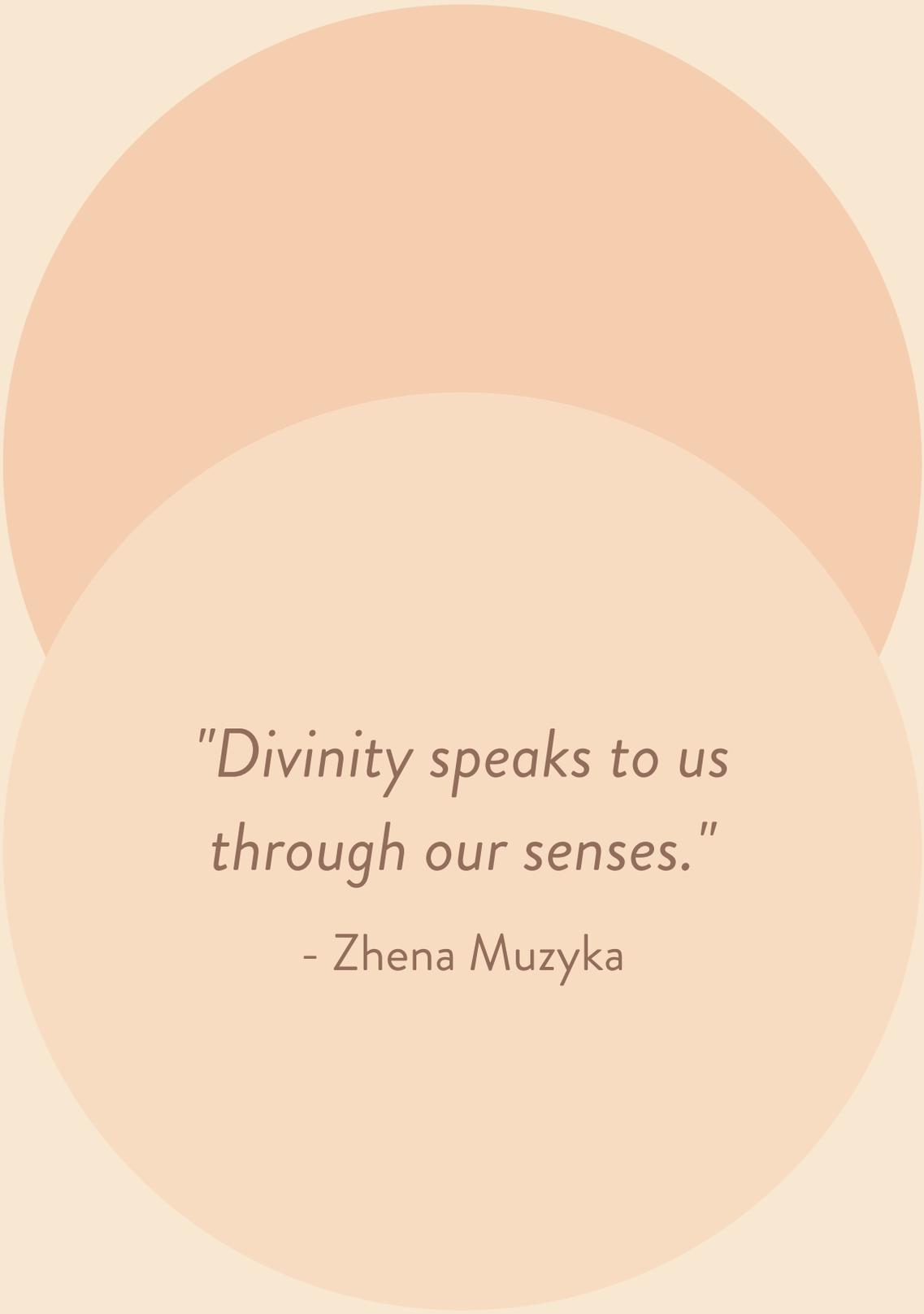
What can you hear beyond the sounds? Often when our senses are overwhelmed by discordant sounds, we dull what was once finely tuned as a survival mechanism. To return to “our senses” we begin to cleanse that which is not growing harmony in our lives. From a place of disharmony we then exhaust our energy not even realizing we are defending against anything subconsciously. This can cause us to overeat, eat things that are not in harmony with our wellness, and to stop taking cues from our innermost cravings—the calls of our souls.

To cleanse our senses with tea ceremony is to reset our body's ability to speak to us in its quiet and profound way. As we clear our senses from unneeded stressors, we begin to naturally feel lighter and brighter. If your goal is to lose “weight” this is the truest place to start.

Journaling: What Do You Hear?

List the sounds during your tea ceremonies today. Which ones are resonant & harmonious? Which ones are discordant?





*"Divinity speaks to us
through our senses."*

- Zhená Muzyka

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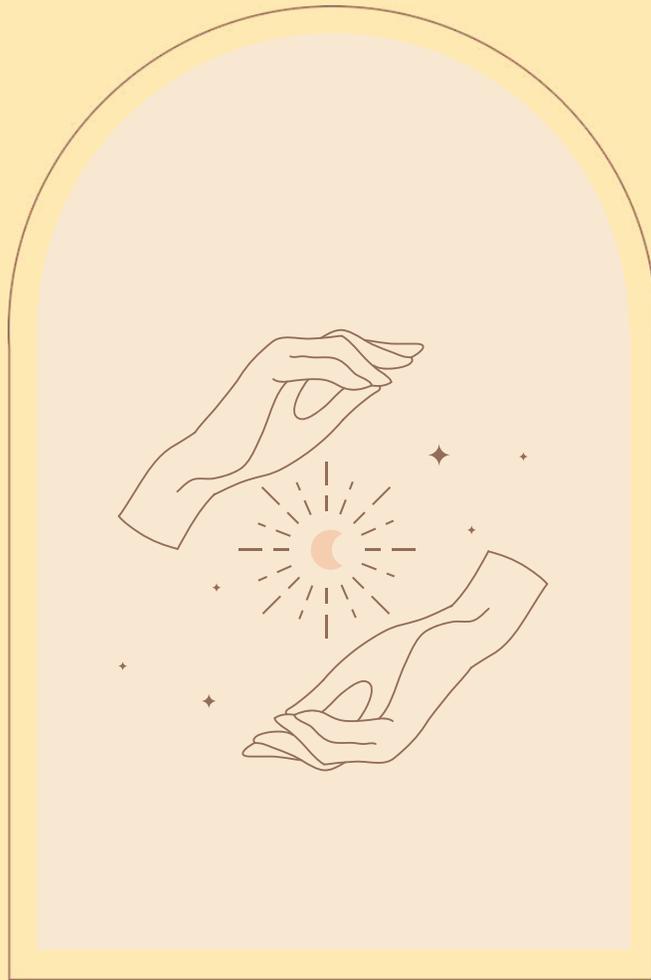
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Day 3: Sight Seeing



Sight-Seeing Exercise

As you pour your first cup of tea, take a moment to look around you. What do you see that is in place, out of place, beautiful or perhaps “not” beautiful to your sense of sight?

Pour your tea & watch how it fills the cup. Examine the color, the viscosity, the way it catches the light or absorbs it. Sip your tea slowly and look around the room you are in. What colors appeal to you, how does each gathered object make you feel? Do you sense any overwhelm? Is there any unfinished “business” like bills or work that need your attention?

Feel your sense of sight fully through each observed object. Allow emotions to arise and dissipate. See then with the eyes behind the eyes. Who is looking through you? Your eyes are the window to your soul. They take in so much in a given day. How do you rest them?

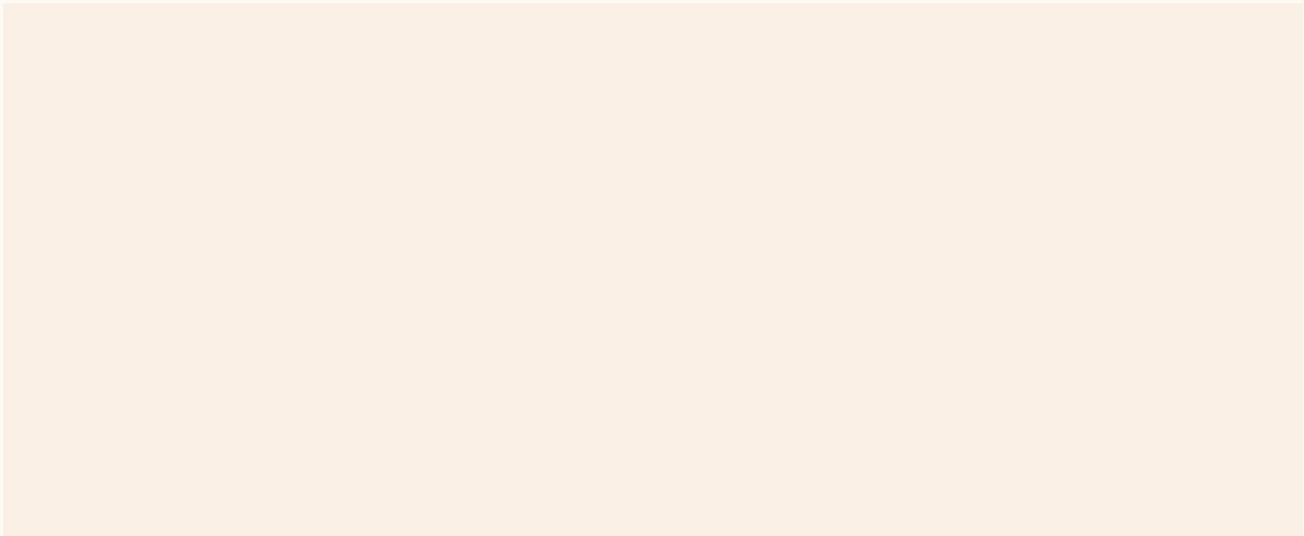
Clear away anything that is not in harmony with your sense of sight. Dedicate today to your eye’s infinite ability to absorb light and shadow, texture and color. If you find yourself looking at anything that brings up emotion, observe this. See what visually delights you.

Do your eyes “decide” what you will consume in a day? From the foods you eat to the shows or media you take in? With each tea ceremony today, close your eyes and rest them, visualize all that you take in reversing and beaming out from your eyes.

Breathe out through your closed eyes three times with each cup of tea. Sensory discord can trigger our need to soothe. When we are looking for ways to soothe, we may reach for that which we are not really hungry for or in need of. Clearing our senses will hone our bodies ability to communicate clearly with us. Cleansing the senses will allow for you to choose what you consume, consciously.

Journaling: What Do You See?

List the sights during your tea ceremonies today.
Which ones feel beautiful? Which ones feel out of place?





*"We don't see things as
they are, we see them as
we are."*

- Anaïs Nin

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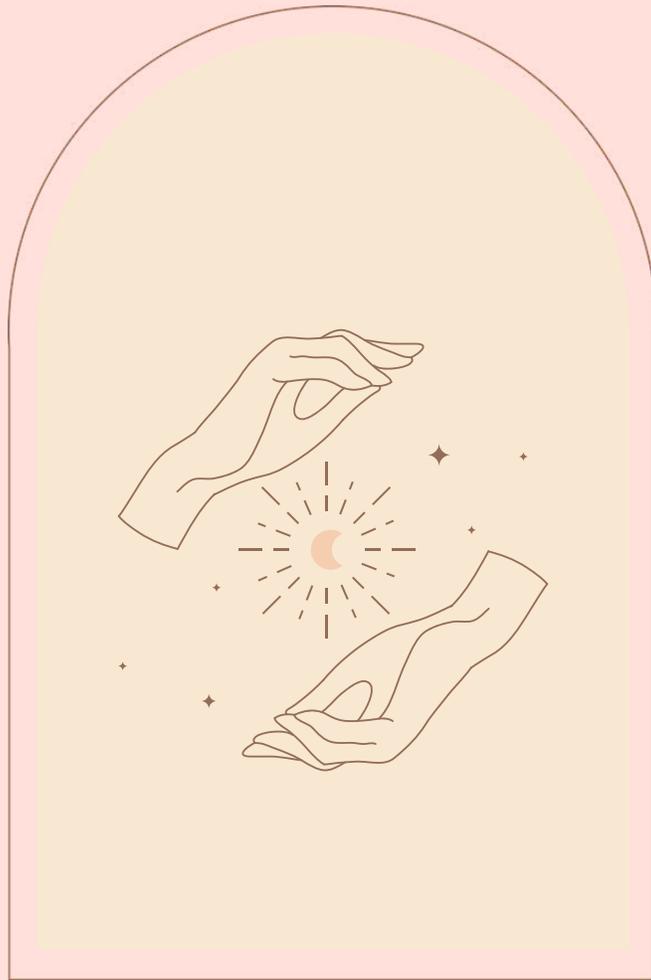
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Day 4: All The Feels



All The Feels Exercise

Welcome to your sense of feeling.

As you prepare your tea today, begin to notice the sensations of your skin. Are you cold? How does your back feel? How do your feet feel? Hands?

As the water boils and the leaves are steeped, feel everything in your body. Ask your body what it wants to feel.

When you were young, you may have hurt yourself as all children do. It might have been that your grandmother or parent soothed you by saying, “Ohhhh it doesn’t hurt, oh you’ll be ok.” Whether or not this did occur, something could have that messaged to you: What you feel is not real. And what you feel IS REAL. This is how we disconnect to our feelings. We minimize them. We dismiss them. We tell them they are not real. This is how we begin to confuse hunger with HUNGER. This is how we begin to confuse pain with PAIN. This is how we begin to confuse need with NEED. And want with WANT.

Cravings then become indecipherable. And now you will speak directly with that amazing physical form of yours & simply ask...

How do you feel?

And then allow your mind to be silent. And listen.

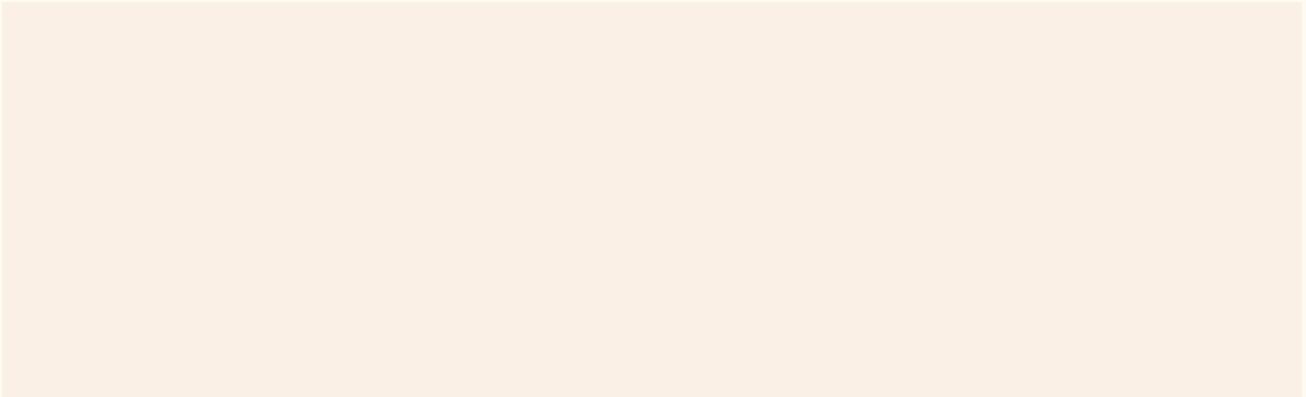
Listen.

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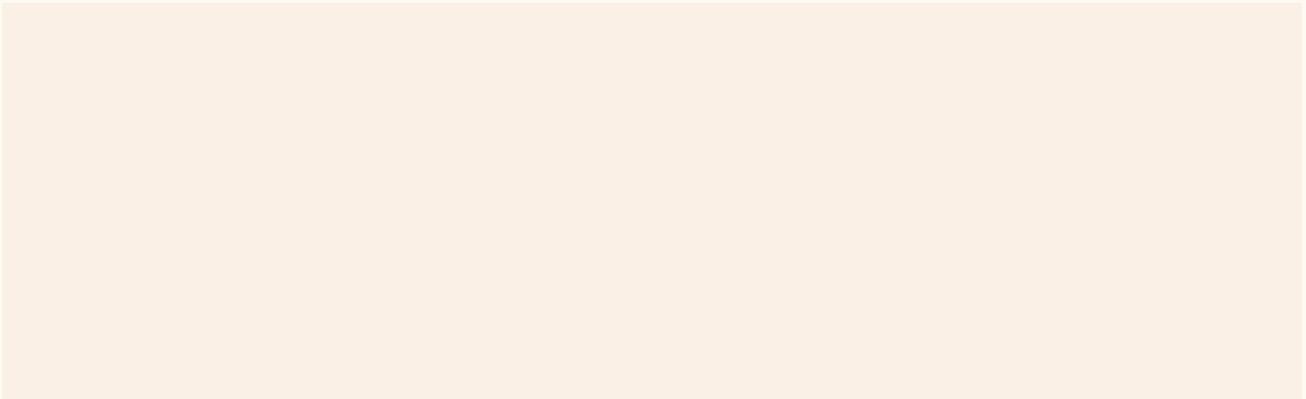
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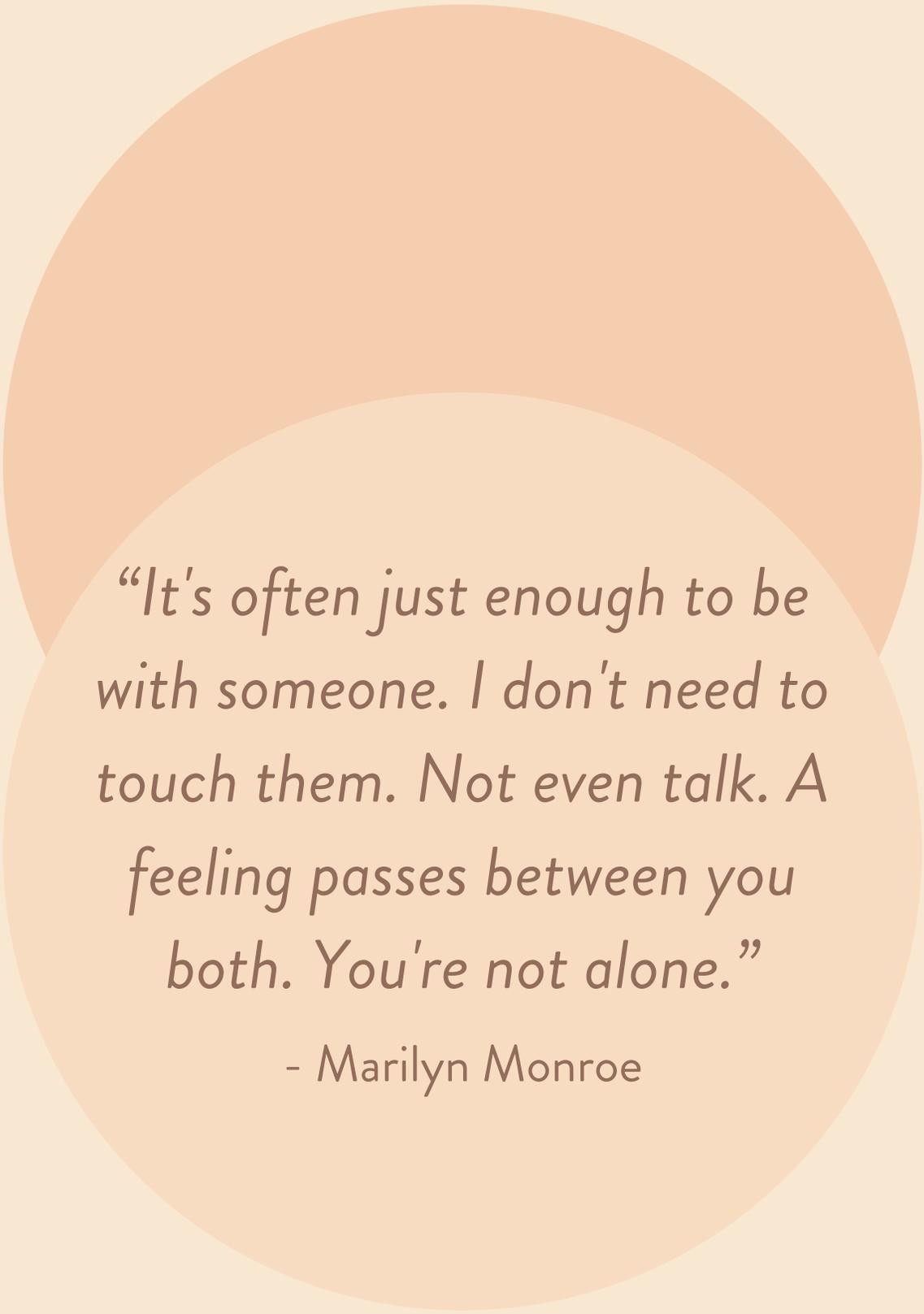
Journaling: What Do You Feel?

How will you lose the physical weight if you cannot lose the emotional
& spiritual weight?



How will you lighten up and vibrate joy with the weight of the world on
your heart?





“It's often just enough to be with someone. I don't need to touch them. Not even talk. A feeling passes between you both. You're not alone.”

- Marilyn Monroe

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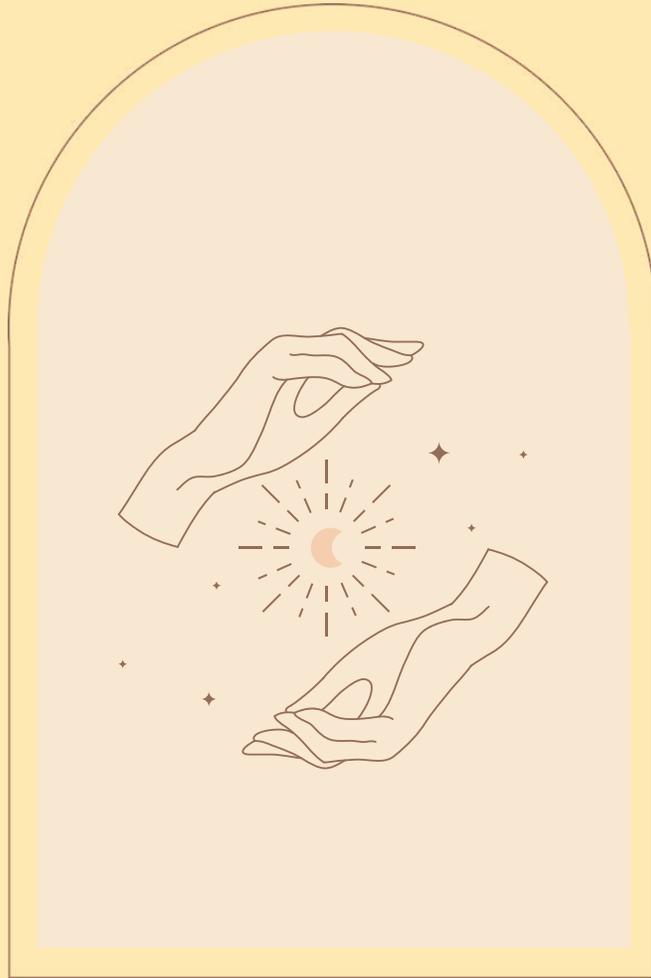
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Day 5: Smell the Roses



Smell the Roses Exercise

Today you will tune into your body's power of smell.

One of the reasons our tea blends are so delicious is that they are blended with pure fruit extracts from organic fruit and essential oils (the ones that are safe to ingest). Your olfactory sense is like a time capsule that drives your biology and mind equally to journey back to Grandma's house for baked bread or to the time you first smelled your favorite perfume in Paris.

As you wake today, I want you to take a deep breath. What do you smell? How do the smells in your bedroom effect your initial thoughts?

As you steep your tea, begin to notice each scent or smell. Is the fridge needing a clean? Is the kitchen smelling sweet or like it needs a good cleaning? What do you smell as you inhale the steam from your first cup of tea? How does the scent allow you to feel? What does the scent invoke?

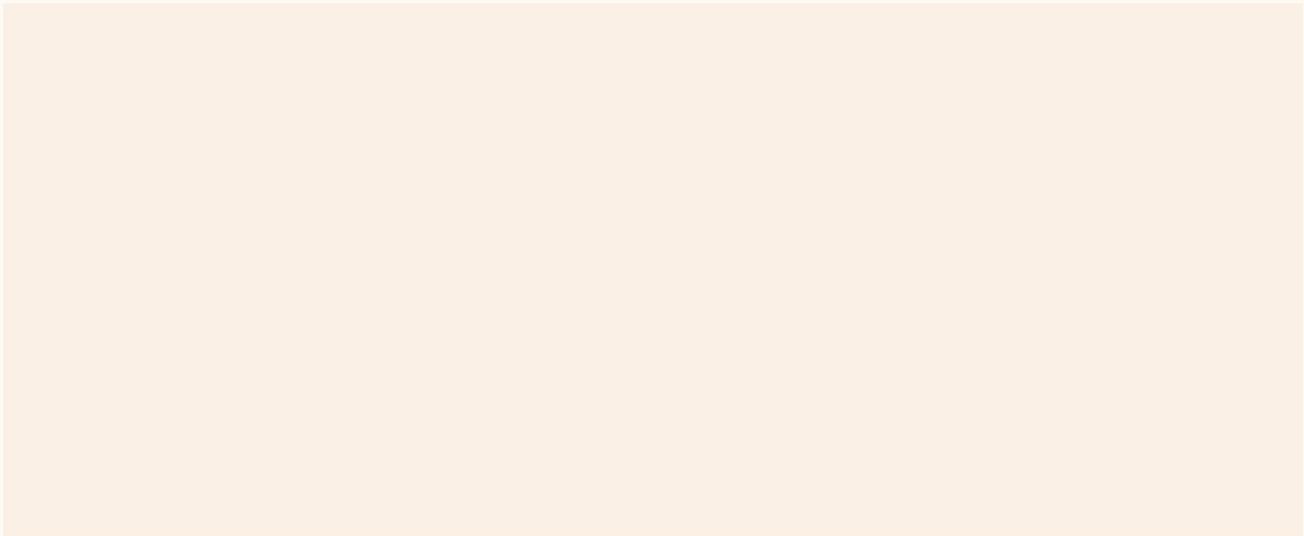
Now spend time today observing your sense of smell—how do places and people and objects smell to you? What do you smell that seems to expand your horizons and opportunities?

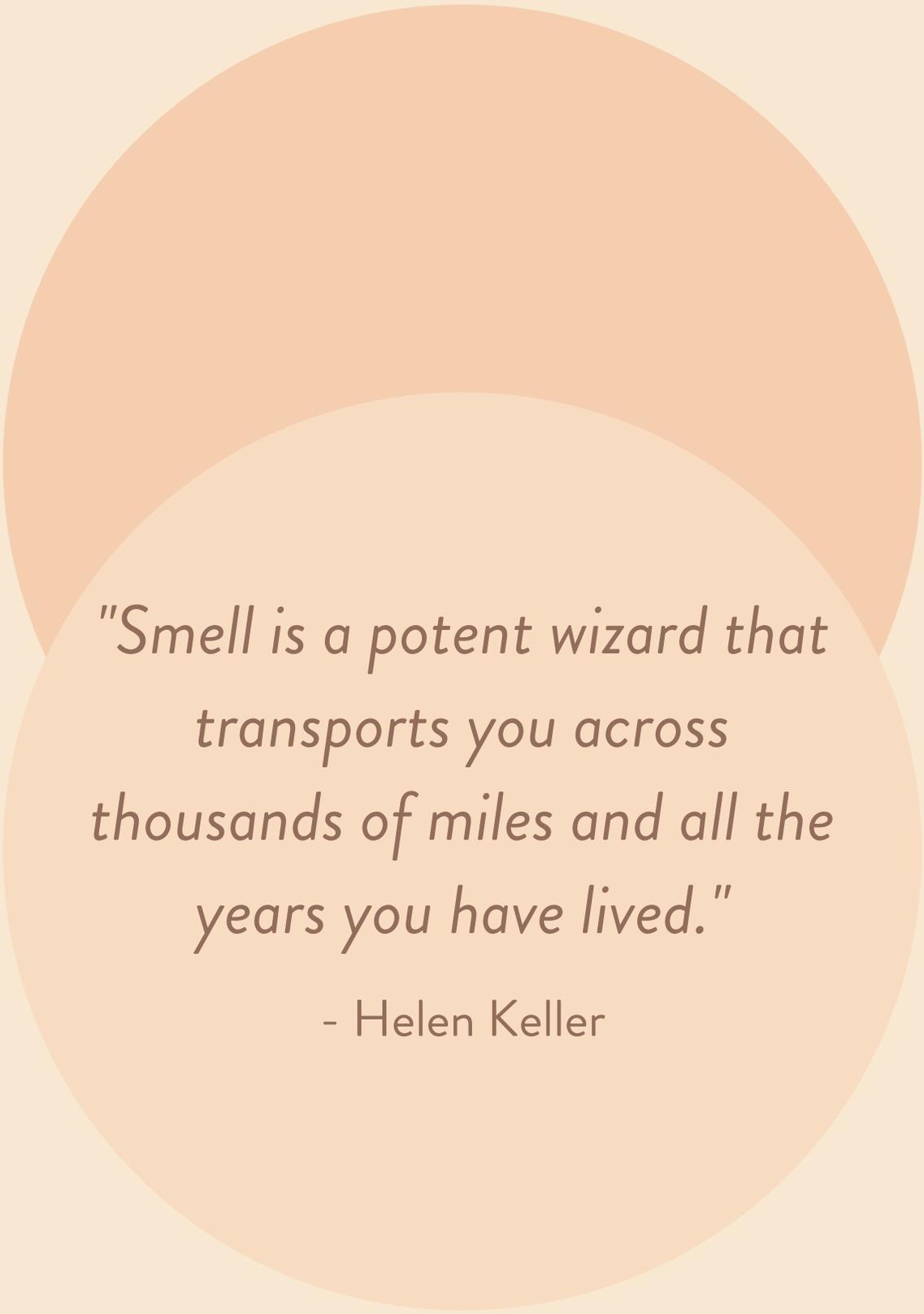
Clear any scents that don't delight you from your environment. Consciously create scent signatures around your home. Examples: Scent your room with lavender, scent your kitchen with cinnamon.

By Feeding your sense of smell with the exquisite, you will ensure you are sensually sated by the gifts of nature in your sacred abode.

Journaling: What Do You Smell?

List the fragrances you smell during your tea ceremonies today.
Which ones evoke peacefulness ... and are there any that evoke disharmony?





"Smell is a potent wizard that transports you across thousands of miles and all the years you have lived."

- Helen Keller

Daily Tea Algorithm

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SECOND CUP

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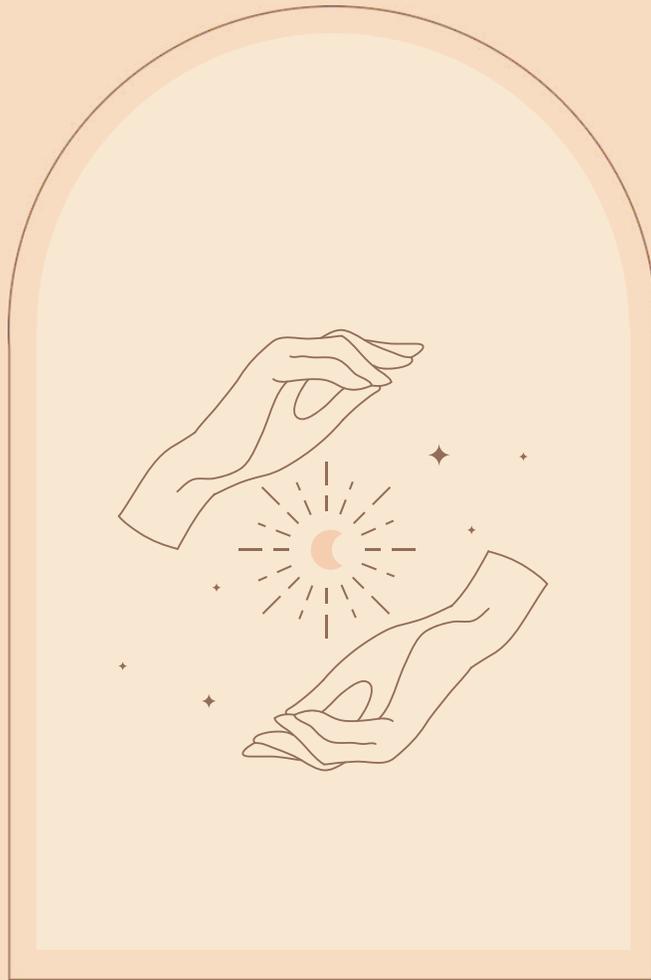
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Day 6: Taste The Divine



Taste The Divine Exercise

Your mouth speaks truth. Tastes hundreds of flavors. Can sing songs and kiss your lover. To taste is a great gift of being alive.

Today as you wake up and drink your water, think of flavors, foods and words your mouth has tasted and spoken. As you sip your first cup of tea, ask yourself to repeat the most beautiful words and phrases you know.

Love.

I love you.

Namaste.

May all beings be free.

Speak sweetness into your tea.

Speak sweetness into the room and or to another person.

Speak sweetness to yourself: "I love you."

Speak sweetness to your body: "I love you."

Remember a poem you love to recite or a song you love to sing.

Sip your tea slowly, allowing all of the flavors to immerse you in sensory delight as words of sweetness fill your mind and heart. And then sound them out into the space around you.

Today, focus on speaking the sweetest words you can think of.

Be generous, be honey-like, be kind, speak with words that inspire you. And in return see how everything tastes on this day. Focus on the flavors.

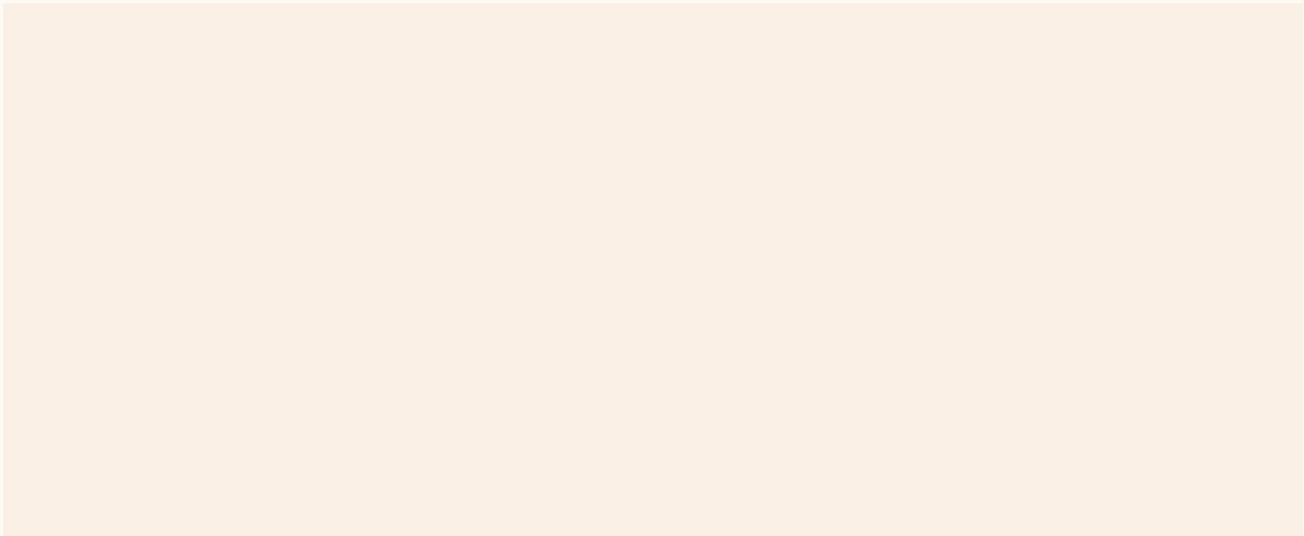
Savor the sweetness and generate beauty with the precious sounds that leave your mouth.

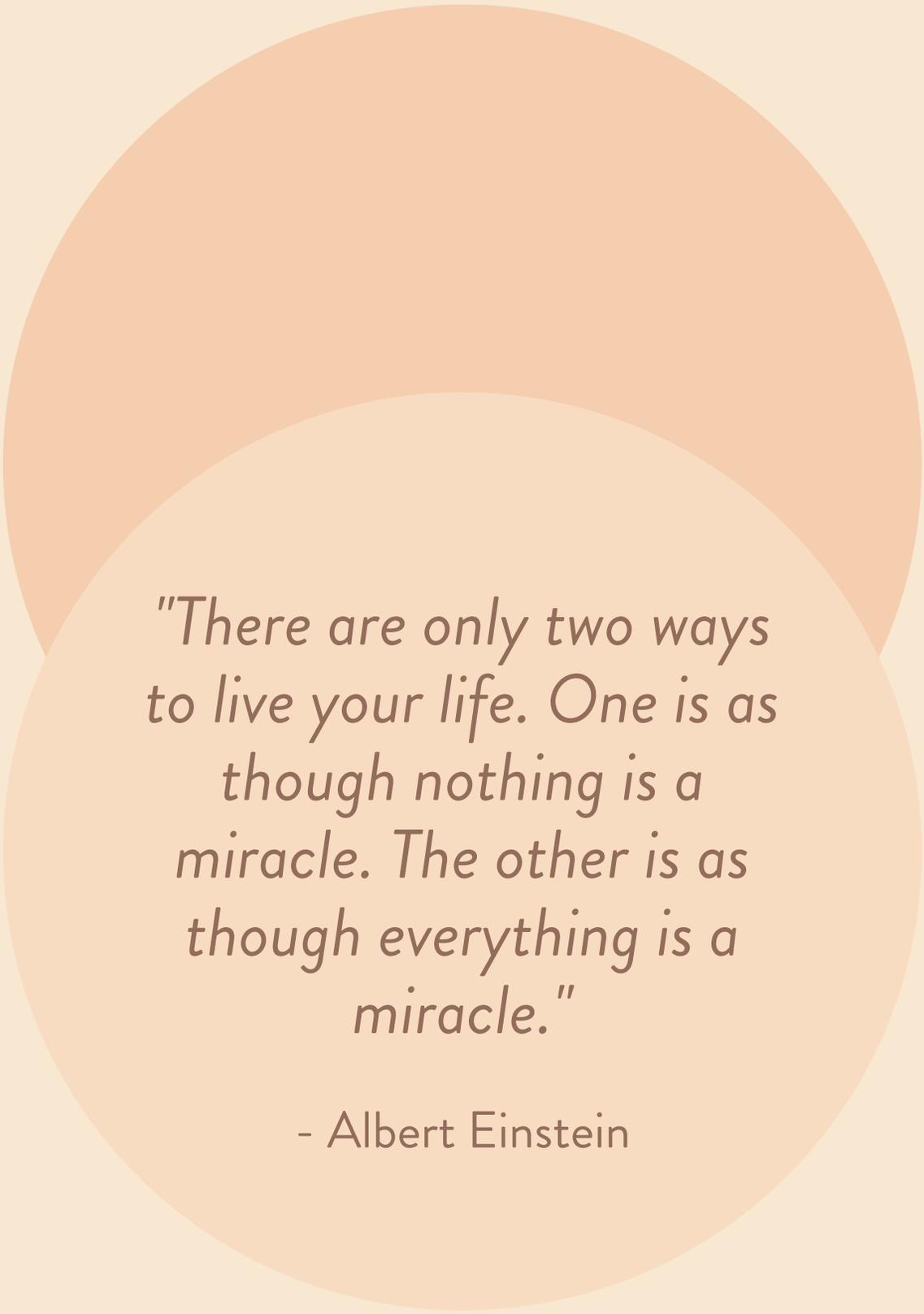
Journaling: What Do You Taste?

List all the flavors you taste during your tea ceremonies today.

Which ones evoke sweetness & reverie?

Were there any that tasted sour, rather than sweet?





*"There are only two ways
to live your life. One is as
though nothing is a
miracle. The other is as
though everything is a
miracle."*

- Albert Einstein

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for waking up.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the first cup of tea.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the second cup of tea.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the third cup of tea.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the fourth cup of tea.

BEDTIME

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for bedtime.

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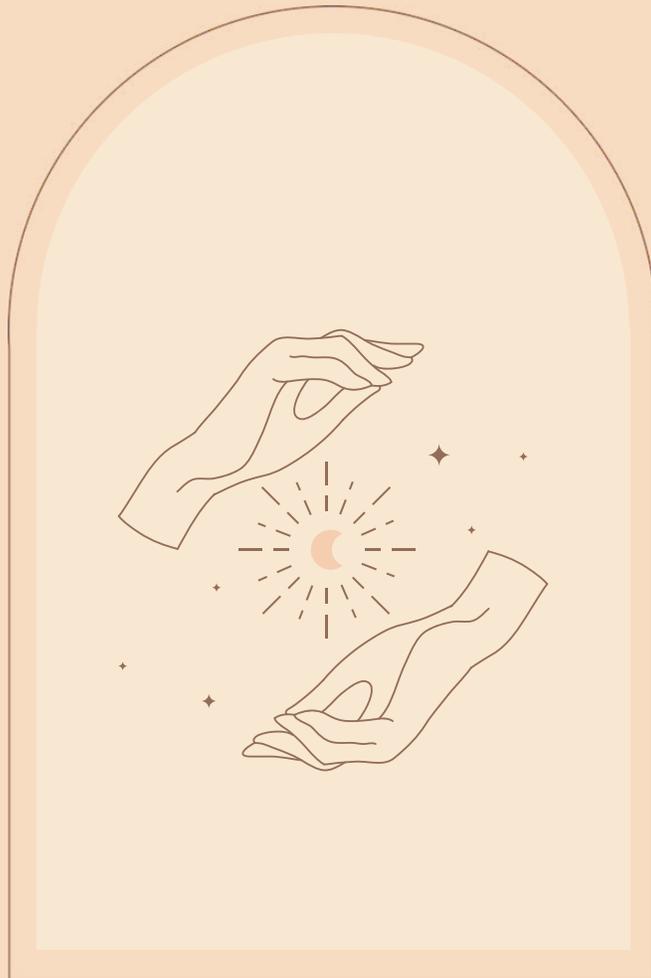
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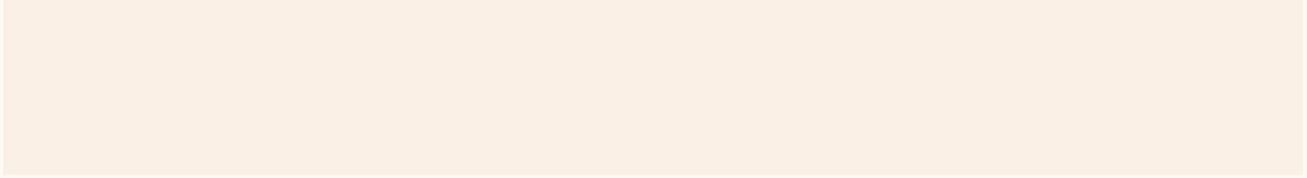
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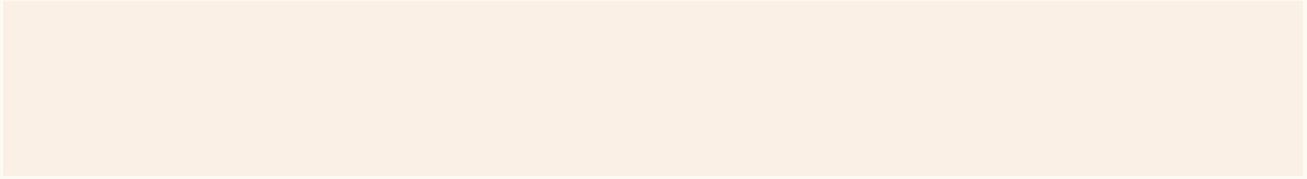
Anxiety Helper



What's one thing I'm anxious about today?



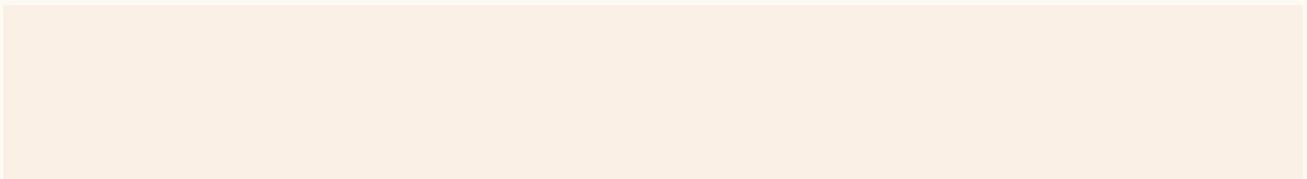
What's one thing I can do to prevent or prepare for it?



What's one reason it's probably not going to be as bad as I think it is?

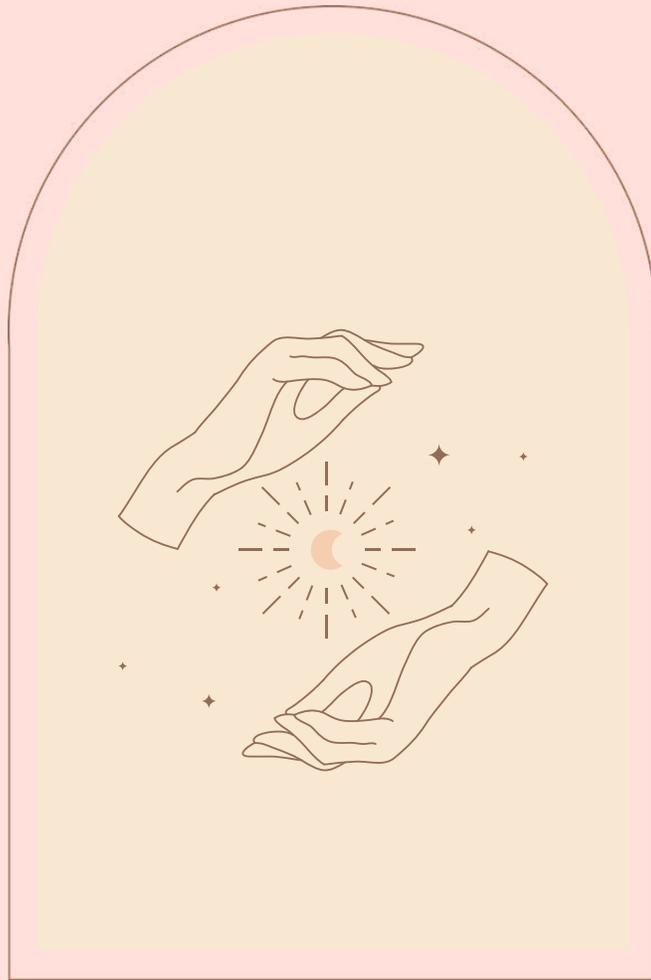


What's one reason I know I can probably handle it?



What's one upside of the situation?





Day 7: The Great Hunger & The Small Hungers



The Great Hunger & The Small Hungers

Today we will converse with our “Hunger.” Small hungers may at times be physical or emotional, both of which are demanding of food or emotional connection/attention. And yet, there is a more subtle hunger that is often the one we forget to converse with—our Great or Spiritual Hunger.

Spiritual hunger will beckon us to the edge of the sea & call to us like a siren song, but we will not always know what it wants. It will request your presence and elevate you if you listen, but it won't always make logical “sense.” Spirit speaks to us through yearnings and through the sensations of your heart.

Today, we will home in on the sensations of the heart to tune into our “Great Hunger” and to feed it with the attention it needs.

Weigh your heart instead of your body so that you can truly know if you are aligned with your Great Hunger or the Small Hunger.

Journaling: Hunger Reflections

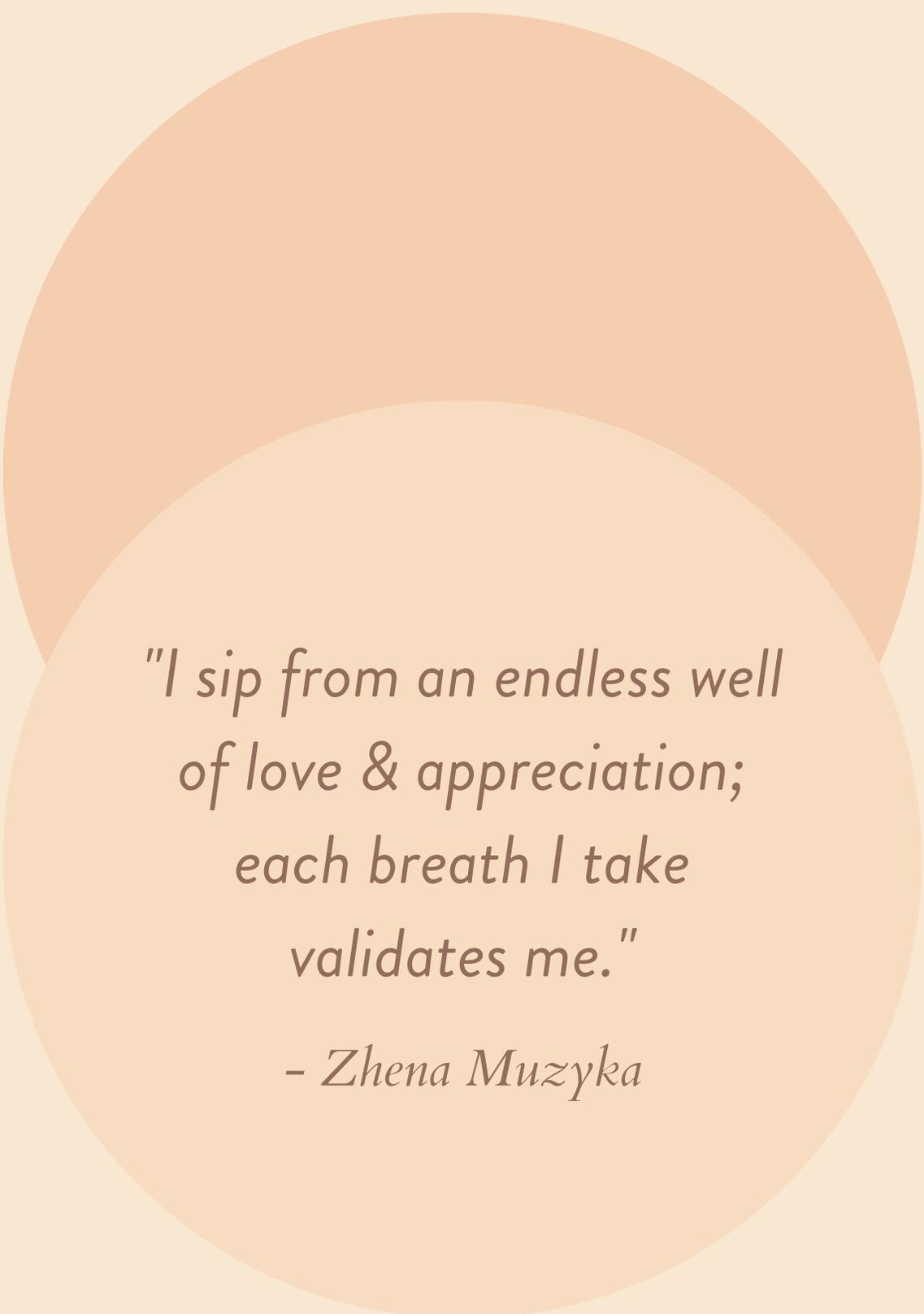
Is your heart heavy or light? Does it feel grieving or elation?

What are you physically doing when your heart feels the most “at home?”

When was your heart the absolute most generous and beaming? Do you remember an instance? What were you doing or where were you? Who were you with?

Now place yourself back in that moment, visualize yourself in that space when your heart was singing, joyous, and regenerate that feeling.

Re-generate this feeling today at each tea ceremony.



*"I sip from an endless well
of love & appreciation;
each breath I take
validates me."*

- Zhena Muzyka

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a journal entry.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a journal entry.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a journal entry.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a journal entry.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a journal entry.

BEDTIME

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a journal entry.

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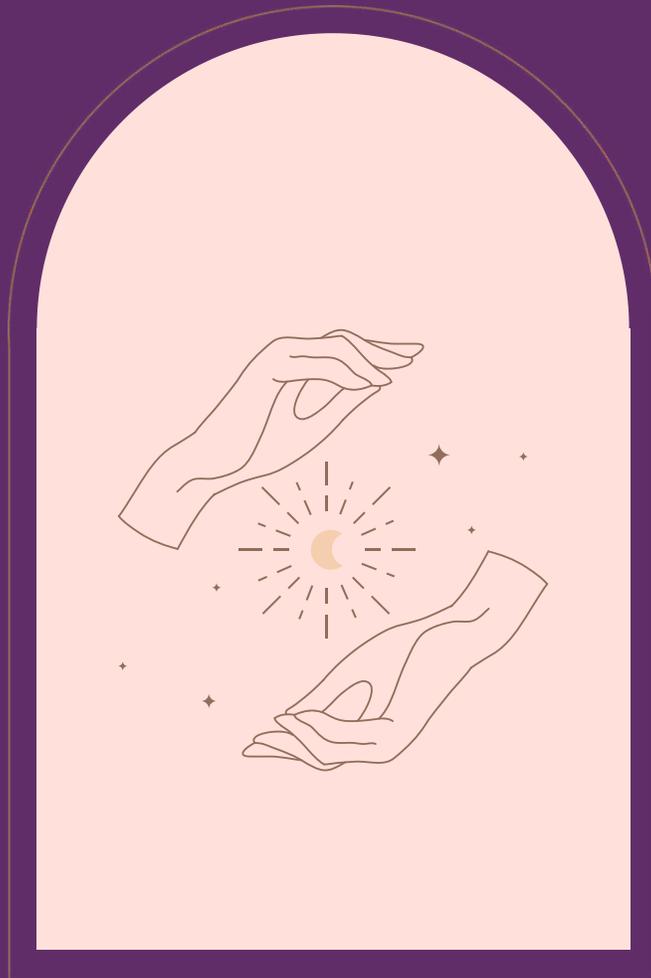
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*The first cup moistens the throat;
The second shatters all feelings of
solitude;
The third cup purifies the digestion,
reopening the 5,000 volumes I've studied
and bringing them to mind fresh;
The fourth induces perspiration,
evaporating all of life's trials and
tribulations;
With the fifth cup, the body sharpens
crisp;
And the sixth cup is the first step on the
road to enlightenment;
The seventh cup sits steaming—it needn't
be drunk, as one is lifted to the abode of
the immortals.*



Day 8: The Leaky Vessel & Energy Containment



The Leaky Vessel & Energy Containment

Now that we've worked through to strengthen our senses, our intuition will be stronger and our sensitivities will be high. In this, we must learn to embody a vessel without cracks or leaks.

There are 4 types of vessels:

1. The Whole Vessel which is Empty & Ready to be Filled;
2. The Leaky Vessel: That which leaks what it receives immediately, thus losing its power;
3. The Upside Down Vessel: A Cup turned upside down so it can receive nothing;
4. The Overflowing Vessel: It is so full nothing new may be received.

Today, as you meditate on your patterns of receiving, giving, denial of receiving, and perhaps leaking you will observe how you are the very vessel and energy is that which you receive in the form of possibilities, love, opportunities, ideas, and teachings.

The Whole Vessel which is Empty will receive and hold within it the gifts until they become a part of the vessel.

The Leaky Vessel will receive and then allow the teachings, opportunities or possibilities and ideas to dissipate, never able to hold true power.

The Upside-Down Vessel believes too much in order to receive, it projects or believes it doesn't deserve to receive therefore has proven its theories each time the gifts of the universe bounce off it.

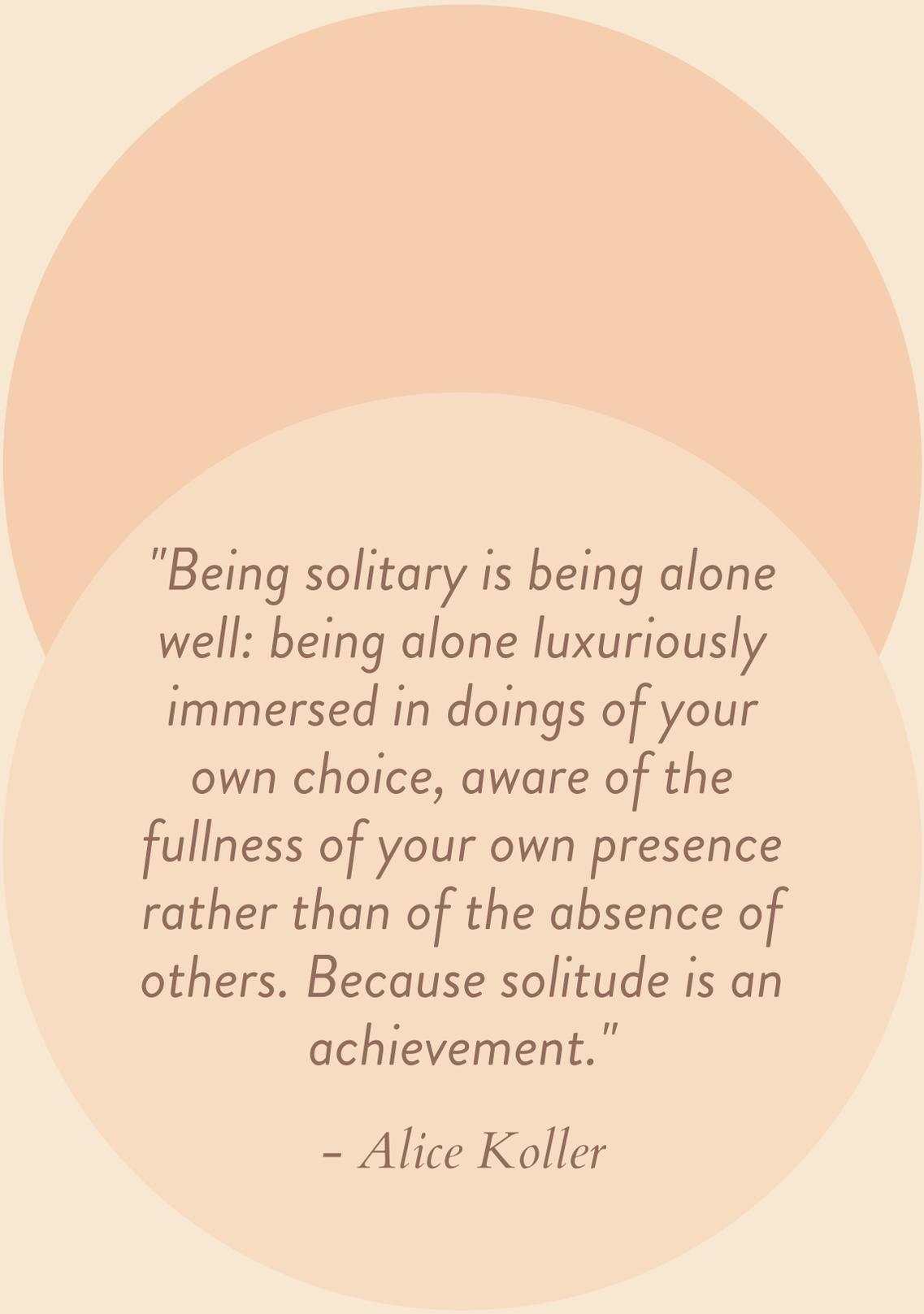
The Overflowing Vessel cannot receive more because it cannot empty—it has no practice of clearing, it has not discovered discernment, and it is fearful that if it lets anything go, it will be in a state of loss therefore nothing can be received.

Journaling: How Is Your Vessel?

Which vessel do you feel mentally and physically feel like now?

Where in your life are you leaking, overfull or turned upside down?

What is filling your vessel now that you would like to release so that the new may arise, so that your destiny may arise for you?

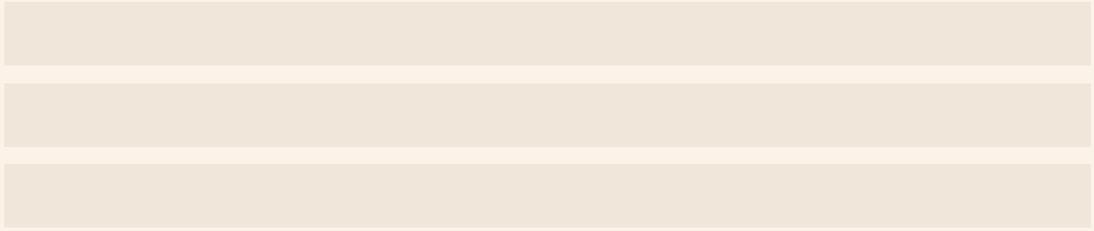


"Being solitary is being alone well: being alone luxuriously immersed in doings of your own choice, aware of the fullness of your own presence rather than of the absence of others. Because solitude is an achievement."

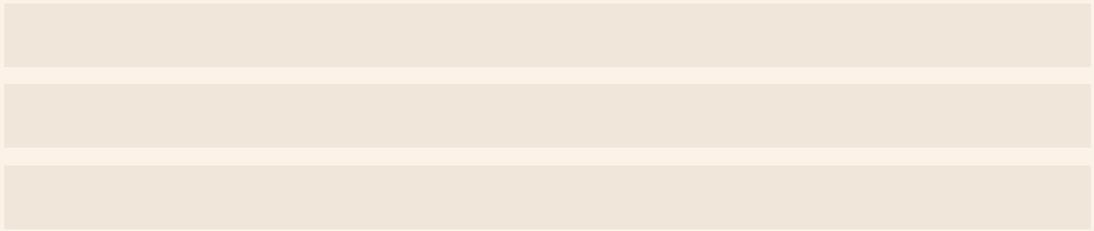
- Alice Koller

Daily Tea Algorithm

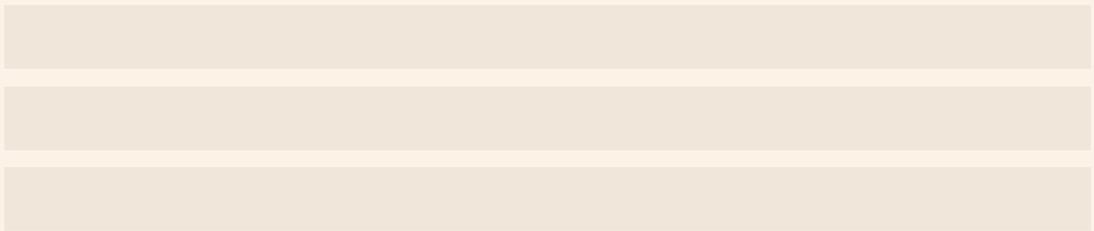
WAKE UP



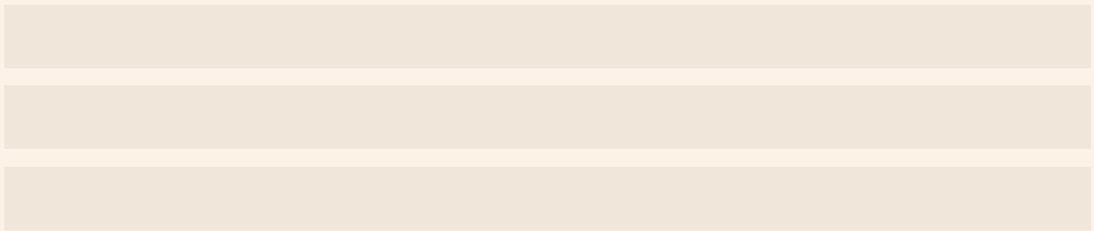
FIRST CUP



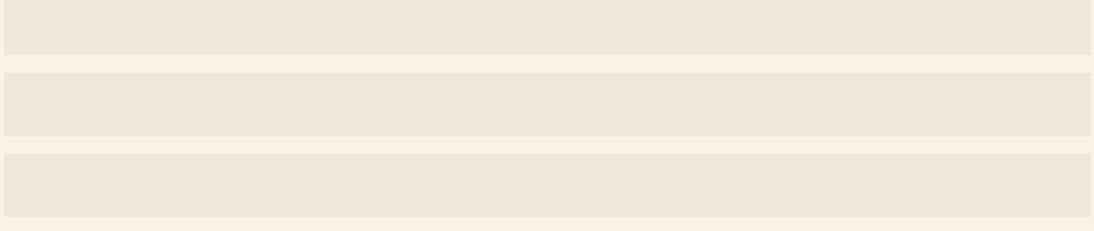
SECOND CUP



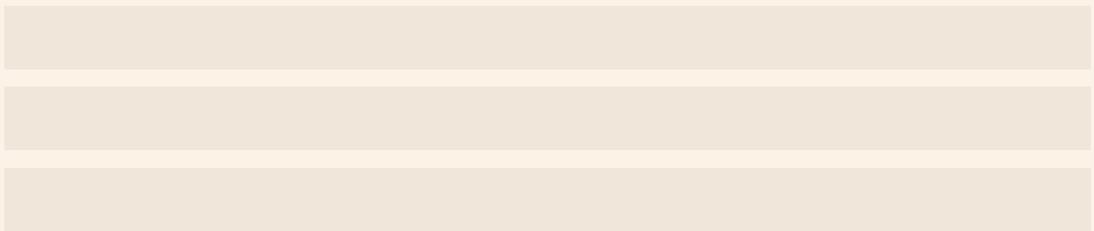
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FOURTH CUP



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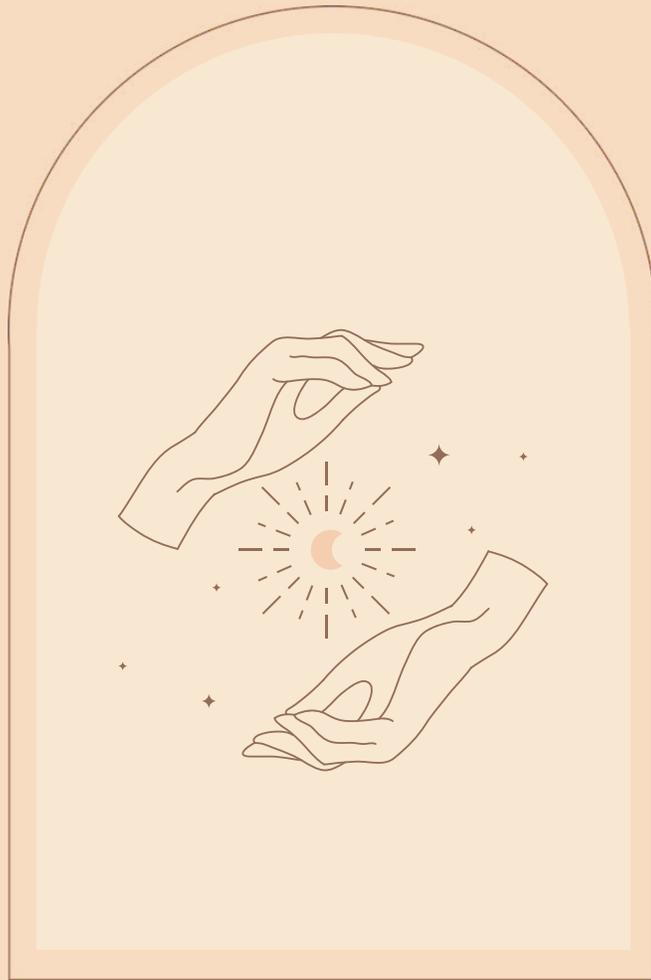
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Day 9: What Arises in a Pure Heart:
Listening & Weighing the Heart's Longings



What Arises in a Pure Heart: Listening & Weighing the Heart's Longings

Your heart is pure. It has always been pure. Today, you will weigh your heart's deepest longings and acknowledge the language of your heart so that your mind may abide.

So often our minds talk our hearts out of their longings. We use past experience to shape the future and call it “smart” or wise advice. Our heart is a love-magnet and love-projector, while our minds are measuring and remembering then controlling from there.

Our minds do this also with nourishment. Telling us when we “deserve” to eat something or completely spacing out and letting us lose our discipline when it comes to healing foods and habits. The heart on the other hand will never allow us to be unhealthy as it wants our bodies to thrive while the mind will tell stories to get what it thinks it wants. My meditation teacher used to say that the untrained mind is like a wild elephant—a very powerful being that can trample the best of intentions.

To trust fully in the heart, we begin by surrendering to it.

Love is the only way to do this.

All roads lead to love, and all hearts are made of this love.

When we free our hearts to reign—even more—our bodies are able to relax more deeply, sleep more soundly, and intuit more distinctly.

In order to do this, we create training for the wild elephant of the mind and tame it so that the heart may lead the way forward.

When we lead with our heart, our small hungers dissipate and our Great Hungers show themselves to us. The Great Hungers are those fed by soul-work. Soul-work is the efforts you make in alignment with your purpose.

What is your purpose? Ask yourself this as you sip your teas today in ceremony.

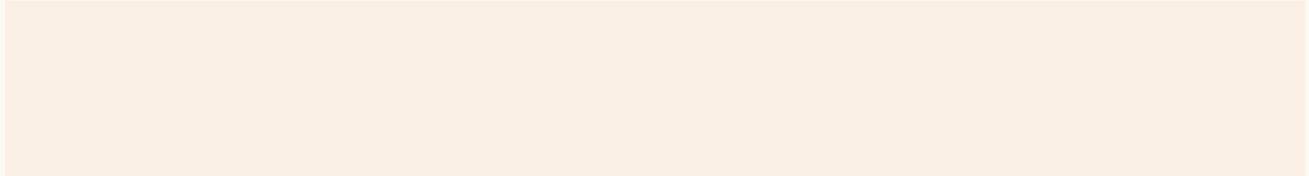
As you train your mind to listen to your heart, you will begin to experience more softness in your body. More compassion.

Today, as you sip your teas, measure your mind's chatter in direct contrast to the sensations in your heart.

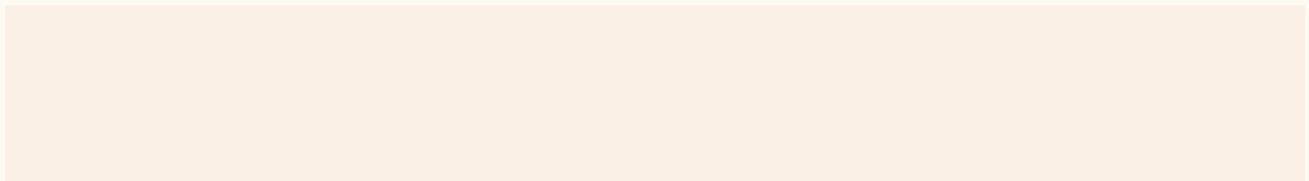
Journaling Questions

Dear Heart, what is it you most want to express today? Thoughts will arise, but let them go, when the heart speaks, it will be a feeling more than a thought.

Write the feelings not the thoughts.



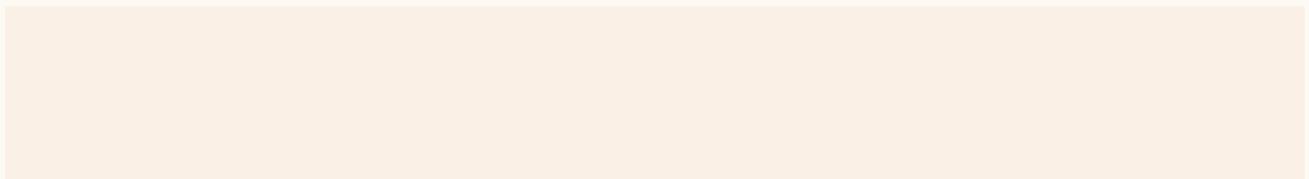
Dear Heart, how may I serve you today? Listen past the thoughts, write what you hear in the soothing, calming thoughts that arise now.

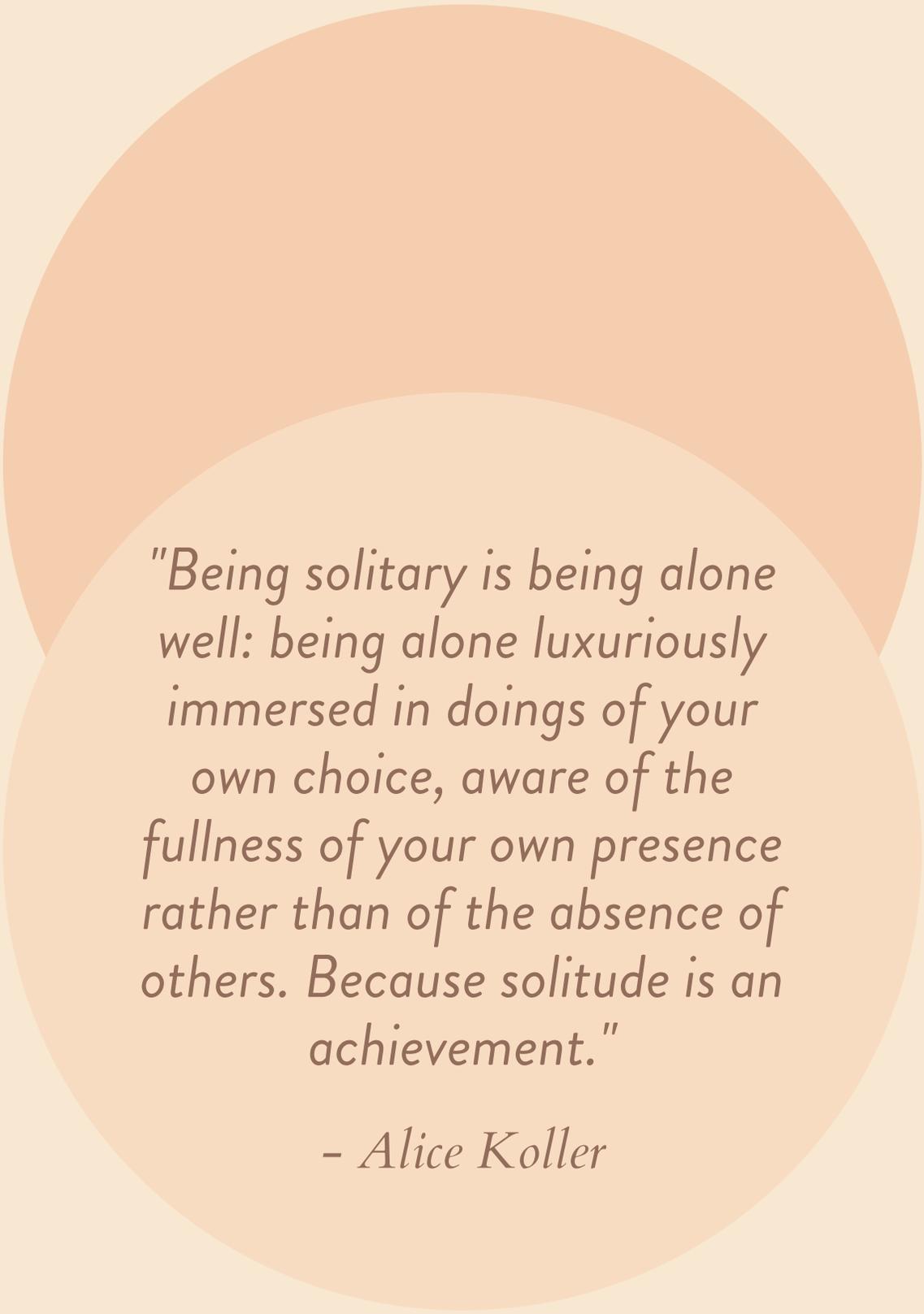


Dear Heart, what would you like my mind to know about the true state of being?



Dear Heart, tell me more about my purpose ...





"Being solitary is being alone well: being alone luxuriously immersed in doings of your own choice, aware of the fullness of your own presence rather than of the absence of others. Because solitude is an achievement."

- Alice Koller

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'WAKE UP' section.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'FIRST CUP' section.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'SECOND CUP' section.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'THIRD CUP' section.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'FOURTH CUP' section.

BEDTIME

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'BEDTIME' section.

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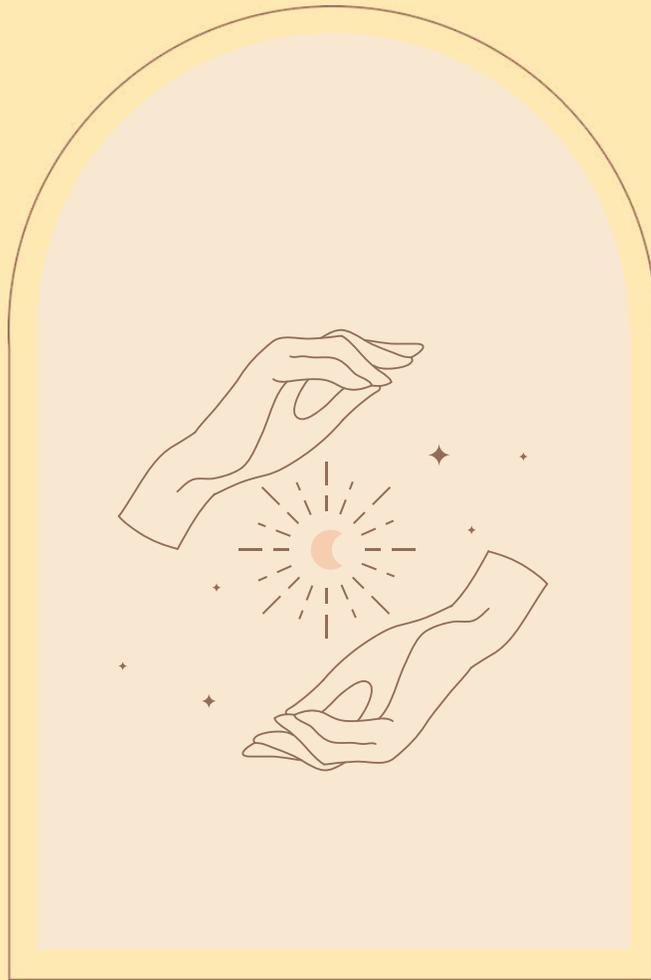
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Fear Melters



Fear Melters

Conflict is run by fear. The fear is in response to a perceived or actual threat.

There are four ways that fear shows itself: fight, flight, freeze, or faint. All of these are accompanied by shorter and shallower breath. Many people do those in combination or rapid succession.

We cannot be talked out of fear. Fear is a physiological response and can only be melted with breath, movement and love.

There are specific movements that can be applied as an antidote to each type of fear.

Add breath to any of the moves by focusing on lengthening your exhalation.

Add love to any of the moves by thinking of something you know you love. Let yourself feel love and then surround yourself with that love.

FEAR & FEAR MELTERS

TYPE OF FEAR

FIGHT: chin comes up and out; weight is forward; a person's arms get tight, hands may form into fists; action speeds up, talking is faster, louder, shriller. This type of fear may feel and look like anger.

FLIGHT (FLEE): part or all of you leaves the vicinity; the first movement may be one shoulder coming back, or a person's weight moving backwards; this can be accompanied by feet beginning to move and a nervous laugh. A person may flee the situation mentally without even moving. People may use consumption of drugs, alcohol, or food to flee. Eyes glazing over may be a mental flee.

FREEZE: a person's body becomes tight and stiff, may be accompanied by a nervous smile. A startle response is a freeze move. Thoughts begin to recycle like a hamster wheel. The person may be re]playing the last thing that they heard and trying on different responses in their mind, but are not usually talking.

FAINT: thinking becomes foggy, confused, person feels drained, sleepy; may even faint or fall asleep. Jaw may hang open. Often people feel or act "stupid". Imagine energy is draining out of the soles of the feet, there's no anchor, "feel adrift".

FEAR MELTER

OOZE: let yourself spread out into time; begin to move slowly as if you are thick syrup or warm chocolate oozing off a spoon. Move your shoulders, and hips and even your jaw; slow your words down, moderate your tone.

SUMO: widen your stance, ground your feet firmly into the floor, bend your knees, and put your hands on your knees as if you are a sumo wrestler. Be a mountain; feel your weight, push down with your feet. Engage the other person with your eyes. In your mind, say "I am here, I am present."

WIGGLE: begin to wiggle your fingers and toes, eventually wiggle your hips and shoulders; to unfreeze you will eventually need to wiggle your core.

LOVE SCOOPS/REACH AND GATHER: first do Sumo (above), then begin to reach out into the air in front of you as if you are gathering energy and bring your hands towards you, touch your chest firmly. Focus on accessing your resources.

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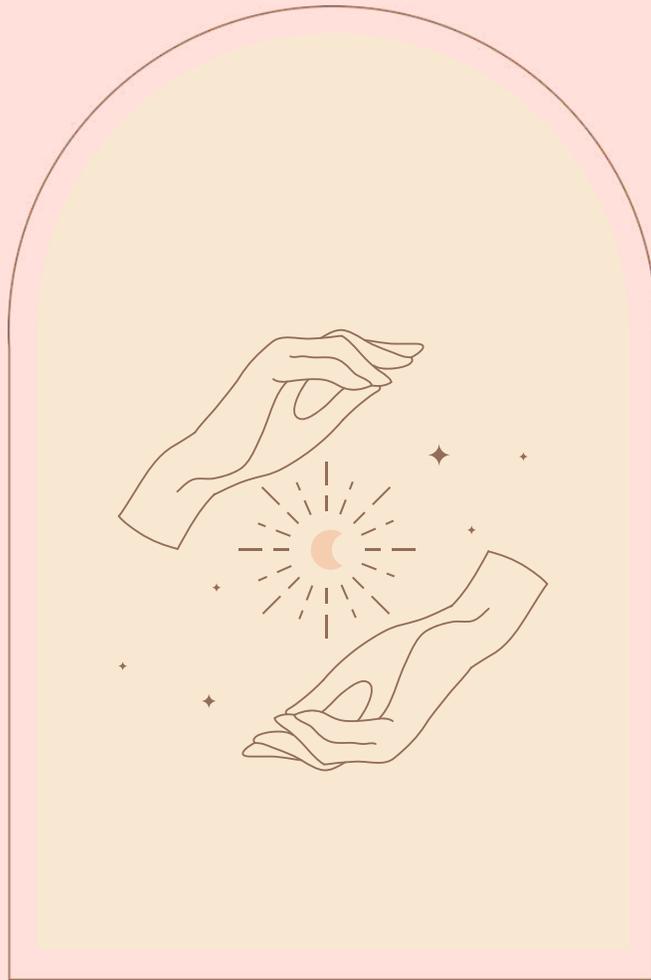
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Day 10: Plants are Queen®



Plants are Queen®

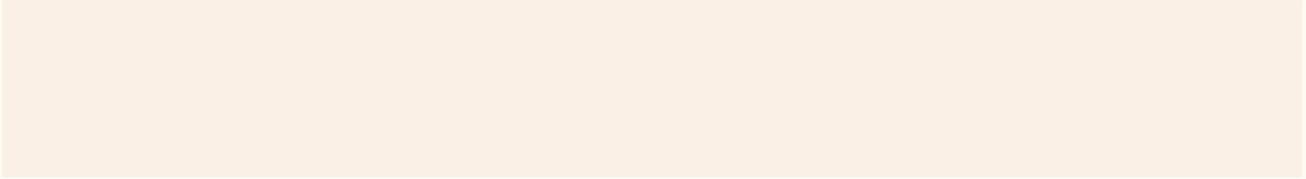
- Roses are the highest vibration flower on the planet.
- Jasmine is a stress relieving aphrodisiac known in East Indian culture as the “Scent of God.”
- Lavender puts babies to sleep and relaxes our nervous system while bringing virility to the male population.
- White tea is cooling, yin, calming and soothing with a PH balancing ability akin to alkaline water which is also collagen producing.
- Green tea clears the liver while neutralizing free-radicals.
- Puerh is oxidized in caves for 5-years, allowing it to grow friendly probiotics that soothe digestion, purge the liver of toxins and grounds our energy.
- Ti Quan Yin Oolong is the ageless beautifying tonic of millions and tastes like Magnolia and Lotus.

These are just a few highlights as to how magical the plant queendom is for your body, mind and soul.

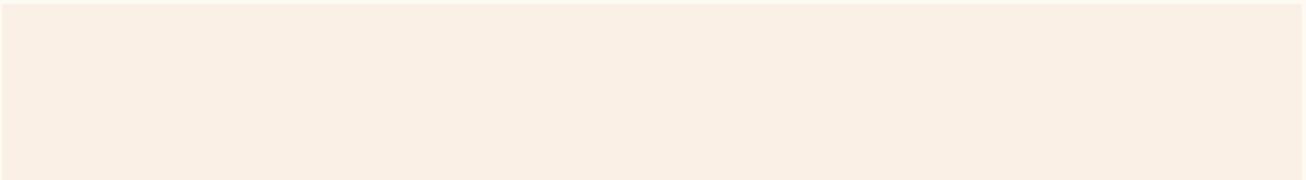
Today, as you sip your teas, review the ingredients of them, see which resonate with you most, and begin to really tune into your body, heart and mind to see what each is bringing to you.

Journaling Questions

Which flowers or scents bring you expansion energy:

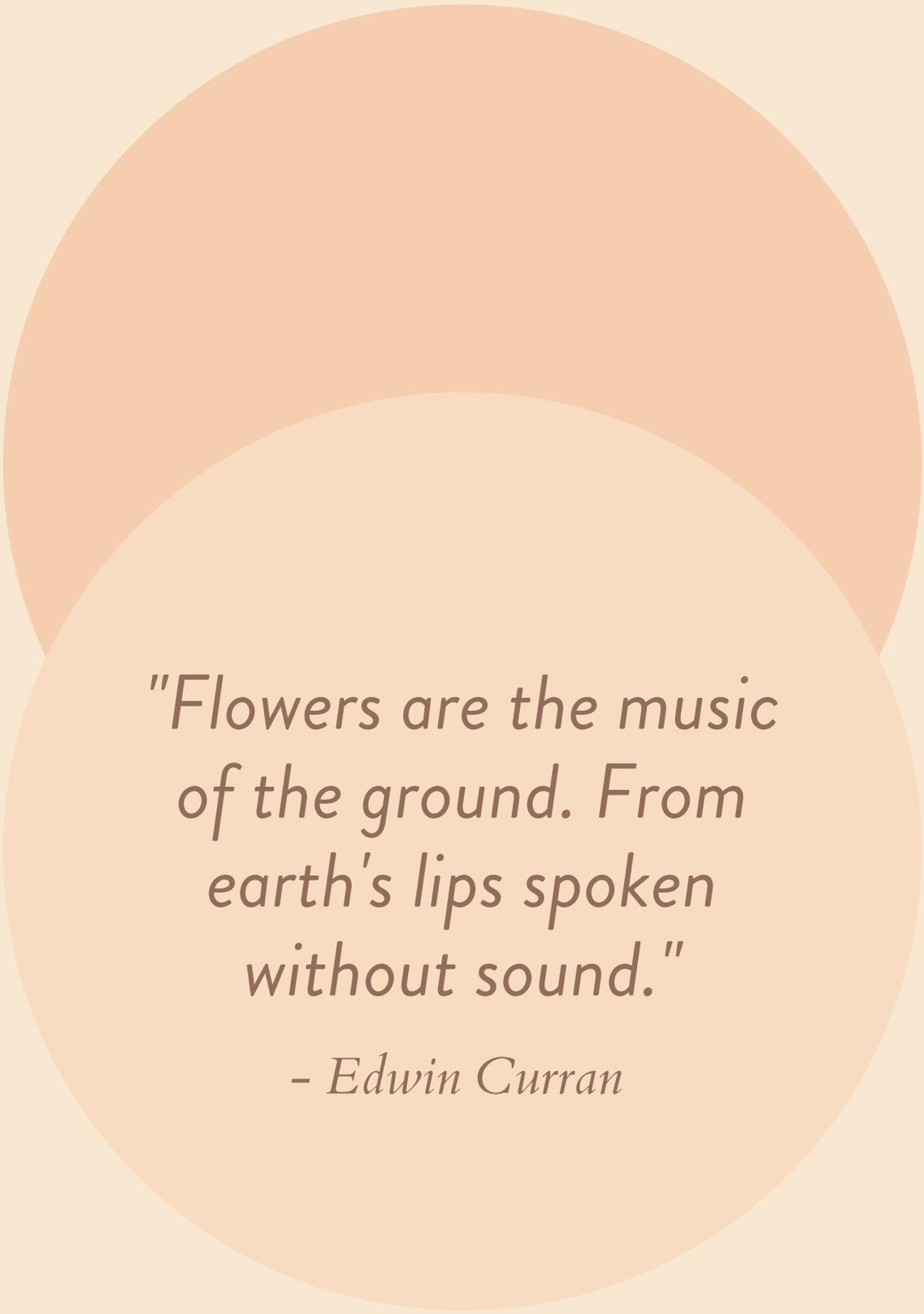


Which ingredients or blends ground your energy and strengthen it?



Which blends/ingredients heighten your intuitive or heart language?





*"Flowers are the music
of the ground. From
earth's lips spoken
without sound."*

- Edwin Curran

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'WAKE UP' section.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'FIRST CUP' section.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'SECOND CUP' section.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'THIRD CUP' section.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'FOURTH CUP' section.

BEDTIME

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'BEDTIME' section.

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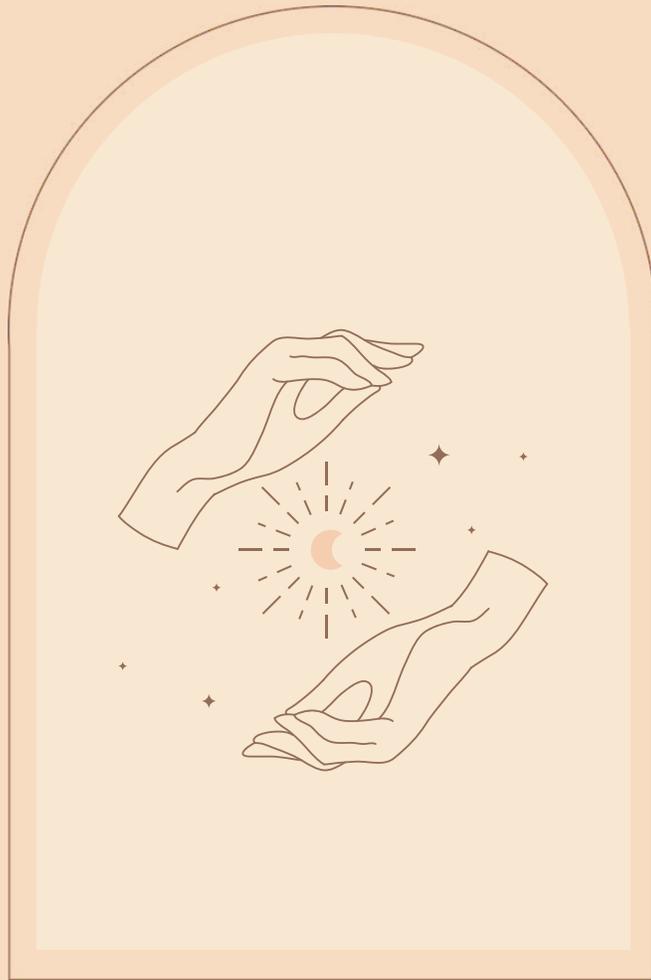
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Days 11-14

Solidifying Ceremony Into Daily
Practice & Body-Love Habits



Day 11: Elevated Eating



Elevated Eating

Throughout the last 10+ days, you've been on a tea ceremony cleanse journey that has taught you present-time awareness. We've focused on expanding the heart center, focused on our breath, and sharpened our senses.

We've cleansed discordant sounds from our hearing, reviewing listening versus hearing.

We've cleansed discordant objects from our spaces & learned to release imagery from our eyes to rest them.

We've learned how to distinguish scents that expand us, and cleansed those that contract us.

We've examined sensation in order to feel more present in the "skin we're in."

We've also learned to taste more and speak words of nectar to our tea, ourselves and those around us.

The cues of our bodies have become heightened as we've cleansed distractions and taken 5x daily action for our self-care.

Today, we will apply all we have learned to the gift of eating food in a process I call "elevated eating."

How we eat is nearly as important as what we eat. While each of us may have a completely different diet, the science behind longevity and wellness is consistent. Mostly plant-based, with lean protein, omegas, and either light on or totally avoidant of red meat along with intermittent fasting is the current scientific consensus. So, we won't be focused as much on giving you food guidelines but in helping you elevate each meal today so that your senses are engaged.

French culture distinguishes between “full” and “satisfied.”

I’ve always loved this as it is so different from American culture with large portions and “all you can eat” buffets. Volume is not healthy though, while paying attention and mindfully eating smaller portions is.

Depending on how many times you eat today, please follow these guidelines as you sit down to eat each meal or snack.

ELEVATED EATING PRACTICE

As you prepare your meal, or look at the meal you’ve been served, take the 3 Heart-Breaths and beam your heart energy at your food.

Ask yourself the 5 Sensory Questions before you take your first bite.

What do I feel?

What do I hear?

What do I see?

What do I smell?

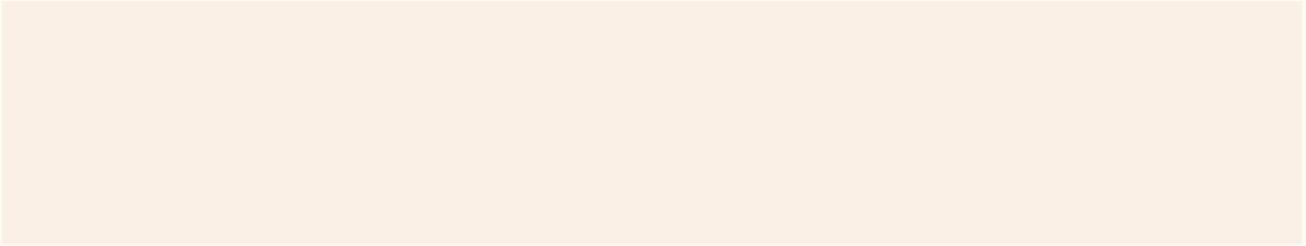
What do I taste?

As you take each bite, chew slowly and savor the flavors, textures and temperature of the nourishment. Between each bite, take a heart breath and center into presence.

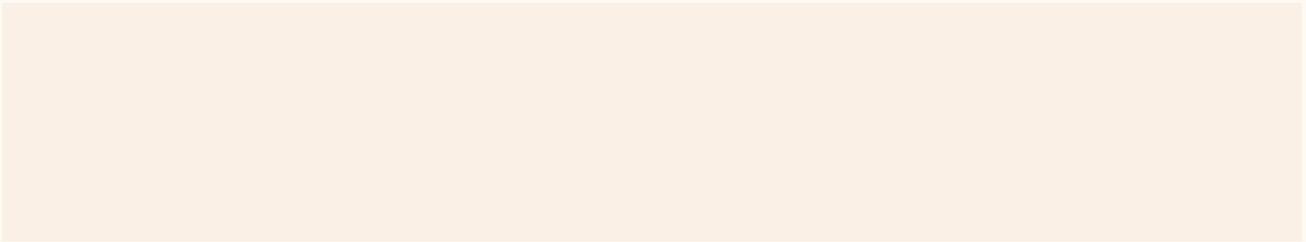
Take time to make your food beautiful today. Take time to sing as you cook. Take time to breathe into your heart as you prepare the food for yourself and others. Use your nectar words and speak your prayers into the food.

Journaling: Elevated Eating Prompts

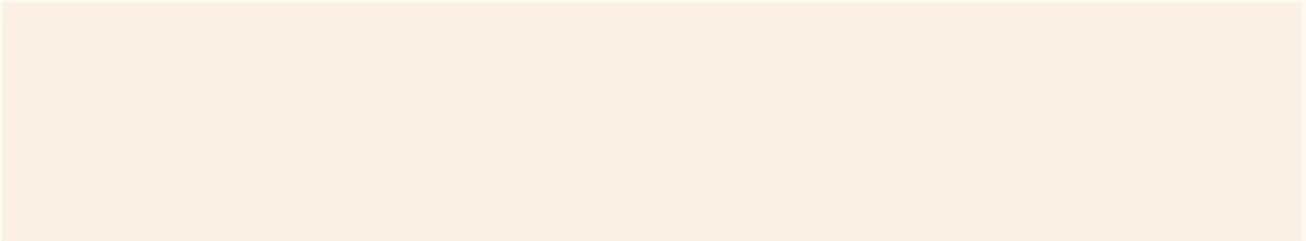
What foods are most beautiful to you?

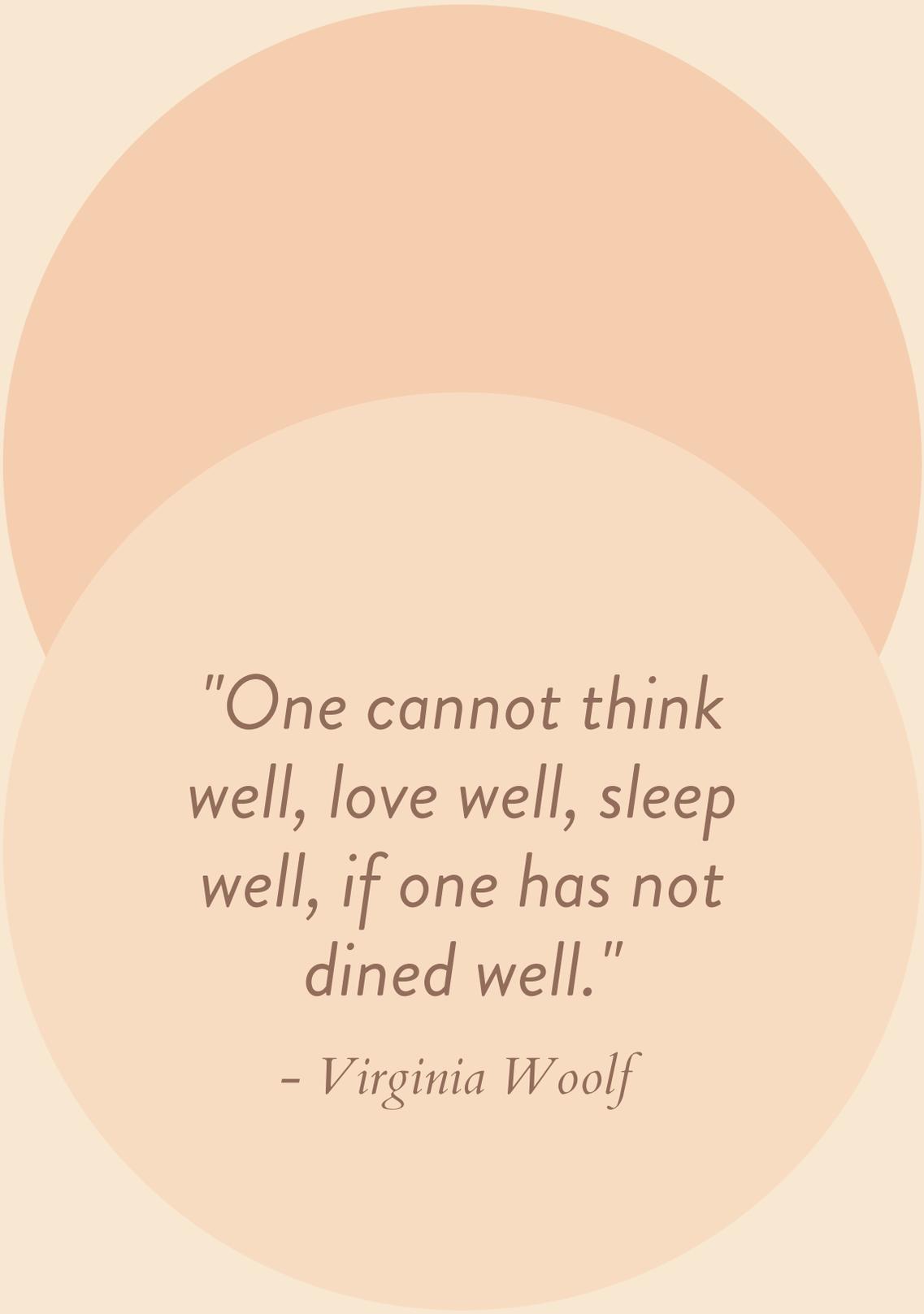


What colors taste best to you?



Which teas did you pair or would you pair with each meal?





*"One cannot think
well, love well, sleep
well, if one has not
dined well."*

- Virginia Woolf

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'WAKE UP' section.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'FIRST CUP' section.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'SECOND CUP' section.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'THIRD CUP' section.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes or a checklist for the 'FOURTH CUP' section.

BEDTIME

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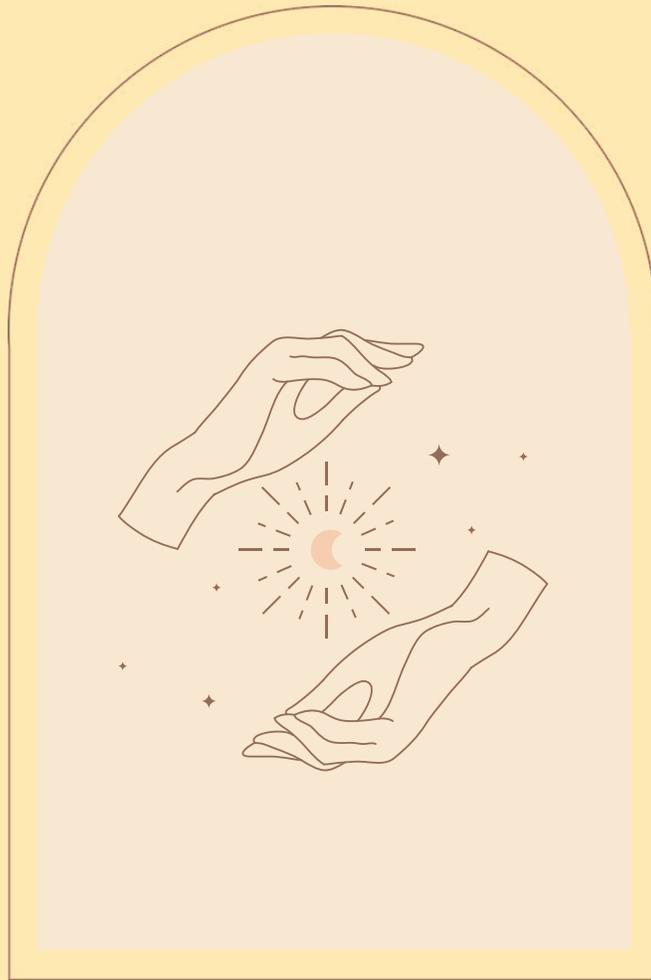
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Day 12: Sacred Schedule –
The Ceremony of Life



Sacred Schedule: The Ceremony of Life

Seeing life as sacred is enlightened living. When you set your intentions at the beginning of the cleanse, you visualized yourself becoming or experiencing a you that is more aware, healthier, more engaged.

Today, go back to your initial intentions and check in to see what you wanted to experience and take inventory on what you have actually accomplished.

Be kind to yourself. If you only participated one day, that is improvement. If you only did the sensory questions twice, you improved.

Now, create a schedule for your life moving forward after the cleanse. Your natural algorithm and life-rhythm should dictate the new schedule.

For instance, if you found having tea ceremony in the morning was easier than the evening, will you commit to creating a sacred time in the morning on an ongoing basis?

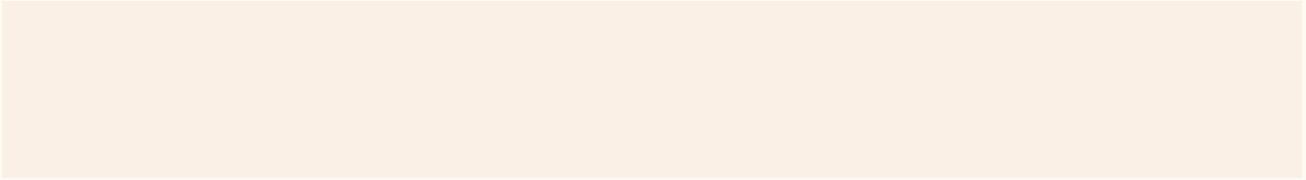
If you found that the 3 heart-breathes were helpful, how will you schedule those into your sacred schedule throughout the day?

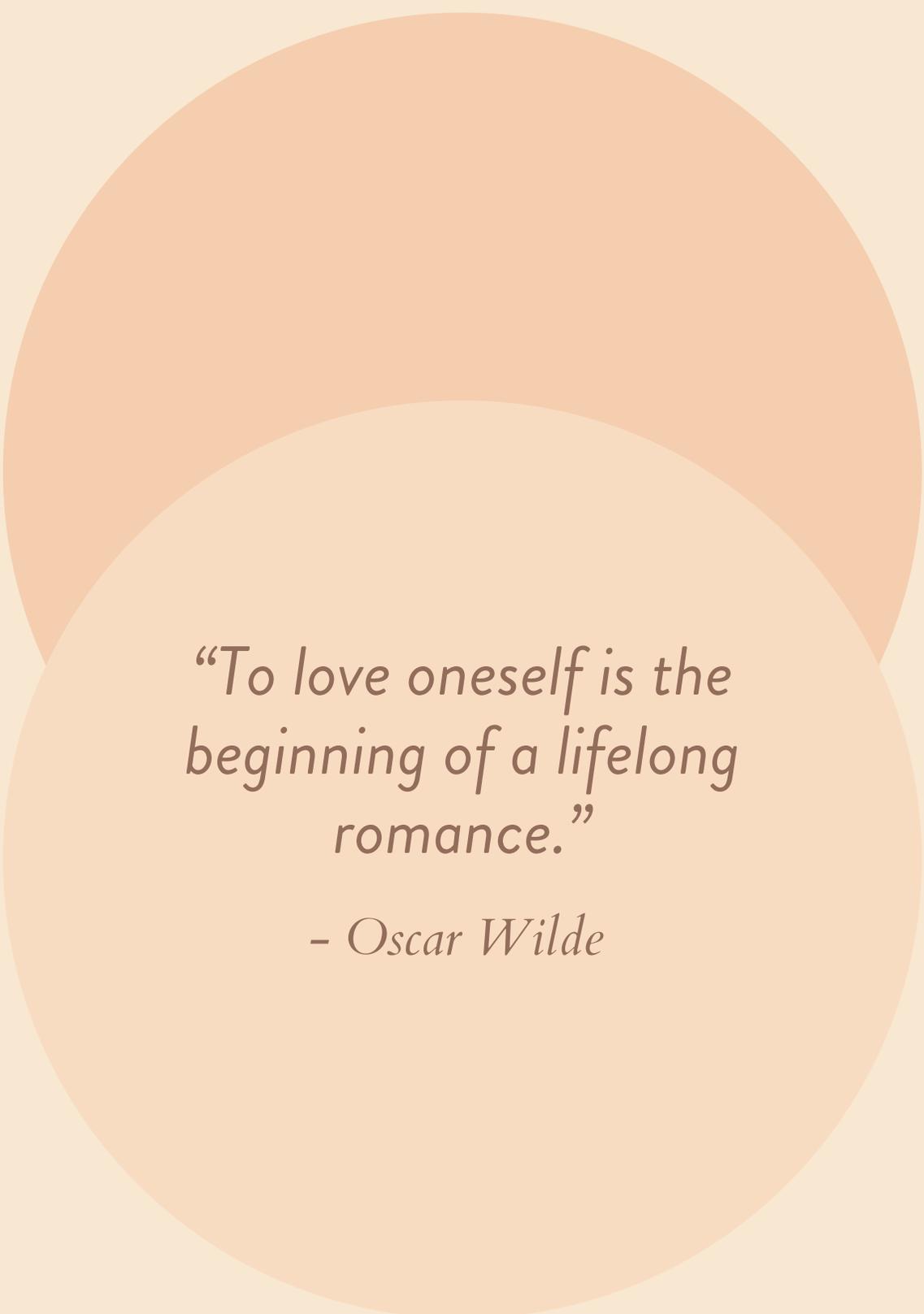
If you found that the 5 cups of tea a day centered you and ensured you slept better, what will be your ongoing schedule for keeping the positive habit in your day to day life?

If you found that drinking the water made you get up too much in the night, how many cups would you like to commit to and how will you ensure that you drink them daily (as in taking a mason jar to work, etc).

Your Sacred Schedule

Write your new daily sacred schedule here:





*“To love oneself is the
beginning of a lifelong
romance.”*

- Oscar Wilde

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the 'WAKE UP' section.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the 'FIRST CUP' section.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the 'SECOND CUP' section.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the 'THIRD CUP' section.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the 'FOURTH CUP' section.

BEDTIME

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the 'BEDTIME' section.

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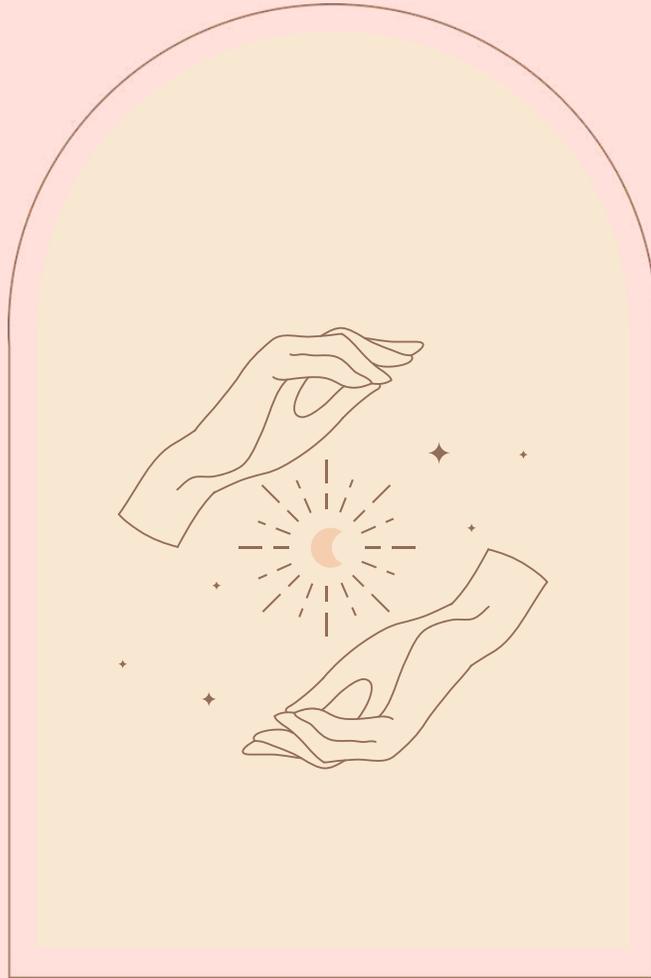
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Day 13: Committing to Self-Care



Committing to Self-Care

Today you will create a committing to self-care statement.

This will be your ongoing statement to yourself and others when making decisions on what and where to eat, what and where to vacation or shop, what and how you will schedule your time.

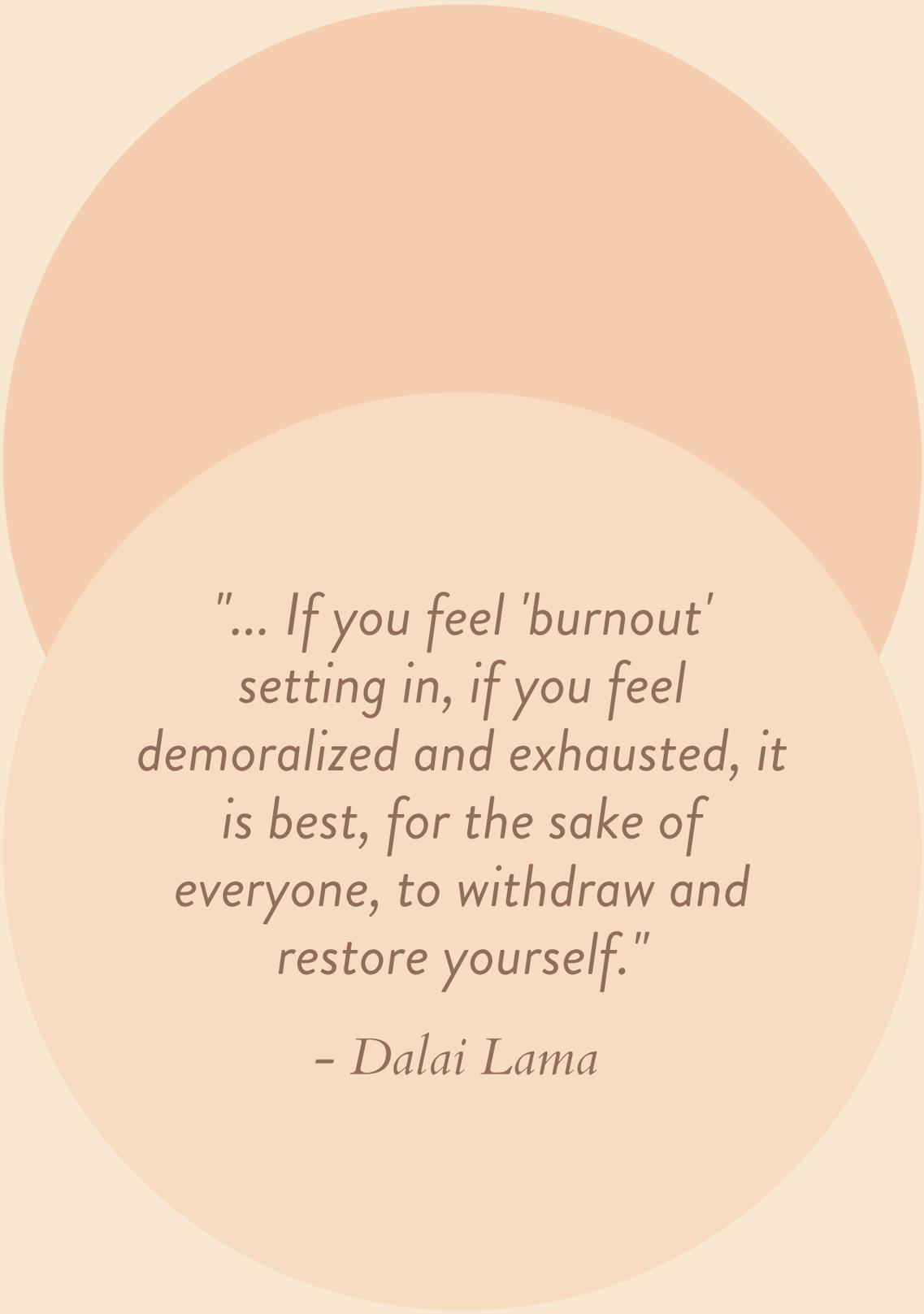
Journaling Questions

My Self-Care schedule is:

I'm committed to my Self-Care because:

Self-Care is important to me because it allows me to be:

My Self-Care Schedule will allow me to be more _____ for others.



"... If you feel 'burnout' setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself."

- Dalai Lama

Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for waking up.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the first cup of tea.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the second cup of tea.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the third cup of tea.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for the fourth cup of tea.

BEDTIME

Three horizontal bars of a light beige color, stacked vertically, representing a time slot for bedtime.

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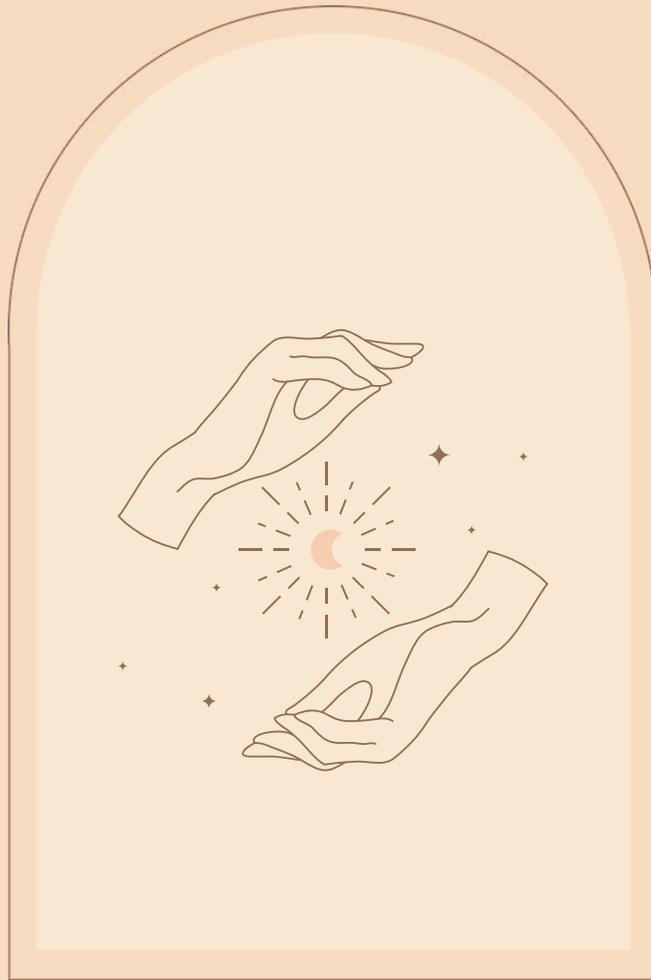
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Day 14: Sip & Celebrate Self.
Celebrating New Habits & Measuring Results



Sip & Celebrate Self.

Celebrating New Habits & Measuring Results

Congratulations, you have completed your first and the world's first Magic Hour Ceremonial Tea Cleanse!

Today, as you take your 5 cups of tea and practice ceremony, I want you to celebrate yourself. Every tiny molecule in your being shall be praised by you. With each cup of tea, with each sip, tell yourself detailed things about yourself that you love.

Here are some examples:

With each sip you can say things like...

"Self, You are kind.

Self, You are funny.

Self, You are amazing in that you care so much for others.

Self, You take care of yourself so well.

Self, you are so talented at...

Each of the 5 cups is a celebration of self. Each Sip an affirmation of your remarkable humanity, your gifts and talents, your abilities and discipline to get through this cleanse.

Journaling Questions

Now, if you want to measure your results, you may. Remember, weigh your heart and measure your mindset. How are you doing?

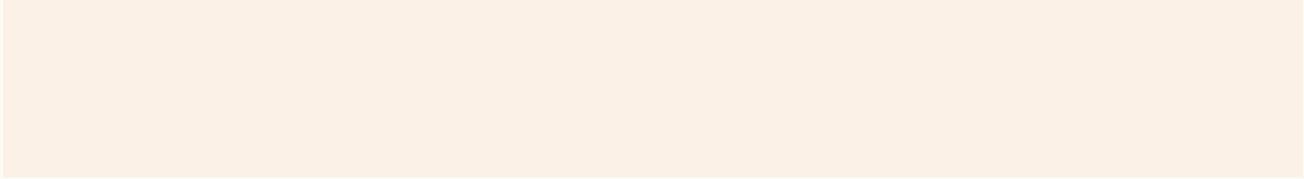
What changed in your Body?

What do you notice now about your body, digestion, energy levels and sleep?

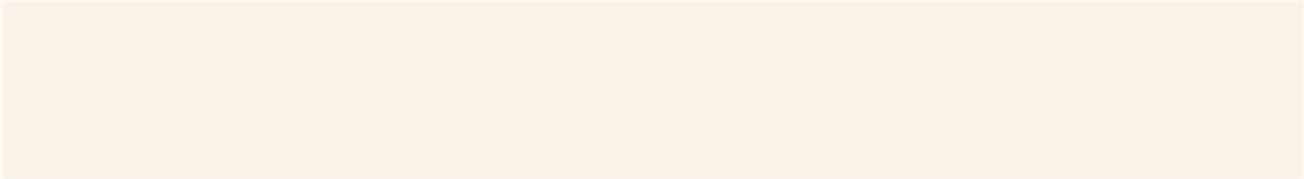
What changed in your Mind?

What thoughts have less “story” to them? What limiting beliefs have been flushed from your system?

What changed in your heart? How does your heart feel as you breathe into it now?



What habits will you carry forward and which will you leave behind?



Daily Tea Algorithm

WAKE UP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'WAKE UP' section.

FIRST CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'FIRST CUP' section.

SECOND CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'SECOND CUP' section.

THIRD CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'THIRD CUP' section.

FOURTH CUP

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'FOURTH CUP' section.

BEDTIME

Three horizontal bars of a light beige color, stacked vertically, providing space for notes related to the 'BEDTIME' section.

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And lastly, I am so freaking proud of you. You have shown love, support, caring, and generosity to all of us during the two weeks we've been together. I feel you are my soul-family and that we will all be together sipping tea for many years to come.

I never wanted to start a “company” but I wanted to create a sisterhood of connection. You have allowed me to fulfill my heart's deepest wish aligned with my values of Love, Connection, and Presence to be in my destiny too! May you continue to be served by what you learned and please plan to join us in the Spring when we do it again!

I love you all very much,
Zhenia