

Carole's Sacred Heart Tea

This is a simple sacred brew that can assist in facilitating heart-based inquiry and connection. It gently soothes and stimulates clear focus, encouraging the heart to open and the mind to offer clarity.

I offer this proprietary blend in the hope that more and more people will step into Living the Inquiry of connection to ourselves, each other, our world, and it's Source.

Note: All the ingredients can be purchased from any reputable organic herb source.

Ingredients:

1 cup Guayusa (Runa) tea
(I use about 1 handful per pot)
1T Passion fruit tea
1T Hibiscus tea
1T Rosebuds
1T Chamomile

My favorite source for Guayusa is the New Mexico Tea Company and for the other herbs, you can order from: www.mountainherbs.com

Directions for use:

1. Pre-mix the dry ingredients.
2. Sit quietly and drop into your breath.
3. Feel what is calling for attention from your depths.
4. Holding this intention in your mind/body/heart/spirit, portion the pre-assembled ingredients into a pot. (Ideally not metal, but it's fine if that's all you have.)
5. Consciously pour 1-2 quarts of hot water over the leaves as you ground yourself in your sacred intention.
6. Let the tea-elixir come to a soft boil and simmer 5-10 minutes, stirring and feeling your intentions as you stir.
7. Allow the tea-elixir to sit for 15 minutes or as long as you want. Longer steeping time increases potency.
8. Imbibe and enjoy!!

For more soul medicine and to learn more about the practice of Living Inquiry, visit: www.livinginquiry.com

