

3 Teas for Inquiry

Chamomile & Pinch of Rosemary

- * allows for the dream & intuition state to be fluid and available while dancing in one's daily Life
 - * stimulates the mind to focus
- * warming combination which brings relaxation to the belly & encourages digestion

1.5 teaspoons chamomile & pinch rosemary or 2 chamomile teabags & a pinch of rosemary from the cupboard, steep covered 4 - 6 minutes

Spearmint

- * supports presence of self & surroundings when experiencing a sense of Life moving too fast
 - * strengthens mental clarity
- * cools and relaxes the gut, dispelling flatulence

1 tablespoon in a mug or two teabags, steep covered 6 - 8 minutes

Cumin, Coriander, & Fennel Seeds

- * seeds of wonder, bringing strength & calm to the digestive system
 - * supports inner clarity

combine equal amounts of each seed to make 1 tablespoon, gently crush with the back of a spoon, steep covered 8 minutes

~ HOLD LOVING INTENTION WHEN POURING HOT WATER OVER YOUR HERBS ~



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