

SHAKTI CCF TEA

# Winter Ritual Meditation

*A Guided Mother-Held Tea Ritual for Nourishment, Slowness & Inner Knowing*

**Begin by holding your warm cup in both hands.**  
**Let the heat seep into your palms, your fingers, the tender spaces inside  
your wrists.**

**Feel how quickly your body says, “Yes... thank you.”**

Take a slow inhale.

A softer exhale.

Let your shoulders drop as if you are being gathered into the arms of the Divine  
Mother herself.

She is here.

Holding you.

Supporting you.

Inviting you to slow down.

Bring the cup a little closer to your heart.

Notice the scent of cumin, coriander, fennel...

Notice how the steam rises like a prayer.

This is nourishment meant for you — simple, warm, honest, grounding.

**Whisper to yourself (silently or aloud):**

*“I am allowed to rest. I am allowed to receive.”*

As you take your first sip, imagine the warmth moving down the center of your  
body —

softening, soothing, loosening, awakening just enough for clarity...

but not asking anything of you.

Only giving.



Let each sip be unhurried.  
Let each sip be a small homecoming.

The Mother places a hand at your back — steady, loving, reassuring.

You feel her saying:

**“Slow down, my love.**

**Listen.**

**I am here.**

**Your own inner knowing is here.”**

Take another sip.

Feel the lemon brighten your awareness gently — not a spark, but a soft light  
appearing in a quiet room.

A guiding light.

Your light.

Pause now and ask your body:

**What do you need today?**

**What feels heavy?**

**What feels tender?**

**What wants to be held?**

You don't need an answer.

The asking opens the door.

The listening nourishes you.

Let one hand rest over your heart.

Take a final slow, steady sip.

And whisper:

**“I receive nourishment.**

**I receive support.**

**I receive myself.”**

The ritual is complete —  
but its warmth will continue to hold you from the inside out.