How to Read Tea Leaves

With your hostess-

Dionne the Tea Priestess
Hello my dear, thanks for coming to tea with me! What? Tea leaves in your cup? Well, that’s great! It’ll give us a chance to practice our tasseography. What is tasseography? It’s tea leaf reading, one of the easiest and fun ways to divine what’s coming by looking for patterns in tea leaves and you don’t even have to be a Gypsy to do it.

Here’s what you’ll need:

~Your favorite tea bag. You can use a loose tea as long as the pieces aren’t too big.

~A tea cup and saucer. You’ll want something light colored without a pattern on the inside. Be sure your cup has a wide enough opening at the bottom to allow the tea leaves to move around.

~Your journal. Write down any insights you have.
A good symbol dictionary. May also be helpful, though not essential.

Tea leaf reading is a highly personal and subjective process. Trust your inner wisdom and guidance on what the symbols mean for you.

Give yourself at least a 20 minute break if reading for yourself. Recognizing symbols does take a little time so you may want to avoid distractions.

~Step 1~

Say a prayer, mantra or affirmation as you begin to brew yourself a cup of tea mindfully. Slow down and pay attention to your movements as you put tea and water into your cup.

As your tea is brewing, take a few minutes to ground any excess energy and center yourself in your body. Quiet your mind, relax and enjoy your cup of tea.
~Step 2~

Leave a small amount of tea in the bottom of your cup with the leaves or squeeze out the extra liquid from your tea bag once it is cool enough to handle comfortably.

Tear the bag open and push a small clump of tea into the cup.

Think of what you want to ask. If no specific questions come to mind then you could just do a general reading.

Take the cup in your non-dominant hand, give it three good swirls to disperse the tea leaves around the interior of the cup, then invert the cup over the saucer and leave it there for a minute to let all the moisture drain away.

~Step 3~

Take a few deep breaths and look at the leaves with soft eyes. You are looking for shapes in the gathering of tea leaves. Take your time and allow the symbols to reveal themselves without forcing something to come.
Begin writing down the symbols as you recognize them starting at the handle or 12 o’clock position on your cup, noting where each symbol is in the cup.

If a shape looks like a letter or reminds you of a certain someone jot down the meaning that comes to mind first.

Dividing the cup in half, symbols to the right of the handle can represent the future or people you’ve yet to meet while those to the left of the handle can represent the past or people you already know.

Symbols closer to the rim of the cup apply to now whereas the middle section represents the near future—within a week or two.

Those symbols at the bottom apply to things that are ending.
~Step 5~

After you feel the leaves and your inner wisdom have given you all the information you can get, refer to your symbol dictionary for more information.

Keep in mind the meaning you assign to symbols now can change later depending upon what is happening in your life. If your reading has negative symbolism throughout, remember you're the one in charge of making choices based upon your experience and what is best for your highest good.

If you enjoy reading your own leaves, it can also be great fun to practice your understanding of symbolism by reading for friends as well.

At first you may find it is easier to read you for yourself but, as with any skill, the more you practice with it the better you will become!

Most of all, remember to have fun!

Dionne the Tea Priestess is the Head which wayer of Sacred Space Tea Dates. She creates tea parties, e-course, meditations and Goddess empowerment sessions to help women remember their beauty and light.

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