

Tea Leaf Reading Instructions



1. Begin by focusing on an area of your life in which you want more insight or guidance (love, success, health, etc.)
2. Use a wide shallow teacup: add about ½ tsp loose tea.
3. Pour boiling water over tea. Let them steep a few minutes. Create a place of compassion, grounding and relaxation. Call in your spirit guide or intuition channel to set the mood and raised vibration for your reading. Option is to light a candle to represent bringing in the Light.
4. Infuse the tea leaves with your energy by placing one of your palms over the top of the cup for 1 – 2 minutes, while gently swirling the water. Drink tea, leave a little water in the bottom of the cup when you have finished drinking. Do not add milk or sweeteners.
5. Holding the cup's handle, gently swirl the tea 3 times around the sides of the cup. Turn cup upside down onto the saucer holding a napkin.
6. Rotate the cup 3 times to set the leaves. Now gently set the cup right side up with the handle towards you.
7. The tea leaves in the cup may now be read. Take time to see shapes and pictures similar to seeing pictures in the clouds, also similar to dream interpretation, or even tarot/oracle cards. Relax, let your attention wander. The picture symbols that you notice have something to say. As you pick out the symbols allow intuition and emotions from the pictures to come in ... as you allow yourself to give YOUR interpretation of what you see and feel.
8. The leaves on your saucer: can represent where you are at this very moment.
9. The top of the cup ... immediate future ... days to weeks.
10. The middle of the cup ... weeks to months.
11. The bottom of the cup ... 6 months – 1 year ... or the goal/theme of your reading quest.
12. With the handle facing towards you, divide your cup into quarters, which will represent each season of the following year (spring, summer, fall and winter). This creates a time frame of when events are likely to happen.
13. Tea Leaf reading is fun and develops intuition. It requires only an open mind and a sense of adventure. It is called Tasseology and first began in China in the 16th century. Most everyone has an aunt or grandmother who read tea leaves.

Airplane: a trip, flight, moving quickly into your next step.
Angel: A message comes to your soul. You are safe. You are loved.
Arrow: Swiftess of intuition and thought, direction, GO. It is time!
Axe: Getting to the core of the matter, cutting through once and for all.
Baby: birth, rebirthing into a new direction or job, a fresh start, innocence.
Balloon: celebration, uplifting, cheerful, party.
Barn: a spirit of community and abundance. Lots, plenty, prepared.
Bear: Strength of activity, healing medicine totem, assertiveness, guidance to getting back on track.
Beaver: a busy constructive attitude. Just do it, it is time.
Bell: the sound of communication between heaven and earth. Important news on the way.
Bird: Freedom and imagination, receiving a message from spirit, a feeling of soaring and peace
Bridge: You will pass from one side to the other. Through difficulties and unknowns into a new experience.
Butterfly: Your soul is free, transformation, you feel reborn.
Candle: your devotion to life burns and brings light.
Castle: A protection and shelter for the mysterious forces of life
Cat: Agility, and ingenuity, independence. Moving forward sleekly, quietly and with purpose
Circle: unity and cycles of change, for as a circle is complete it also turns into an embryo which is a new beginning
Deer: a symbol of love and gentleness, innocence, you connect to your own and others souls
Dog: faithful companion, playfulness, a safe time, you are not alone, you are safe
Dolphin: Regeneration & ease through a great time of change, joyfulness, congratulations
Door: new pathways open, an opportunity or choice awaits you, walking away from something into something new
Elephant: Long term values, longevity and wisdom, unstoppable, slow steps forward ... steps that count
Eye: Seeing the truth, an inside view, seeing behind the scene, honest and pure
Face: and emotion, check to see the emotion of the face or person, as if they were talking to you to give you a message
Fish: Sacred knowledge, good luck, abundance
Flowers: Enjoy the fleeting pleasure, experience and beauty of life; joy, paradise
Grapes: Abundance, health and joy, a place of pleasure and security
Goat: A powerful life force, lust for life, self-sustaining, watching out for yourself, joyful independence
Hammer: Will power and perseverance to achieve or gain knowledge, strength, hitting the nail on the head confidence
Hat: A new role in life, new views, new identity,
Heart: Love, divine love, friendship, positive, going in the direction of happiness
Horse: Strength, freedom, creative force of instincts, beautiful force of power
House: An attitude that creates a sanctuary and protection from the harshness of life, safe, feeling at home, content
Kite: Playing, heights of joy, the sky is the limit, soaring, seeing the bigger picture as you raise above the situation
Lamb: Kindness, gentleness, renewal, a place of recognition of who you are ... and that you are worth it, nurturing
Lighthouse: Clarity amidst the fog, answers emerge from the heart, the light at the end of the tunnel, insight
Lion: Power, and authority, divine energy and justice, standing up for what you believe in, strength
Mermaid: Emotions beyond expression, passions & melancholy, connecting to the healing power of the sea, beauty
Monkey: agility, humor, reflection of the soul, do not take life so seriously, connect to the inner child within
Monster: Hidden parts of your personality to get to know, facing your shadow side and fears, unpleasant
Nest: Safety and rest before heading out on the next journey, safety, peaceful, sleeping
Owl: Wisdom & reflection, taking time to see the whole situation before re-acting, grounded thought
Pig: There will be plenty, celebrating feasting & family gatherings, home & comfort
Plants: An abundance of life – giving energy. A symbol of your life as it grows around you,
Rabbit: Energy, quick changing cycles, speed and caution, look before you leap, many things going on at once
Rainbow: There is a bridge for you to walk, linking everyday life to other worlds, magic & joy
Rose: Fulfillment of the heart and soul, joy in relationship, passion, sharing
Ship: Travel, safety on you travels
Snake: rebirthing, shedding of your old skin, transformation, a renewal sense of life through allowing change
Stairs: Enjoy deep study and the heights of learning, healing, growing, becoming more than what you are
Star: You are inspired and inspirational for others, hope & dreams manifesting
Tree: Life force, roots deeply underground, trunk on the earth, branches reaching to heaven, mediation & connecting
Whale: A treasure within, sitting in the unknown or feeling lost before reaching a new world view