



*A New You
Self Care and
Wellness Center.*

Tea Leaf Reading and Self-Care

History of Tasseomancy or Tasseography:

- Began in China and migrated west due to explorers. Tea was for everyone.
- Most tea is grown in China and India.
- Moved to Middle East and Greece and many times these cultures used coffee.
- Romani groups moved it to England where they went door to door reading and then later did tea parties and had tea parlors that were only for the upper class.
- Moved to the United States in the 1800's – in 2 areas: Appalachia and affluent city areas.
- Mainly a female gift of interpreting the symbols and patterns found in the tea leaves.
- Lost art today.

Types of Tea:

- Loose leaf of any type
- Avoid adding sugar, milk, or anything to the tea as that will keep it from moving naturally
- Chai- round and easy to read
- Black Chinese
- Jazmine
- Earl Grey
- Ceylon
- Some will say with no twigs or flowers, but I prefer these. Darjeeling is my favorite

Cups

- Clear or white is best

How to Read Tea Leaves

- Many different ideas on how to read the tea
- Saucer vs no Saucer

- Drink tea leaves or not
- You read or another reads
- Placement
 - Closer to handle – closer to the querant (inquirer)
 - Rim of cup – what is happening now
 - Midway down the cup – coming soon
 - Bottom of cup – short-term future
- Reading tea leaves are more for scrying- signs, symbols, numbers
- It also is for short time reading not distant future.
- Supplement with tarot cards, pendulums, or anything else

Tea Leaf Reading for Self-Care

- Have a cup each morning and see what you have in store for you. Use my journal to keep note of what you see and how it plays out
- Have a tea party with friends, even virtually.
- Brides Maids or just-for-fun party about “Who you will Marry”

Some Common Meanings

- Birds-Messages
- Horse-Journey
- Boat-Inheritance coming your way
- Butterfly-Changes
- Numbers-Represent when or specific choices
- Angel-Protection
- Owl-Listen to good advice from a wise person
- Bull-Don't back down
- Dog-Loyalty
- Ax-Forces are against you
- Dagger-Tense situation coming
- Hand-Allow assistance
- Vase-Secret admirer
- Bat-Enemies are near
- Rose-Romance is in the air
- Eye-Trust your intuition
- Candle-You will be shown the way
- Woman sitting-Planning their action

More Information for classes and more about tea leaf reading

- Facebook-<https://www.facebook.com/anewyousefcare>
- Website-www.anewyousefcare.com
- Tea Leaf Reading Journal-<https://amzn.to/3kxOqKw>