



FIRE

And

Light

Sip • Reflect • Rise

Sips of Warmth

**YOU ARE NOT ALONE.
THERE IS WARMTH—
IN A HAND REACHING OUT,
IN ARMS WAITING TO HOLD YOU,
IN THE SOFT, WHISPERED PROMISE,
“I HAVE BEEN THERE. I UNDERSTAND.”**

**KEEP LOOKING FOR WARMTH—
DON'T LET ISOLATION
BUILD WALLS AROUND YOUR HEART.
IT'S EASY TO RETREAT—
TO LET LONELINESS MAKE A HOME
WITHIN THE PAIN,
TO LET THE FIRE INSIDE
BURN HOTTER,
CONSUME MORE.**

**BUT WITH A FRIEND—
EVEN JUST ONE—
THE FIRE QUIETS,
THE WEIGHT LIGHTENS,
THE BREATH BECOMES SOFTER,
AND JUST FOR A MOMENT—
YOU REMEMBER
WHAT IT'S LIKE
TO FEEL SAFE.
TO BREATHE WITHOUT THE BURDEN
OF CARRYING IT ALL ALONE.**

**ENJOY THE WARMTH—
ENJOY THE SIPS.
LET THE HEAT OF THIS TEA
BE A BRAVE, GENTLE ACT
OF SEEKING SOLACE—
A SMALL REBELLION
AGAINST THE HURT,
AGAINST THE FEAR.
WITH EACH SIP,
FEEL THE FLAME INSIDE**

**MEET THE WARMTH OUTSIDE—
NOT TO CONSUME,
BUT TO SOFTEN,
TO STEADY,
TO REMIND YOU—
THAT YOUR FIRE
IS NOT JUST PAIN—
IT IS A FIERCE PHOENIX,
ALIVE IN YOU,
RISING FROM THE ASHES.**

**IF THE TEA IS NOT ENOUGH,
PICTURE ME WITH YOU—
ALSO IN PAIN,
ALSO SIPPING SLOWLY,
FEELING THE WARMTH
AND KNOWING
WE ARE NOT ALONE.
THERE'S STRENGTH
IN THIS SIMPLE MOMENT—
IN KNOWING
WE DON'T HAVE TO ENDURE
IN SILENCE.**

**TOGETHER, WE RISE—
FROM THE FLAMES,
INTO THE LIGHT.**

BALLYHOO AND SOLACE TO YOU,

Ashley

**PLEASE READ WITH
AND ENJOY SIPS OF**

Warming Tea

Sips of Warming Tea Ingredients



(MAKES 2 LARGE MUGS)

- 2 CUPS WATER
- 1 CUP UNSWEETENED PLANT MILK (OAT, ALMOND, OR COCONUT FOR CREAMINESS)
- 1 TSP DRIED CHAMOMILE (SOOTHING, HELPS ANXIETY)
- 1 TSP DRIED LAVENDER BUDS (CALMING FOR THE NERVOUS SYSTEM)
- 1 TSP DRIED LEMON BALM (GENTLE ANTI-ANXIETY HERB)
- ½ TSP DRIED GINGER ROOT (ANTI-INFLAMMATORY WARMTH)
- ½ TSP TURMERIC POWDER (CHRONIC PAIN & INFLAMMATION RELIEF)
- ¼ TSP GROUND CINNAMON (CIRCULATION & GROUNDING WARMTH)
- 1 PINCH GROUND BLACK PEPPER (ENHANCES TURMERIC ABSORPTION)
- 1-2 TSP RAW HONEY OR MAPLE SYRUP (OPTIONAL, TO TASTE)
- 1 TSP COCONUT OIL OR GHEE (OPTIONAL; SUPPORTS ABSORPTION AND CREAMINESS)

Instructions

INSTRUCTIONS

1. SIMMER THE HERBS: IN A SMALL POT, BRING THE WATER TO A GENTLE SIMMER. ADD CHAMOMILE, LAVENDER, LEMON BALM, GINGER, AND TURMERIC. SIMMER 5-7 MINUTES, COVERED.
2. ADD WARMTH & CREAMINESS: POUR IN THE PLANT MILK, CINNAMON, AND BLACK PEPPER. STIR GENTLY AND KEEP ON LOW HEAT FOR ANOTHER 2-3 MINUTES; DON'T BOIL.
3. STRAIN & SWEETEN: STRAIN THE TEA INTO MUGS. STIR IN HONEY OR MAPLE SYRUP IF DESIRED, PLUS COCONUT OIL OR GHEE FOR EXTRA SMOOTHNESS AND ANTI-INFLAMMATORY BENEFITS.
4. HOLD THE MUG IN BOTH HANDS, BREATHE IN THE SCENT, AND READ A LINE OF SIPS OF WARMTH WITH EACH SIP. SLOWLY. VISUALIZE THE WARMTH REACHING THE PLACES OF PAIN OR STRESS, SOFTENING THEM. "TOGETHER, WE RISE—FROM THE FLAMES, INTO THE LIGHT." READ POEM ALOUD FOR A SENSORY GROUNDING EXPERIENCE.

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