



COFFEE MEDITATION? YAASS, PLEASE!

I came across an article the other day title; Coffee Meditation. And being a coffee lover I definitely had to read this!

I know a lot of people that start their day with meditation. The reason why most people practise meditation is to find inner peace, and it helps people to stay in the present moment. There is a lot of different ways to meditate and is not just necessarily sitting with your legs crossed.

So the article was written by Ella Takalainen. She started thinking about coffee meditation during the London Coffee Festival 2019 where she participated in a Mindful Coffee Tasting. The experience was more about learning how to do cupping in a relaxed atmosphere and have support on tasting new flavours. But she still felt that it was missing something. She started experimenting with the idea of combining guided meditation and coffee tasting.

I mean who would not want to drink coffee while being relaxed. So instead of putting too much effort on how the tasting is done, she started to focus on how she felt during the coffee tasting.

She started conducting coffee meditation with different groups from time to time and every time people said that they felt the aroma and flavour of the coffee was clearer and that felt it was easier for them to taste.

Now I haven't tried it, but after I finish telling you guys what to do, it is the first thing on my to-do list.

Here are the steps just as Ella Takalainen describe them:

Sit down and get comfortable. Try to be as relaxed as possible in the posture that is the most comfortable for you. This is a break from the everyday hustle. Take your time gazing the space around you. You can look at cups in front of you but do not touch or taste anything yet.

Start paying attending to your breath. Feel how it flows in and out through your nose. You can now close your eyes if it feels comfortable for you. Take five breath circles in and out through your nose with your own pace. Try to consecrate solemnly on your breath, you do not have to worry about emptying your mind or worry about anything.

Continue your calm breathing but now shift your attention on the coffee beans in front of you. Place your right hand into the cup with the beans. Feel how the beans feel against your skin. Are they smooth and round or maybe a bit cool and greasy? After feeling the beans long enough, you can return your hand to your lap. Take again five breath circles in a calm pace.

Continue with your own calm breath and shift your attention towards the cup with ground coffee in it. Put your left hand into the cup and feel how the coffee feels against your skin. Does it feel rough, prickly or more dust like? After you have felt the coffee long enough you can return your hand to your lap.

Continue with peaceful and calm breath and now shift your attention to the cup with coffee in it. Take it to your hand. Concentrate on how the cup feels in your hand. Is the surface warm or has it already cooled down a bit? Does it feel smooth or rough against your skin? Take again five breath circles through nose at a calm pace.

Lift the cup in front of your face, breathe in through your nose, and blow out through the mouth. Concentrate on the aroma of the coffee and take five breath circles. What can you smell, maybe sweetness or the roast? Is the aroma soft or strong?

You can now lower the cup but continue holding it in your hand. Concentrate again to your breath. Feel how your chest is rising and falling with your breath. Take five breath circles to through your nose.

You can now take a light sip from your coffee and twiddle it your mouth. How does the coffee feel like, is warm? Is it strong? Take again five calm breath circles.

Take another sip from your coffee and this time concentrate on the flavour.

Is there sweetness, acidity or bitterness in your cup? What other flavours or nuances can you find? Take again five breath circles through your nose.

You can continue drinking your cup or just hold your cup in your hand. Return concentration to your breath. Feel how your chest is rising and falling. Your mind feels relaxed and the coffee cup in your hand feels warm and nice. This mediation has calmed your mind. You feel rested yet energized.

Return slowly back to your normal breathing rhythm. Wiggle your fingers and toes to increase blood flow. You can stretch your arms and back. Mediation is about to end. Thank yourself for taking this time to have a meditational coffee break.

I hope if you do try this that you enjoy it! Let us know on our social pages.