

*“How do you measure, Measure a year?
In daylights?
In sunsets?
In midnights?
In cups of coffee?”*

Rent: Seasons of Love

I love coffee. I love musicals. I love coffee too much – which is why this month’s meditation is a coffee (or tea or other hot beverage) meditation.

Drinking coffee (for coffee drinkers) is an everyday, recurring activity. Meditating on a daily activity helps us see that activity in a new light – plus it presents us with the opportunity to mediate during that activity daily. Meditating on coffee will give you more headspace. Be present in your daily coffee ritual.

The Brewing

- 1) Notice the coffee. Is it beans that have to be ground or is it in a bag (or can) ready to be measured. (A K-cup?)
- 2) The scoop you use to measure. What is the scoop made of? Notice how the coffee levels? Notice the coffee smell. Notice the shape of the coffee.
- 3) If grinding is needed – notice the sound of the grinding. Notice the feel of the grinder. Notice the smell. Notice the shape of the coffee now.
- 4) Notice the water vessel - what is made of? Where did you get water? How does the water feel in the vessel?
- 5) While it is brewing just watch the pot and the coffee. Think about the brewing – stare with intent - notice what the coffee machine is doing.

The drinking

- 1) Notice your empty coffee cup. Is it heavy? What is it made of? Can you hold it in the palm of one hand? How many fingers can you fit through the handle
- 2) Pour the coffee into your cup. Listen to the sound it makes. Notice if the mug gets warm. Look at the steam. Breathe in the steam with your nose. Are you seated or standing? Why?
- 3) If you put in milk or sugar or honey – notice how when you add it the color changes. Notice how when you stir with a spoon the color changes? Does it get easier or harder to stir?
- 4) Hold the mug – does it feel hot? How does it feel in your hand?
- 5) Bend you elbow and bring the mug to you lips. Notice how the mug feel there. Notice the smells. Notice the weight in your arm.
- 6) Bend your wrist and let just a taste of coffee touch your tongue. Do you want more? Is it hot? Let it settle on your tongue. Is it too strong? Weak? Do you like the taste? Feel the emotions of coffee. Notice the emotions with a gentle detachment. Swallow the coffee and notice.
- 7) Bend you wrist and take what you think will be ¾ of mouthful. Did you drink too much? Too little? Leave this in your mouth for a moment –experience the emotions and explore same items as previous step. Swallow – how does the coffee feel going inside you?
- 8) Continue drinking mindfully until you anticipate this will be you final amount from this mug. How does this make you feel? Were you right – was the amount left the end? How does this feel differently than the first tongue taste? Does your mind wonder more at the end?

At any point during this meditation, if your mind wanders away from the coffee experience that is ok. Notice these thoughts – but bring you head back to the process of meditation about coffee.

Is meditating on coffee something you want to do again?