

মনোভূবন সেন্টার

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POP UP

Anti Caffeine Crash

We are less likely to get a 'caffeine crash' when we drink tea as opposed to sodas and other fizzy drinks. This amazing beverage helps us to slow the absorption of caffeine with its high level of antioxidants, which helps in a gentler amount of caffeine in the body and a longer period of alertness with no crash at the end.

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LS PICK

Reality Checks with Tea Leaf Reading

Magic leaves in my cup, when will my fair love show up

Tea leaf reading is a fortune telling art that let's your inner psy-guru run wild. For holistic people, this is one fun spiritual activity because the subconscious mind comes out to play. With a mix of imagination and meditation, you can read the fault in your leaves. Tasseography, or to sound fancy, tasseomancy, is the practice of divination through reading tea leaves, coffee grounds or wine sediments that shamans read at from the bottom of the cup.

For those who are still pondering, remember when Emma Thompson played the cuckoo professor Trelawny, who had a complete fit over Harry's cup every divination class? That's it. But it isn't just a Hogwarts thing. There are many YouTubers, Tumblrs and bloggers that continue to practice this parlor entertainment of the Victorian era. And anyone with a set of instructions can do it.

Clearing your mind is essential to tasseography. This lets the memory and vision to align so that it brings the most important thoughts and questions to surface. Your



intention is the algorithm to your interpretations. Suppose your leaves look like good things, it usually

means that you've sensed a realistically happy future or have already started working towards it. You may even see a rainbow on top of a face with pots of gold behind his/her ears if you're feeling presumably positive. If you have a good feeling about a brewing romance, a ring in your cup may be a sign to seal the deal.

Likewise, if you see crooked symbols in the cup, "Stranger Things" could be your future. You should take this as your cue to change the misfortune projected by the leaves. So, if there is a coffin shaped figure that usually represents sickness or death, take a trip to the doc to see the possibilities of combating the ill fate and avoid all the other negative objects you saw.

Reading tea leaves is like reading a story without words. The cup becomes a screen that projects your brain's tape reel in the form of leaves. Only if mother nature sent us messages every autumn: a tasseographic observation would really help us save her.

By Sanumkia Siddique

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