



# TEA WITH DEMONS

♥ A SELF-CARE RITUAL ♥

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# WHAT IS THIS?

## ♥ A RITUAL? ♥

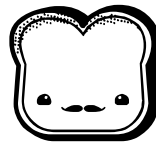
This is a game, in a fashion. A game of make-believe, that's as real as you'd like it to be. By playing this game you'll give yourself permission to make time for yourself, reflect, and gently engage with some difficult things.

The ***Demons*** we're inviting today to tea are ideas, anxieties, worries, or difficult thoughts we have about ourselves, others, events, etc. They say *when you name things* you give it *power*, and this is true. And in this case the power we give our ***Demons***, normally the unnamed and nebulous difficult emotions we have, this power we give is one of bravery, kindness, and permission. Permission that sometimes, it's okay to deal with these things through play, imagination, and fun.

You can play this game by yourself, or you can play with people you trust, or with kind strangers who are willing to be a little silly, a little vulnerable!

### ***You will need:***

- Whatever you have on hand to make tea with
- ***Tea***, of any kind
- Whatever you like with your tea (sugar, cream, milk, lemon, etc!)
- A ***conducive*** space
- A means of playing ***music***, your phone, the computer, etc
- Writing/Drawing materials



# INVITE THE DEMON FOR TEA

## ♥ BEGINNING OUR RITUAL ♥

1. **Think about how long you'd like to have your Demon over for tea.** Just a quick visit, a few minutes? A whole hour, to really get into things and let them air their grievances?
2. **Prepare a playlist of music for your Demon.** They like music, like you do, right? Choose music that fits the mood. Something easy, light, soft. Something haunting, sweet, reflective. Your **Demon** is very sensitive to music, so they'll change their behavior dramatically to go with the music. Put together maybe 3 songs for a short visit, 10 songs for a longer one. Don't play the music just yet, let the silence support you, comfort you.
3. **Prepare your space.** Make sure everything is cozy, sweet. Feel safe, feel at ease.
4. **Set aside all the tea ingredients.** Maybe you want to put everything out, make things intuitively. Maybe you want to have a specific set menu planned out. If you want snacks or sweets, this is a good excuse to set these out too.
5. **Formally send your Demon their invitation.** Sit down with your writing materials and write out a short note, or draw a few quick doodles, maybe an adorable summoning circle. Think about what you want to talk about today. What has your **Demon** been saying in the background, what difficult thoughts have been hounding you? What negative self-talk persists? What can't you stop worrying about? Draw a word/doodle or two representing it, setting the intention that your **Demon** is asked to talk about the subject if they like, within the limited time frame.
6. **Ensure your Demon gets the invitation.** You can be dramatic and burn the paper (safely!) or just tear it apart and throw it away (responsibly). Now, give them time. They'll need to figure out what to wear, what to do with their hair, etc. *You have time to make the tea now.*



# NOW, WE MAKE OUR TEA!

## ♥ WHAT OUR VISIT BE LIKE? ♥

When answering the questions during our preparation, relate them to the reason you invited your **Demon**, what you're worried about or can't stop thinking about.

1. What teacups are we using today?
  - (a) **If the design is utilitarian, straightforward:** what words or actions do we wish we could say or do, without consequence? What do we want to strip away?
  - (b) **If the design is flowery, beautiful:** how do we wish we could make things more beautiful? What small thing would we change to make things so much easier?
  - (c) **If it's something else:** How does it make us feel? How does it reflect what's going on inside of us?
2. How many types of tea are we serving today?
  - (a) **If it's just the one type of tea:** What part of us that refuses to see things from a different perspective? Do we feel there's only one solution or way forward?
  - (b) **If it's more than one type of tea:** How many voices or perspectives are we listening to? Are we absorbing and applying everything, or are we overwhelmed?
3. What kind of tea are we having today?
  - (a) **If it's black tea, plain:** Why do we need a wake up call? What are we avoiding?
  - (b) **If it's a fruity or flowery tea:** How are we taking care of ourselves, lately? What is our body trying to tell us?
  - (c) **If it's tea with milk and sugar or lemon and all the things:** How can we invite more sweetness and joy into the situation? How can we ask for help?
  - (d) **If it's something else:** How does it make us feel? How does it reflect what's going on inside of us?



# OUR GUEST HAS ARRIVED!

## ♥ WHAT ARE THEY LIKE? ♥

*When answering the questions let your imagination go where it likes, trust your intuition.*

1. What do they look like?
  - (a) **Like something or someone from a cartoon, movie, comic, book:** How would you connect your fears or worries to the story they come from? What are the similarities?
  - (b) **Like someone involved in this situation:** How are they different from this person? How are they alike? Why is this person so important to you both?
  - (c) **Like someone completely new and unfamiliar:** What part of this situation you're unsure about? How do you feel about the unknown or unfamiliar?
  - (d) **If it's something else:** How does it make us feel? How does it reflect what's going on inside of us?
2. What are they wearing?
  - (a) **Something flashy, beautiful:** Why do you need to give yourself permission to shine more brightly? Why do you want to put yourself out there?
  - (b) **Something understated, simple:** What do you need to streamline, how can you simplify the situation? Why do you need permission to just be?
  - (c) **Something comfortable, familiar:** Why do you need to feel safer, more secure? In what specific ways can you make yourself feel better supported?
  - (d) **If it's something else:** How does it make us feel? How does it reflect what's going on inside of us?



# IT'S TIME TO TALK

## ♥ PLEASE LISTEN ♥

*When answering the questions let your imagination go where it likes, trust your intuition.*

1. ***Make your Demon feel at home.*** Greet your guest, thank them for coming. Let your ***Demon*** makes themselves comfortable. Immediately set the tea out for the both of you.
2. ***Relax.*** Take a deep breath. It's okay to feel nervous or worried. You'll be fine!
3. ***Start the conversation.*** Start the music, your playlist. Let the music guide the mood, the conversation. Trust what you feel.
4. ***Ask your Demon any number of these questions, in any order.*** Allow yourself to hear clearly, in your mind, their response. See clearly, in your mind, their body language. Ask as many or few questions as you like. If they're silent, respect their silence. (In our experience however, Demons are *incredibly* talkative, so don't hold out hope for this possibility.) Do not interrupt or talk over your ***Demon***.
  - *What really bothers me, that I can't put into words?*
  - *What do I really want to do, but can't give myself permission to do?*
  - *Who am I blaming for all my feelings or problems?*
  - *How can I let go and trust things to work out as they need to?*
  - *How am I being too hard on myself?*
  - *How am I distracting myself from the real issue at hand?*
  - *What do I think is bothering me? But what is **really** bothering me?*
  - *What do I think I have to do? But what do I **actually** have to do?*
  - *How can I ask for help? What help am I ignoring?*
  - *How can I take care of myself better?*
5. ***Let your Demon talk and talk, as much as they like.*** Your only job is to listen. Let them talk themselves in circles, let them get everything off their chest. As you do, feel yourself grow lighter, wider, more expansive, full of bright white light.
6. ***When the last song plays, thank them for their time.*** Wish them well. Give them a little something something, for the road perhaps? If they didn't drink their tea, don't point it out (it's impolite). You can surreptitiously drink their tea, if you like.

# IT WAS A GOOD TALK, WASN'T IT?

♥ YOU DID REALLY WELL! ♥

1. **Sit in silence, for a while.** Take a moment or two to just breathe, decompress. If you've been taking notes, this is a good time to review them. But make sure you spend a few moments doing absolutely nothing. Everything else can wait, for a little while.
2. **Thank your Demon for coming.** Write them a thank you note, doodle a few cute things, draw an adorable binding circle. To make sure they get the note, you may once again (dramatically but safely) burn the note, tear it into pieces and throw it away, etc.
3. **Go back to life waiting for you.** Put everything away. Clean up if you have the energy to do so. If not leave everything as it is, and go about your day. You did really well!



**Notes:** “Tea with Demons” is based on my own real life soul-practice. I regularly sit down with my demons, my angels, and have a little chat. It’s helped me process and work through things. Perhaps importantly, it’s helped me let go of things. If you’re reading this, then know that I deeply wish for your peace, calm, and quiet happiness. You are stronger and brighter than you realize.

**Credits:** Many thanks to **Ben Chong**, one of my biggest inspirations. This game is a love letter to his games and his sweetness. His cozy game [Sandwich County](#), and the use of music in some of his games, inspired this. Please check out his games [here](#).

Thank you **Matthew Arcilla**, **Maria Mison**, to #RPGSEA, my patrons especially **Floo Floo & Minea!** To support my dream of game design, [consider supporting Sword Queen Games on Patreon!](#)

