

My Copper Cup

Your new mindful lifestyle is just one cup away



Just like I think about everyone I have recently become more and more aware of the importance of living a healthy and balanced lifestyle. A more mindful lifestyle. Ever since I have passed the big 30, life has changed. It is just as busy as it has always been, or maybe life has even become more busy, but I have realized that without taking proper care of myself I can just no longer catch up. You know the feeling? Getting home from work feeling exhausted and drained from all positive energy knowing that you will still have to drag yourself to that social event you don't even really want to go to. I think we've all been there at a certain point, right? Well, I decided those days are over. I made a big change in my life and from now on I will be taking better care of myself, focusing only on those good

and positive vibes while taking better care of me and my health. Have I become a more spiritual person? Yes, I guess you could say that. But apart from that it's also just small basic steps I try to take every day to improve my wellbeing. Things as simple as drinking enough water during the day. In this I found my new companion; My Copper Cup. I take it with me everywhere I go. And not only does it make sure I drink enough water during the day to keep myself hydrated, also it connects me with my more spiritual self. It makes sure I keep focusing on only those good and positive vibes I want to focus on. How? It's very simple. On My Copper Cup you can find several beautiful colored crystals surrounded by a beautiful pattern of different lines. Each and every one of them has a different meaning. I simply choose the one I want to focus on, for example 'purpose', 'love' or 'clarity'. I then touch the crystal, close my eyes, think of what it is I am asking for in this moment and then drink the water from My Copper Cup. It's as simple as that; touch it, think it, drink it.

For more information about My Copper Cup visit www.mycoppercup.co.uk