A gentle note

Quiet attention can sometimes bring up strong or heavy feelings. If that happens, you are welcome to stop at any time. If difficult feelings stay with you, consider reaching out to someone you trust or a qualified professional.

One sip at a time. One cup at a time.

@MayaLiscan | #ACupOfEmpty

A CUP OF EMPTY

THE PRACTICE CARD

A companion for your cup



MAYA LISCAN

A gentle practice for emptying what you carry, one sip at a time.

Before you begin

Choose a cup you already have in your day. Coffee, tea, water, anything. It is a cup of something, and it may become a cup of nothing.

There is nothing to achieve here. This practice is a resource you can return to, not a task to complete.

The cup gauge



Start to finish runs along the bottom, easy to hard up the side. Draw the line of the tea inside to show how your cup felt from beginning to end.

Prefer not to draw? Circle the cup closest to your experience.



Calm



Choppy



Overflowing

None of these is better or worse. They simply show what was there.

After the cup

Your notes come after the cup. Write from the experience, not about it. A word, an image or a scribble is enough.

On your napkin

- Cup __ of 41
- Date, time, place and drink
- Time with my cup
- What brought me to my cup today
- My cup (the cup gauge)
- What arose
- I feel: a word, an icon, a heart or a doodle

The napkin is the closing act. It does not lead to a to-do list, a decision or a next step. You may keep it, or let it go like a first draft.

Your first round: Cup 1 of 41

Count your cups up to 41. Count cups, not days in a row. Some weeks may hold many cups, others none. Missing a day is not a failure, and another cup is fine.

After your first round, the cup is there whenever something calls you back to it.



The practice

1. **Arrive lightly.**
   Sit down with your cup. Start a timer. Notice, lightly, what brings you to your cup today. Hold the question softly, without grabbing it or writing it down.

2. **Open with the invitation.**
   Nothing to solve. I allow myself.

3. **Meet this cup as if it were your first.**
   Let it be new. You do not need to know what this cup holds for you.

4. **Sip through your senses.**
   The warmth in your hands. The aroma. The taste. The feeling of each sip. Your body is a way of knowing, so let it lead.

5. **Allow, without engaging.**
   Thoughts, problems and worries may appear. You do not need to solve them, follow them or push them away. If you notice an urge to rush, simply notice it. Let it be there, and return to the cup.

6. **Let the empty cup be your ending.**
   When there is nothing left to sip, the practice is complete. Stop the timer.

One sip at a time. One cup at a time.