

HOW TO PRACTICE TEA MEDITATION

Things You Will Need

Hot Water	Spoon
Tea cup	Dish
Tea (Loose or Bagged is Fine)	Timer
Tea filter (For Loose Tea Only)	A Quite Place

Lets Begin

Find a quite place to setup.

Either use an electric kettle or stove to heat your water.

Place you tea cup, tea, tea filter dish, spoon, and timer in front of you on a stable and clean surface.

While your water is heating, take a moment to appreciate you tea cup. Hold it in you hands. Admire any designs on your cup.

Hold your tea or tea bag in your hand. Look at the tea. What does it look like? What does it feel like? Smell the tea. What does it remind you of? How would you describe the scent? Note: Not all tea tastes the way it smells.

Place tea in filter and place in cup or place tea bag in cup.

Listen for the hot water boiling or coming to temperature. Pour the hot water over the tea. Listen to the sound of water splashing into the cup. What other sounds do you hear?

Let the tea steep for the allotted time. Close your eyes while tea is steeping. Use this time to reflect and be present with your tea time. You can also write, draw, or do anything else that will make this tea time meaningful to you.

Take your tea out of the cup and place on dish once it is steeped for the recommended time. You can also observe the difference in the wet tea leaves from the dry tea leaves.

Feel the warmth of the tea cup in your hands. Bring the cup to your mouth and nose. Smell the tea liquor. Take a sip. What do you taste? What does it feel like in your mouth? Take another sip. How does it make you feel? Does it taste different? Does it smell different from the dry tea?

You have now completed a tea meditation. Enjoy the rest of your tea time and have a tea-rrific day!