



Tea Meditation

This is a beautiful and unique way to de-stress and gain mindfulness skills. It enhances focus, awareness, compassion and wellbeing.

“Suppose you are drinking a cup of tea. When you hold your cup, you may like to breathe in, to bring your mind back to your body, and you become fully present. And when you are truly there, something else is also there – LIFE, represented by the cup of TEA. In that moment you are real, and the cup of tea is real. You are not lost in the past, in the future, in your projects, in your worries. You are free from all of these afflictions. This is the moment of happiness, and peace.”

Thich Nhat Hanh



Tea Meditation (adopted from the Japanese Tea Ceremony).
An experiential Mindfulness Meditation
that can be summarised with the Zen phrase
"ichi-go ichi-e",
which means "one time, one meeting".

This phrase reminds us of
the beauty and uniqueness of the present moment
and that life is transient, ever-changing and impermanent.
Aware that every moment is totally and completely unique,
and will never come again as it is right now.

Tea meditation is performed in noble silence with the facilitator
gently and quietly guiding through it.



During tea meditation we perform each movement with complete awareness and presence, always remembering the importance of every object, every action.

Simply drinking tea, brewing it, listening to the sound of wind outside and the sound of boiling water – this is the way to inner harmony and balance of mind, an opportunity to be in a present moment without ruminating about the past or worrying about the future. Tea provides this opportunity to everyone.

Tea meditations teach the participant to be fully awake in the moment, and to live the moment with an open heart. This helps reduce stress, anxiety and depression.



Prep:

- Hot water
- Your choice of Calming teas - these include Chamomile, Peppermint, Matcha, Lavender, Tumeric, Lemon Balm, Passionflower, Fennel, Rose and St. Johns Wort.
- A quiet space
- A present mind