

# The Spirit of Tea

Tea can mobilize the chi (vital life energy) in our bodies and cause it to rise in us, clearing blocked meridians as it goes. As we partake, our life force is awakened from below and rises up, flowering in our hearts, mind and souls.



## 6 Traditional Categories of Tea :

(cast of characters)

White	→		
Yellow	→		
Green	→		
Oolong	→		
Black	→		(red in China)
*Puerh	→		

(\*mother trees of China: the wisdom keepers of the species. Improves with age. Digestive tonic qualities from the bacteria produced from the aging process.)

**Yin Teas**, represented by the upper trigram, the receptive Earth, move downward. Yin teas are white, yellow, green and some oolong - these are teas that are soft, yielding and having feminine qualities. (involution)

**Yang Teas**, represented by the Lower trigram, creative heaven, move upward. The yang teas are more masculine, starting with the oolongs and encompassing the blacks and Puerhs. These teas are assertive, bolder and more declarative. (evolution)

**On an energetic plane, the Yin Teas** not only bring us into our bodies, but take us deep down inside.

**In contrast, the Yang Teas** can lift us up into an expanding universe where we feel we are blossoming, flowering from our hearts right up into the top of the head.

## 2 Qualities of Tea:

- Yin
- Yang



## Both Tea and the I'Ching are ancient vehicles

in Chinese culture and present 'a way' unto themselves. When combined they unlock hidden potentials and expand our awareness of what is possible when we follow our own intuitive rhythm and flow.

**In all hexagrams the two central lines symbolize humanity.** The bottom two lines represent the earth and the upper two represent heaven. Their influences converge in the heart and bring peace. The art of ceremonial Tea is a doorway to experiencing ourselves as a bridge between heaven and earth.



For more information, including personal Tea'Ching sessions, visit [tea-ching.com](http://tea-ching.com)

# The Gong Fu Method is one of the most pleasing ways by which to enjoy very fine tea and it's spiritual benefits.

**Tea Prayer:** *"Bless this Tea and bless this water; may this Union be made in heaven. I call upon the spirit of the leaf, the devas of the plant, and the soul of the species to waken from your slumber and impart upon these waters the wisdom of the earth. I shall endeavor to create within my heart a receptive vessel to receive this wisdom."... Now follow the warm fluid down through your body and wait to feel the warmth rise to meet your heart.*



## Gong Fu Method

- **Creation speaks to us through all its manifestations, if we are willing to listen.** With tea we can create for ourselves a nurturing, receptive environment, an altered space of calm and reverie. Into this space, as if invoked, can step insights, intuitions, sensations, and premonitions that we may not expect. The access that Tea affords us to the subtle realms can also unveil solutions to problems yet to occur. Tea is not the answer but it can be a way to the answer.
- **Tea illuminates our soul** and when Teas soul is liberated by the hot water, it seems like the first thing the leaves do is orient themselves to their new surroundings. Tea seeks to be liberated through us and rooted, therefore it is grounding us in the moment. It is the natural desire for all plants, whose home is in the earth, to want to bring us there. There is a grounding and centering experience that comes with being present while preparing and enjoying tea.
- **The very nature of tea slows us down** makes us appreciate simpler things and tunes us into the subtle awareness. *"Enjoy the little things in life, for one day you may look back and realize they were the big things."* ~Robert Brault
- **The calming effect of tea causes us to reflect, slow down, and withdraw from the distractions of the world** so we may experience dropping into our own essential nature and connect with what is emerging from pure awareness.
- **If your intentions are honorable and you approach tea with reverence and respect, there is no wrong way to select, brew and savor it.** If tea is going to speak to you, enter your heart and change your life, it will do so regardless of processing, packaging and presentation. Tea is medicinal and there is only one real active ingredient in plant medicine, friendship.
- **Tea is such an exquisite delicacy that it resonates with our most fragile sensibilities.** It has the capacity to transport us through a threshold, a place of entrance or doorway into a part of ourselves where information may be accessed that is not normally available to us. Threshold experiences invite us into altered spaces, invite us to journeys outside of our known realities and return us home with a new understanding of ourselves and our relationship to the whole.
- **When drinking Tea there is a certain moment of transition** that shifts us out of our rational, inquisitive mind into a deeper place, a place of wisdom. As we yield to the tea, descending down into the awareness of body, doorways open and we cross through thresholds that once seemed impossible, if not unimaginable.
- **Tea has a way of softening us, making us vulnerable and receptive, returning us to our innate intelligence and sense of belonging and trust in life.** It's psychoactive, affecting the mental process. It is also psychotropic since it can alter our perceptions, emotions and our behavior. Tea is consciousness raising. Like other consciousness expanding substances, tea heightens our senses. Not just our rudimentary ones but our subtle senses. Tea deepens awareness of things around us. The veil separating us from the spirit world grows thinner and we begin to feel a kinship with all life.
- **Tea and Life Force:** In Wang Lings 'Chinese Tea Culture' she writes: *"Mans vitality lies in collateral channels that tea helps to dredge."* Tea brings up the pure chi and cleans out the damp heat. It helps to clean out the meridians and clears away blockages so that energy can flow again. It is not with our mind that we engage in a dialog with Tea, but with our bodies. Surrendering to the sacred space that Tea invokes is an act of self-compassion.

Source: *The Spirit of Tea* by Frank Hadley Murphy