

# A PASSAGE TO TIBET

## TEA AND MEDITATION



TAKE 3 SLOW BREATHS. LET YOUR TEA BE WARM IN YOUR HANDS. THERE ARE NO RIGHT ANSWERS—JUST NOTICE WHAT'S TRUE FOR YOU.

1) WHAT DO YOU NOTICE RIGHT NOW?

(BODY, BREATH, MOOD, ENERGY, THOUGHTS—ANYTHING.)

2) ONE MOMENT FROM THE MEDITATION THAT STAYED WITH ME WAS...

(AN IMAGE, A WORD, A FEELING, A SENSATION)

3) WHEN I SIP SLOWLY, I NOTICE...

4) WHAT FEELS A LITTLE LIGHTER OR CLEARER THAN WHEN I ARRIVED?

5) IF I COULD CARRY ONE THING FROM TONIGHT INTO THE REST OF MY WEEK, IT WOULD BE...

6) ONE SMALL ACT OF CARE I CAN OFFER MYSELF IN THE NEXT 24 HOURS:  
(KEEP IT SIMPLE + DOABLE)

7) RIGHT NOW, I AM CHOOSING....



### TEA TASTING NOTES

#### AROMA

- FLORAL
- CITRUS
- SPICE
- EARTH / FOREST
- SMOKE
- HONEY / SWEETNESS
- MINTY-FRESH
- TOASTY / ROASTED
- COCOA / VANILLA
- CLEAN / BRIGHT

#### FIRST SIP

- WARMING
- SMOOTH
- BRIGHT
- GENTLE
- BOLD
- REFRESHING
- GROUNDING
- COMFORTING

#### BODY (MOUTHFEEL)

- LIGHT
- MEDIUM
- FULL
- SILKY
- CREAMY
- CRISP
- DRYING

#### FINISH

- CLEAN
- LINGERING
- SWEET
- BRISK
- SMOKY
- SOOTHING

#### HOW IT MADE ME FEEL

- CALM
- CLEAR
- COZY
- UPLIFTED
- GROUNDED
- RELAXED
- REFRESHED

TEA SERVED: \_\_\_\_\_

ONE WORD FOR THIS CUP: \_\_\_\_\_

