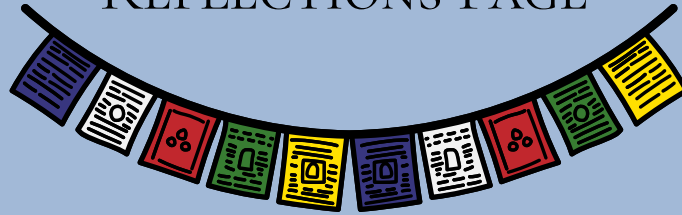


A PASSAGE TO TIBET

TEA AND MEDITATION

REFLECTIONS PAGE



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)

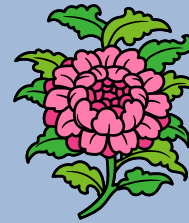
3) WHEN I SIP SLOWLY, I NOTICE...

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

SIP & SENSE — REFLECTION

THIS IS A SENSORY MEMORY PAGE. CAPTURE THE DETAILS YOU'LL WANT TO REMEMBER.

IF I RECREATED THIS RITUAL AT HOME, I WOULD:

- ☐ DIM THE LIGHTS ☐ LIGHT A CANDLE ☐ PLAY THE MEDITATION ☐ JOURNAL
- ☐ TAKE A SLOW WALK AFTER ☐ SHARE TEA WITH SOMEONE



TEA SERVED: _____

ONE WORD FOR THIS CUP: _____