

PREPARATION FOR YOUR PASSSGE TO TIBET TEA MEDITATION

1. PUT THE KETTLE ON
2. ASSEMBLE YOUR ACCOUTREMENTS, ARRANGING AT HAND IN YOUR MEDITATION SPACE, A TRAY WORKS WELL, SEE LIST OF ITEMS BELOW
3. YOUR WATER IS HOT AND READY
4. GET INTO A COMFORTABLE CHAIR OR YOUR FAVORITE MEDITATION POSITION
5. SCAN THE BARCODE ON THE TEA POUCH
6. BEGIN YOUR MEDITATION



ITEM SYMBOLISM FOR YOUR PASSSGE TO TIBET TEA MEDITATION

- **TEA CUP OR MUG** - WITHOUT HANDLES WORKS BEST FOR HOLDING THE CUP WITH TWO HANDS.
- **TEAPOT - OPTIONAL** - IF YOU HAVE MORE THAN ONE PERSON OR IF IT'S YOUR PREFERENCE
- **LOOSE TEA*** - IN TIBETAN CULTURE, TEA IS NOT A LUXURY OR A TREND—IT'S LIFE, HOSPITALITY, RESILIENCE, AND COMMUNITY.
- **INFUSER OR EMPTY TEA BAGS***, YOU CAN ALSO JUST LET THE TEA STEEP BARE IN YOUR CUP OR POT AND USE YOUR TEETH AS A SEIVE
- **YELLOW CANDLE*** AND **STAR HOLDER*** - REPRESENTING TRADITIONAL TIBETAN BUTTER LAMPS
- **ROPE INCENSE WITH STAND*** - REPRESENTING SMOKE SYMBOLIZING BREATH LEAVING THE BODY, PRAYERS RISING, THOUGHTS DISPERSING
- **LIGHTER OR MATCHES**
- **PLACE THE HIMALAYAN ROCK SALT CRYSTALS*** IN A PLEASING ARRANGEMENT - REPRESENTING GROUNDING, PROTECTION, BALANCE, AND PRESERVATION OF LIFE
- **HANG OR DRAPE YOUR TIBETAN PRAYER FLAG*** - PRAYER FLAGS ARE CALLED LUNGTA (LITERALLY WIND HORSE)., THEIR PURPOSE IS SIMPLE AND PROFOUND. AS THE WIND MOVES, THE PRAYERS ARE RELEASED, THEY ARE NOT PRAYED TO. THEY DO NOT HOLD WISHES FOR ONE PERSON, THEY EXIST TO BENEFIT ALL

OPTIONAL ITEMS THAT CAN ENHANCE YOUR EXPERIENCE IF YOU HAVE THEM HANDY:

- DON A MEDITATION SCARF TO HELP WITH YOUR TRANSITION
- MEDITATION BEADS
- A BELL, GONG OR SINGING BOWL

A TIBETAN TEA SAYING, "TEA IS THE PAUSE THAT ALLOWS THE DAY TO CONTINUE"

*ITEMS INCLUDED IN THIS KIT