

Tea Meditation

One minute of practice. is one-minute of generating the energy of mindfulness. It doesn't come from outside of you, it comes from within. The energy of mindfulness is the kind of energy that helps us to be here, to be fully present in the here and the now. When you drink tea in mindfulness, your body and your mind are perfectly united. You are real, and the tea you drink also becomes real. When you sit in a cafe with a lot of music in the background and a lot of projects in your head, you're not really drinking your tea. You're drinking your projects, you're drinking your worries. You are not real, and the tea is not real either. Your tea can only reveal itself to you as a reality when you go back to your self, and produce your true presence, freeing yourself from the past, the future, and from your worries. When you are real, the tea also becomes real and the encounter between you and the tea is real. This is genuine tea drinking.

You can organize a tea meditation to provide an opportunity for your friends to practice being truly present in order to enjoy a cup of tea and each other's presence. Tea meditation is a practice. It is a practice to help us be free. If you are still bound and haunted by the past, if you are still afraid of the future, if you are carried away by your projects, your fear, your anxiety, and your anger, you are not a free person. You are not fully present in the here and the now, so life is not really available to you. The tea, the other person, the blue sky, the flower, is not available to you. In order to be really alive, in order to touch life deeply, you have to become a free person. Cultivating mindfulness can help you to be free.

The energy of mindfulness is the energy of being present. Body and mind united. When you practice-mindful breathing or mindful walking, you become free of the past, free of the future, free of your projects, and you become totally alive and present again. Freedom is the basic condition for you to touch life, to touch the blue sky, the trees, the birds, the tea.

Live Each Day Deeply

We should be able to live each day deeply, with joy, peace, and compassion because time goes by so quickly. Each morning I offer a stick of incense to the Buddha. I promise myself that I will enjoy every minute of the day that is given me to live. It is thanks to the practice of mindful walking and mindful breathing that I can enjoy deeply every moment of my daily life. Mindful breathing and mindful walking are like two friends, always helping me to delve into the here and the now and touch the wonders of life that are available.