

TEA TASTING MEDITATION

Center Yourself

Where is your energy?

Draw it in

Expand it to fill the size of your self

Feel yourself being still

What color is it? What does it look like?

Smell the tea, holding it at arm's length and bringing it toward you slowly

From what distance can you first smell it?

What does it smell like?

How does the scent change as you move it closer?

How do you feel?

What thoughts pop into your mind?

Do you notice top, middle and base notes?

Taste a sip, swish it around in your mouth

Where in your mouth and tongue do you feel the tea?

What flavor do you taste?

Bitter?

Astringent?

Sour?

Sweet?

Pungent?

Salty?

Soapy?

Savory?

Other?

What is the texture like?

Take a second small sip

How is it different from the first sip?

Gulp a big mouthful

Shift your focus from your mouth to follow the herb into your body

How is your energy moving? Any particular body parts or functions?

Up/down?

Expanding/contracting?

Cooler/warmer?

Slower/faster?

Sinking/rising?

Has your mental or emotional state changed?

"It's like..."

Feel free to fill in the blank in any way, be creative!

What images do you see?

What season?

What color(s)?

Who would this herb be good for?

When would you use this herb?