Tea Meditation (Gong Fu)

Tea is a wonderful drink, but it can also be a very helpful part of a mindful meditation. Theanine found in tea can help you relax while caffeine keeps you focused. If you do not have a small teapot and tea cups, no problem, do the Tea Meditation (Bowl).

What you need:
- Tea
- Near boiling water
- a small teapot or gaiwan
- a fairness cup and cups
- Something to catch water if it spills (tea tray or cloth or both)

1. Find a Space

   Some place a little away from your usual work or daily routine, a dedicated space for you to have tea.

2. Put the tea in the pot or gaiwan and pour the hot water on the pot and over it.

   Enjoy watching the water fill the pot and pouring the water over the pot.

3. Take 3 breaths:

   3 second inhale, 2 second hold, 3 second exhale, 2 second hold.

4. Lift your head when inhaling and relax your body when exhaling, notice the muscles in your face relax.

5. Feel free to repeat, just add one more breath to your steeping time

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https://www.library.ucdavis.edu/guide/mindfulness-tea-meditation/