

Tea Ceremony Meditations

Part One

The Grounding Meditation is said.

This is followed by the Jewel in the Lotus:

All Om
Om

All Ma
Ma

All Ni
Ni

All Pad
Pad

All Me
Me

All Hum
Hum

This is followed by the Clearing Meditation:

Anatta, anicca, abhaya.
All **Anatta, anicca, abhaya.**

Karuna, karuna, karuna.
All **Karuna, karuna, karuna.**

Dosa nirodha, karuna.
All **Dosa nirodha, karuna.**

Tanha nirodha, karuna.
All **Tanha nirodha, karuna.**

Dukkha nirodha, karuna.
All **Dukkha nirodha, karuna.**

Upekkha, upekkha, upekkha.
All **Upekkha, upekkha, upekkha.**

Karuna, mudita, metta.
All **Karuna, mudita, metta.**

Part Two

Aham
All **Aham**

Hodos
All **Hodos**

Aletheia
All **Aletheia**

Zoe
All **Zoe**

Kenosis
All **Kenosis**

Gnosis
All **Gnosis**

Pistis
All **Pistis**

Shushumna
All **Shushumna**

Ida
All **Ida**

Pingala
All **Pingala**

The Ray of Creation is said:

All Amun
Amun

All Ra
Ra

All Atum
Atum

All Ka
Ka

All Ba
Ba

All Gaia
Gaia

All Jah
Jah

The Sefirot are said:

Keter
All **Keter**

Hokhmah
All **Hokhmah**

Binah
All **Binah**

Da'at
All **Da'at**

Chesed
All **Chesed**

Gevurah
All **Gevurah**

Yesod
All **Yesod**

The Yogas are said:

All Sattwa
Sattwa

All Sanctus
Sanctus

All Karma
Karma

All Bhakti
Bhakti

All Jnana
Jnana

All Raja
Raja

All Maitri
Maitri

The Archetypes are said:

All Mystic
Mystic

All Shaman
Shaman

All Warrior
Warrior

All Monk / Nun
Monk / Nun

All Philosopher
Philosopher

All King / Queen
King / Queen

All Friend
Friend

The Graces are said:

Faith
All **Faith**

Love
All **Love**

Forgiveness
All **Forgiveness**

Grace
All **Grace**

Wisdom
All **Wisdom**

Integrity
All **Integrity**

Imagination
All **Imagination**

The Qualities are said:

Clarity
All **Clarity**

Kindness
All **Kindness**

Bravery
All **Bravery**

Generosity
All **Generosity**

Honesty
All **Honesty**

Dignity
All **Dignity**

Compassion
All **Compassion**

The Virtues are said:

Humility
All **Humility**

Chastity
All **Chastity**

Prudence
All **Prudence**

Temperance
All **Temperance**

Patience
All **Patience**

Diligence
All **Diligence**

Gratitude
All **Gratitude**

The Transcendentals are said:

Peace
All **Peace**

Love
All **Love**

Goodness
All **Goodness**

Beauty
All **Beauty**

Truth
All **Truth**

Consciousness
All **Consciousness**

Bliss
All **Bliss**