

Tea Ceremony Meditations

In the name of the Father, and of the Son, and the Holy Spirit, Amen.

Parashiva-Shiva-Shakti

Sat-Chit-Ananda

The Grounding Meditation is said:

All Breathe, feel;
Breathe, feel;

All Relax, release;
Relax, release;

All Let go, let God.
Let go, let God.

All Breathe, feel;
Breathe, feel;

All Relax, release;
Relax, release;

All Let go, let be.
Let go, let be.

Grounding, settling;
All Grounding, settling;

Balancing, centering;
All Balancing, centering;

Aligning, refining.
All Aligning, refining.

Grounded, settled;
All Grounded, settled;

Balanced, centered;
All Balanced, centered;

Aligned, refined.
All Aligned, refined.

This is followed by the Jewel in the Lotus:

Om

Ma

Ni

Pad

Me

Hum

All **Om**

Ma

Ni

Pad

Me

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.**

The Crosses and Ray of Creation are said:

Aham
All **Aham**

Hodos
All **Hodos**

Aletheia
All **Aletheia**

Zoe
All **Zoe**

I Am
All **I Am**

The Way
All **The Way**

The Truth
All **The Truth**

The Life
All **The Life**

Aham
All **Aham**

Kenosis
All **Kenosis**

Gnosis
All **Gnosis**

Pistis
All **Pistis**

I Am
All **I Am**

Emptiness
All **Emptiness**

Experience
All **Experience**

Faith
All **Faith**

Amun
All **Amun**

Ra
All **Ra**

Atum
All **Atum**

Ka
All **Ka**

Ba
All **Ba**

Gaia
All **Gaia**

Jah
All **Jah**

The Sefirot are said:

All Ras
Ras

All Hokhmah
Hokhmah

All Binah
Binah

All Da'at
Da'at

All Chesed
Chesed

All Gevurah
Gevurah

All Tafari
Tafari

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 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 Graces are said:

All Grace
Grace

All Trust
Trust

All Confidence
Confidence

All Forgiveness
Forgiveness

All Wisdom
Wisdom

All Integrity
Integrity

All Inspiration
Inspiration

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**