

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:

Breathe, feel;
All Breathe, feel;

Relax, release;
All Relax, release;

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

Breathe, feel;
All Breathe, feel;

Relax, release;
All Relax, release;

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

Grounding, settling;
Grounding, settling;

Balancing, centering;
Balancing, centering;

Aligning, refining.
Aligning, refining.

Grounded, settled;
Grounded, settled;

Balanced, centered;
Balanced, centered;

Aligned, refined.
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

Aham

Hodos

Hodos

Aletheia

Aletheia

Zoe

Zoe

I Am

I Am

The Way

The Way

The Truth

The Truth

The Life

The Life

Aham
Aham

Kenosis
Kenosis

Gnosis
Gnosis

Pistis
Pistis

I Am
I Am

Emptiness
Emptiness

Experience
Experience

Faith
Faith

Amun
Amun

Ra
Ra

Atum
Atum

Ka
Ka

Ba
Ba

Gaia
Gaia

Jah
Jah

The Sefirot are said:

<i>All</i>	Ras
<i>All</i>	Ras
<i>All</i>	Hokhmah
<i>All</i>	Hokhmah
<i>All</i>	Binah
<i>All</i>	Binah
<i>All</i>	Da'at
<i>All</i>	Da'at
<i>All</i>	Chesed
<i>All</i>	Chesed
<i>All</i>	Gevurah
<i>All</i>	Gevurah
<i>All</i>	Tafari
<i>All</i>	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:

All Clarity
Clarity

All Kindness
Kindness

All Bravery
Bravery

All Generosity
Generosity

All Honesty
Honesty

All Dignity
Dignity

All Compassion
Compassion

The Virtues are said:

All **Humility**

All **Chastity**

All **Prudence**

All **Temperance**

All **Patience**

All **Diligence**

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:

<i>All</i>	Peace
<i>All</i>	Love
<i>All</i>	Goodness
<i>All</i>	Beauty
<i>All</i>	Truth
<i>All</i>	Consciousness
<i>All</i>	Bliss

Peace

Peace

Love

Love

Goodness

Goodness

Beauty

Beauty

Truth

Truth

Consciousness

Consciousness

Bliss

Bliss