

Tea Ceremony Meditations

Part One

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;
All Grounding, settling;

Balancing, centering;
All Balancing, centering;

Aligning, refining.
All Aligning, refining.

Refined, aligned;
All Refined, aligned;

Centered, balanced;
All Centered, balanced;

Settled, grounded;
All Settled, grounded.

Part Two

The Jewel in the Lotus is said:

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.**

Part Three

The Crosses and Ray of Creation are said:

Aham,
Hodos,
Aletheia,
Zoe.

All **Aham,
Hodos,
Aletheia,
Zoe.**

Amun
All **Amun**

Ra
All **Ra**

Atum
All **Atum**

Ka
All **Ka**

Ba
All **Ba**

Gaia
All **Gaia**

Jah
All **Jah**

Aham,
Kenosis,
Gnosis,
Pistis.

All **Aham,
Kenosis,
Gnosis,
Pistis.**

Amun
All **Amun**

Ra
All **Ra**

Atum
All **Atum**

Ka
All **Ka**

Ba
All **Ba**

Gaia
All **Gaia**

Jah
All **Jah**

Aham,
Parashiva,
Shiva,
Shakti.

All **Aham,
Parashiva,
Shiva,
Shakti.**

Amun
All **Amun**

Ra
All **Ra**

Atum
All **Atum**

Ka
All **Ka**

Ba
All **Ba**

Gaia
All **Gaia**

Jah
All **Jah**

Part Four

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
Humility

All Charity
Charity

All Prudence
Prudence

All Temperance
Temperance

All Patience
Patience

All Diligence
Diligence

All Gratitude
Gratitude

The Graces are said:

Faith
All **Faith**

Trust
All **Trust**

Confidence
All **Confidence**

Forgiveness
All **Forgiveness**

Wisdom
All **Wisdom**

Integrity
All **Integrity**

Imagination
All **Imagination**

The Archetypes are said:

Mystic
All **Mystic**

Shaman
All **Shaman**

Warrior
All **Warrior**

Monk / Nun
All **Monk / Nun**

Philosopher
All **Philosopher**

King / Queen
All **King / Queen**

Friend
All **Friend**

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**