

# Tea Ceremony Meditations

## Preparation

*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.**

Aligned, refined;  
**All Aligned, refined.**

Balanced, centered;  
**All Balanced, centered.**

Grounded, settled;  
**All Grounded, settled.**

## Part One

*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 Two

*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,  
Pistis,  
Gnosis.

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

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 Three

*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**

Forgiveness  
*All* **Forgiveness**

Confidence  
*All* **Confidence**

Trust  
*All* **Trust**

Remembrance  
*All* **Remembrance**

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**