

Tea Ceremony Meditations

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 One, Three and Seven are said:

Aham.
Aham.

Hodos,
Aletheia,
Zoe.

Hodos.
Aletheia,
Zoe.

Amun
Amun

Ra
Ra

Atum
Atum

Ka
Ka

Ba
Ba

Gaia
Gaia

Jah
Jah

Aham.
All **Aham.**

Kenosis,
Pistis,
Gnosis.

All **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.
All **Aham.**

Parashiva,
Shiva,
Shakti.

All **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:

<i>All</i>	Clarity Clarity
<i>All</i>	Kindness Kindness
<i>All</i>	Bravery Bravery
<i>All</i>	Generosity Generosity
<i>All</i>	Honesty Honesty
<i>All</i>	Dignity Dignity
<i>All</i>	Compassion Compassion

The Virtues are said:

Humility
All **Humility**

Gentleness
All **Gentleness**

Prudence
All **Prudence**

Temperance
All **Temperance**

Patience
All **Patience**

Diligence
All **Diligence**

Gratitude
All **Gratitude**

The Graces are said:

Faith
All **Faith**

Honour
All **Honour**

Confidence
All **Confidence**

Trust
All **Trust**

Remembrance
All **Remembrance**

Integrity
All **Integrity**

Discipline
All **Discipline**

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 Transcendentals are said:

Peace
All **Peace**

Love
All **Love**

Goodness
All **Goodness**

Beauty
All **Beauty**

Truth
All **Truth**

Consciousness
All **Consciousness**

Bliss
All **Bliss**