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
All **Aham**

Hodos
Aletheia
Zoe

All **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

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**

Zen
Shin
Ki

All **Zen**
Shin
Ki

Amun
All **Amun**

Ra
All **Ra**

Atum
All **Atum**

Ka
All **Ka**

Ba
All **Ba**

Gaia
All **Gaia**

Jah
All **Jah**

Part Three

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 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**

Gentleness
All **Gentleness**

Prudence
All **Prudence**

Temperance
All **Temperance**

Patience
All **Patience**

Diligence
All **Diligence**

Gratitude
All **Gratitude**

The Moral Foundations are said:

Care
All **Care**

Fairness
All **Fairness**

Loyalty
All **Loyalty**

Authority
All **Authority**

Sanctity
All **Sanctity**

Liberty
All **Liberty**

Grace
All **Grace**

The Graces are said:

Faith
All **Faith**

Forgiveness
All **Forgiveness**

Confidence
All **Confidence**

Trust
All **Trust**

Wisdom
All **Wisdom**

Integrity
All **Integrity**

Imagination
All **Imagination**

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**