

Tea



- Are you one of those people who believes that nothing can beat ‘a nice cup of tea’? You may have a different go-to drink, but putting the kettle on gives us permission to press pause, to stop for a moment. Making tea can become a ritual that relieves stress, or that helps to ground us. Often it gives us a shared moment with someone else, which builds connection.
- The book ‘Three Cups of Tea’ describes building schools in remote areas of Afghanistan and Pakistan, where the first time you share tea together you are a stranger, the second time you are a guest, but the third time you become family. You can only build deep trust and connection through shared experiences, even simple things like a cup of tea.
- Is there anyone who you need to reach out to? Is it time to make a brew? Other drinks are available!

“If a person has no tea in them, they are incapable of understanding truth and beauty.”

Japanese Proverb



