

January EAP Tips – Tea Meditation --- Zen Master Thich Nhat Hanh



Hold a cup of tea

Feeling the pleasant warmth of the cup with your hands, looking down at the cup with tea, smelling it and drinking your tea slowly and reverently.

Reprinting of the article with the source stated is welcomed

If you are interested to know more about “**Tea Meditation**”, please call our **24-hour EAP hotline (Tel: 2721 3939)** for Work/life Information, Coaching, Counselling and Consultation services.

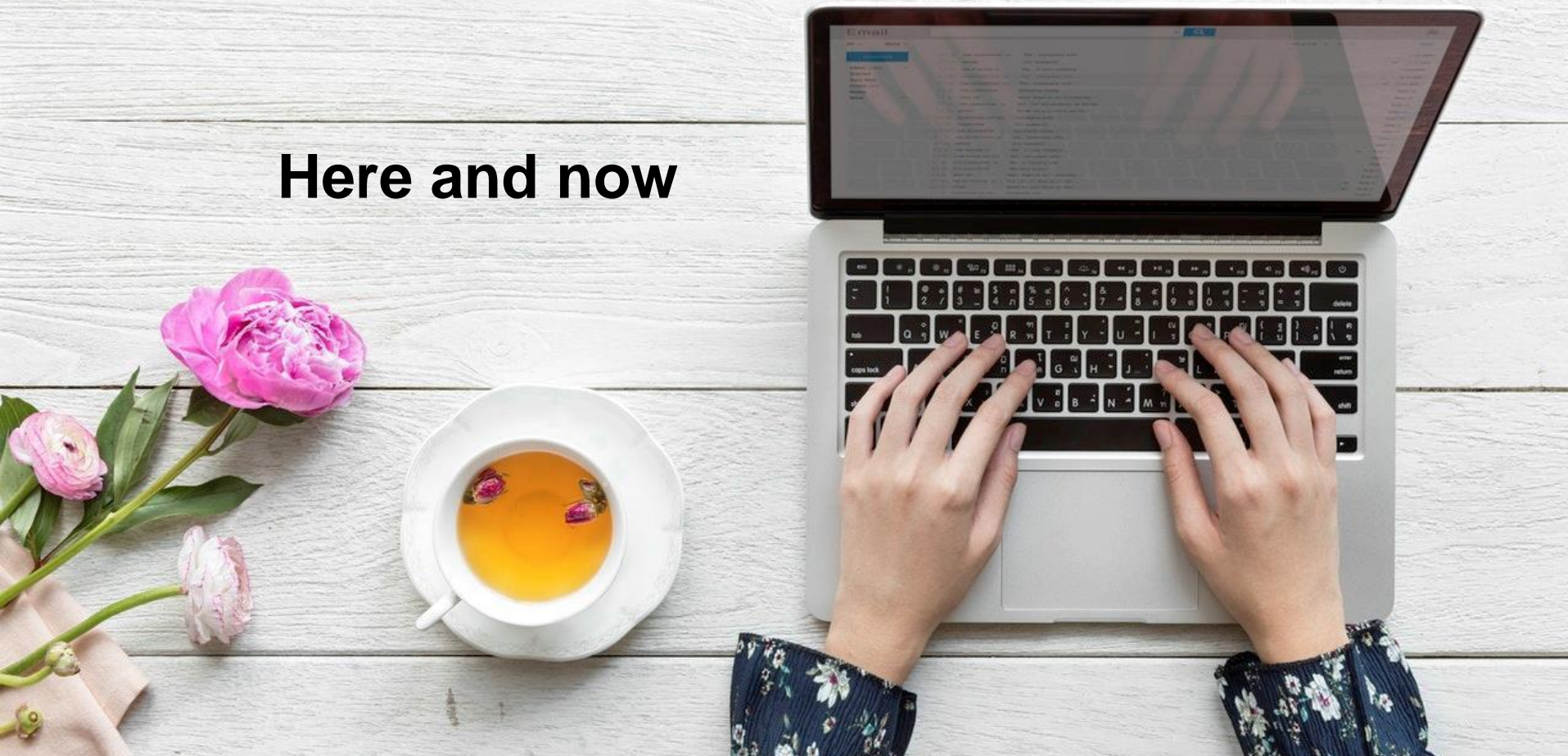
All information will be kept in **STRICT confidence**.



Live the actual moment

Sitting comfortably, be present peacefully in the very moment.

Here and now



Cultivating a capacity to focus and be grateful for the day.



Positive affirmation

Finding a moment of happiness and joy simply by taking a sip of tea.

一月 優質生活小貼士 - 品茶之道 --- 一行禪師分享的茶偈

茶杯在手

用手感受茶杯的溫度；細看茶杯裏的茶葉；細聞茶的氣味；細嘗茶的味道。

歡迎轉載，惟必須註明出處。

若對「品茶之道」有任何疑問，可致電**24小時EAP熱線 2721-3939**，
與顧問詳談。所有資料及談話內容均**絕對保密**。

身心安住



放鬆坐着，處之泰然的安住當下。

此時此刻



培養專注力及感恩的心。

正面 滿溢



品茶的時候，提醒我們喜悅的來源可以很簡單。