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茶通新文明集

何在邦 著

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Stories of the Road
Process of the Road-like Beauty of the Kitchen
Process of the Road-like Beauty of the Dream
Process of the Road-like Beauty of the Ordinary

茶道新文明集

—— 开启丰盛的未来

New Civilization of Tea Tao
Open An Abundant Future

何在彬 著
Ho Tsai Ping

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目录

茶道之歌	1
未来之歌	2
光的小孩	7
茶道生活	10
变得更完美就是我的未来	14
平凡之美	19
神性之美	22
繁花盛开	26
永恒生命之歌	30
茶道嘉言	33
跋	150

Contents

Songs of Tea Tao	1
Song of The Future	4
The children of Light	9
Life of Tea Tao	12
Becoming More Perfect Is My Future	16
Beauty of the Ordinary	21
Song of the Divinie	25
Flowers in Full Bloom	28
Song of Eternal Life	31
Wise Words of Tea Tao	33
Postscript	152



茶 道 之 歌
Songs of Tea Tao

未来之歌

我们穿越时空旅行
在梦中和你们相会
我们是地球上所有国家的孩子
一切种族和很多行星的孩子
被遗忘许久银河系的孩子
透过道路上每一朵花 小鸟唱出的每一首歌
我们传送和平与理解的讯息
我们和神性主人手挽着手
传播着一种振动
发光的能量
一种宽恕
接纳一切存有的能量
我们聆听来自灵魂的拨动
我们在和谐中一起唱着歌
带着失落已久的喜悦欢庆着
今天在每一个人内在又重生了
真的赞美你
使我们的梦增添光耀



Song of The Future

We travel across time and space
In the dreams we meet
We are children of all nations of the world
Children of all ethnicities and many planets
The long-forgotten children of the Milky Way
Through every flower on the road, every song sung by
the birds
We convey messages of peace and understanding
Hand in hand with the Divine Host
We spread a kind of vibration, luminous energy
With forgiveness, embracing the energy of all beings
We listen to the touches of the soul
Sing songs together in harmony
Celebrate the long-lost joy
With forgiveness, embracing the energy of all beings
We listen to the touches of the soul
Sing songs together in harmony
Celebrate the long-lost joy
Which is reborn within everyone of us today
Truly praise you, to make our dreams shine





光的小孩

我曾经是天真的小孩
现在渴望再度玩耍
只知道爱和喜乐
创造里的一切
从一个想法开始
去享受梦想和想象的乐趣
它会在你日常生活实现
想象力是多么神奇
保存着神妙记忆
你曾经想成为的一切
深藏在你神圣之心里
这个面向的神奇和美好
带你通往宇宙的壮丽
内在小孩是光 是无限的
极大的喜乐 他也是你
渴望恢复全部灵性的天赋
活出神性全然的辉煌和美好



The children of Light

I once was a naive child, now eager to play again
Only have love and joy in my mind
All of the creations start with an idea
Enjoy the fun of dreaming and imagining
It will come true in your daily life
Imagination is so wonderful , where marvelous
memories are kept
All that you once wanted to be, are kept deep
inside your sacred heart
This magical and wonderful part of you, will lead
you to the splendor of the Universe
The inner child is Light, is infinite
Greatest joy, it is you
Longing to recover all of the spiritual gifts
Live out a totally brilliant and beautiful Divine
Nature

茶道生活

真正的生活多么闪亮
欢欣鼓舞顺流而行
与河一起流动
没没无闻
绽放无穷的生命
生命就像一场游戏
别视它为一桩生意
一种身心灵的结合
进入非物质界桥梁
在陈韵中找到蜕变的历程
散发出永恒力量的美感
交会着生命中的光与爱
茶会增加光的强度 协助地球黑暗消融
驱策着这个星球 人类全体的扬升
连上生命这块大陆
成为无尽的空无



Life of Tea Tao

True life, so shiny
Dance, rejoice, go with the flow, flow with the river
Quietly, let our infinite life bloom
Life is a play, don't take it as a business
A unity of body, mind and soul
A bridge to the non-material world
Discover the evolution journey through the savour
of old tea
Send out the beauty of the eternal power
Mingle with light and love of life
Good tea can increase the power of light
Help dissolve darkness on Earth
Leading this planet and all human beings to ascend
Connect to the continent of life
Become the infinite emptiness



变得更完美就是我的未来

无条件的爱会带来恩典
化解业力并累积祝福
进入新次元
我的心觉醒
茶道的生活与自己连结
迎向充满灵性的人生
爱是种感觉
爱是种觉醒
伟大的心灵在于自我完成
一个永恒的追寻过程
相信直觉是一种艺术
跟随内心灵感而活
灵性是生命本身的呼唤
是生命与神最深的互动
散发自己内心的平静
为世界带来和平

世界是幻相
善用这幻相
来体验伟大的实相
真正的觉醒只能在现在
让自身的光在地球闪耀
让内在绽放无穷生命
真正的力量来自同一体
新时代是两性携手
与宇宙共同创造
生命只享受自己漫无目的的游戏
变得更完美就是我的未来



Becoming More Perfect Is My Future

Unconditional love brings grace
Dissolves karma and accumulates blessings
Moving into new dimensions, my heart awakens
Life of Tea Tao, connect to oneself
Prepare for a spiritual life
Love is a feeling, Love is awakening
Great souls seek for self accomplishment
It is a journey of eternal pursuit
Believing in intuition is an art
Live by the inspiration from the heart
Spirituality is the calling of life
Is the deepest interaction of life and the Divine
Give out my inner-peace to bring peace to the world

The world is an illusion, make good use of this illusion to
experience the great truth
True awakening only happens at present



Let my own light shine on Earth
Let the infinite life inside radiate from within
True power comes from Oneness
In the new era, masculine and feminine energy work
together, creating with the Universe
Life is just to enjoy oneself, it is an aimless game
Becoming more perfect is my future





平凡之美

聆听 能够触动我们 生命深层的声音
恢复 你意识上 更高的醒觉
发掘 生命崭新的 自由与惊叹
接受 你那神圣和永恒的天性
永远保持着轻松的心
活泼好玩的本质
维持能量的高度 才是真正利益世界
真正的享受生命 体悟这个生命
用奉献与爱 创造回家的道路
让每个人去表现他独特的美感
跟随内心生活 让天堂显现在地球上
展现柔和轻松的能量 成为真正浪漫的人
平凡之中处处都是 神性的显现



Beauty of the Ordinary

Hearken, it touches us, the deepest voice of life
Recover, the higher awareness of your consciousness
Explore, the new freedom and marvels of life
Embrace, your divine and eternal nature
Always keep your heart light, your nature lively
Maintaining high energy is the real benefit to the world
Truly enjoy Life, experience and understand Life
By giving and loving, we create our way home
Let everyone show his unique beauty
Live by the heart, let heaven appear on Earth
Show gentle and relaxing energy
Become a true romantic person
In the ordinary, the Divine appears everywhere

神性之美

晨光初现
万物在苏醒
看白雪飘
凝视着纯净

仰望天空踏着大地
远方雪山透明我的心
感谢你无限的给予
让生命如花盛开

内在连结你的光闪耀
活出生命极致的流动

敞开自己信任生命
漫步在美丽的花园里
观赏着发光的能量
让生命富于激情

轻松的心流畅自在
让心倾听灵魂的召唤
身在自己渴望的天堂
成为未来的自己

心灵连结消融了界限
轻松流动
丰盛的流动





Song of the Divine

Light of the daybreak appears, all beings are awaking
Watching the white snow fly, gazing at the pureness
Staring into the sky, standing on the earth
Snow mountains far away purify my heart
Thank you for your infinite giving
Let life bloom fully
Connect from within, your light shines
Live out life's ultimate flow
Open up yourself and trust in life
Promenade in the beautiful garden
Admiring the luminous energy
Let life be full of enthusiasm
Light heart flows smoothly and freely
Let your heart hearken the calling of your soul
Be in the heaven that you are longing for
Become your future self
Connect with hearts and souls, dissolves boundaries
Flow at ease, flow with abundance

繁花盛开

让我们为大地歌唱 为世界注入更多光与爱
风带来远方问候 雨带来天上祝福 阳光让生命奔放

看一棵树聆听鸟语 万物在生命流动中绽放
感受自然的美丽 接纳心的指引 融入爱的海洋

心领会 自由行 拥抱一个新世界
看行云 听流水 开启丰盛的未来

让我们为大地歌唱 为世界注入更多光与爱
眺望美丽的日出 温暖每一个生命 每个人梦想成真

看一棵树聆听鸟语 万物在生命流动中绽放
感受自然的美丽 接纳心的指引 融入爱的海洋

心领会 自由行 拥抱一个新世界
看行云 听流水 开启丰盛的未来
自然美 神性美 飞舞灵性的光彩
是幸福 是恩典 成为自己的光明





Flowers in Full Bloom

Let us sing for the earth, for infusing more
light and love to the world

Wind brings greetings from far away, rain
brings the blessings of heaven

Sunshine sets life free

Contemplating a tree, listening to the birds,
every being blooms in the flow of life

Feel the beauty of the nature, accept the
guide of your heart

Fuse into the ocean of Love

Aware by the heart, travel freely, embrace a
new world

Contemplating clouds floating, listening to
running water

Open an abundant future

Let us sing for the earth, for infusing more
light and love to the world

Overlooking the beautiful sunrise, warm
every life

Let everybody's dream come true



Contemplating a tree, listening to the birds, every
being blooms in the flow of life

Feel the beauty of the nature, accept the guide of
your heart

Fuse into the ocean of Love

Aware by the heart, travel freely, embrace a new
world

Contemplating clouds floating, listening to
running water

Open an abundant future

The beauty of the nature, the beauty of the divine,
spiritual light dances

It is happiness, it is grace, become your own light

永恒生命之歌

感恩天地	万物给予	真爱永不止息
敞开心灵	敢于生活	敢于信任生命
一起合作	心手相连	重拾光辉记忆
一起建造	神妙奇特	恒久黄金时代
充满光明	和平富裕	生命永远延续
美好世界	腾出空间	内在太阳发光
由爱而来	因爱而去	圣爱永恒传递
一体光芒	一体圆满	意识重现人间



Song of Eternal Life

Grace for the world, all things given
True love never ends
Open your heart, dare to live, dare to trust in life
Hand in hand, regain the luminous memories
Built together, marvelous and fabulous, a long-
lasting golden age
Filled with light, peace and prosperity
Life perpetuates in eternity
Make spaces for a wonderful world
Let your inner sun shine
Come from love, back to love
The divine Love transmits forever
The light and perfect consciousness of the
Wholeness reappears in the world





茶 道 嘉 言
Wise Words of Tea Tao



在生活中不要再用意念、感受
或言语再创造出黑暗的能量。

Do not use thoughts, feelings or words
to create dark energy in daily life.

当你感受到愈大的喜悦，你的负担就愈轻。

When you feel greater joy,
your burden becomes lighter.



我们都已经体验到人类经验里各式各样的二元性、分离感、不和谐。现在是再度去经验和谐的振动，及纯正创新能量、新领会的时候了。

We have already experienced all kinds of polarities, feelings of separation and inharmony in mankind. Now it is time to once again experience the vibration of harmony, pure and creative energy and new understanding.





新世界的秩序，会是一种神性大我与造物者全然结合的生命。

The order of the new world, will be a combined life of the divine self and the creator.

每个人内心真正的平静，
才是对世界最大的贡献。

The real peace of our heart is the
biggest contribution to the world.





参加国际茶会，就是选择在像龙卷风似的扬升之光里，向上扬升，也是在协助地球的黑暗消融，让每一个人回到神性的尊严里。

To join international tea gatherings, is to choose to rise through the light of ascension, like a twister. Also, it helps dissolve the darkness on earth. Let everyone return to their divine dignity.



所有的工作都是一种游戏，所有的知晓都来自经验里的纯真。

All jobs are games. All understanding comes from the purity of the experience.

没有外在的快捷方式可以通往开悟，
只有内在灵魂深处才找得到。

There are no external shortcuts to enlightenment,
it can only be found deep within your soul.



每一个个体的工作都会给整体增添新的东西，
为这个星球创造一个新的模式或范例。

The work of each individual adds new things to the
whole, creates a new mode and acts as an example
for this planet.





灵性是一种存在的状态，是一种单纯的意识状态。

Spirituality is a state of being ; it is a state of pure awareness.



坚定的信念和信任是一种频率，提供动力给身体的每一口呼吸。

Firm belief and trust is a kind of vibration that provides power to the body, like every breath that you take.

品茶是一种身心灵的结合，是由物质界走向非物质界的桥梁，也是提高意识最简单和愉快的方式。

Drinking tea unifies your body, heart and soul. It is a bridge that connects you from the material world to the non-material world. It is also the simplest and the most joyful way to raise your awareness.

身为一个为了体验人类生活，而投生于此的神性存有，你所“成为”的东西将与你同在。

As a divine being that has chosen to be born at this time to experience human life, the thing that you “become” will be with you.





一个人的生活或服务是依照神性自我指引时，
他的服务中有着快乐和充实。

When someone lives and serves under the guide of the
divine self, he will be happy and fulfilled in his work.



茶道课程是免付费，你要付出的代价是愿意去爱，愿意使你意识进化。

The course of Tea Tao is free of charge. What you have to pay is to be willing to love. Your awareness will evolve because of your willingness.

爱是一切造物中唯一真实和永远的力量。

Love is the only true and eternal power of all creations.



茶会是一个创造力的流动，可以协助大家
发展更多爱的质量。

Tea gathering is a flow of creativity; it helps us
develop more qualities of love.



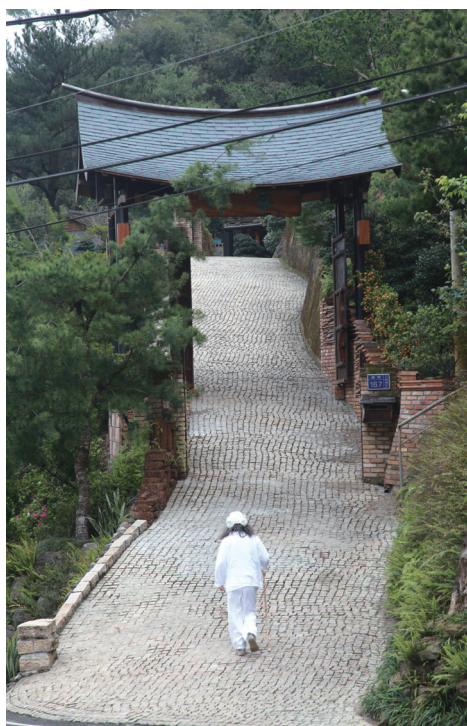


臣服于你需要学到的课题，是快速走过一切问题的主要关键，你可以继续往前去体会新的体验，让它带给你更多的快乐。

To surrender is the key to pass through all problems quickly in your learning courses. Then you can move on to experience new things and let them bring you more joy.

课题并不一定难学，对有些人来说困难，是因为在过去累世中，你们一再选择不理会它们。

Your courses do not have to be difficult. It is difficult for some people because they have chosen to ignore them for many past lives.



你学习的课题之所以会出现，是因为“你”从一开始就创造了他们，透过正确地或错误地使用“自由意志”，你已经在意识或无意识中创造了你的现实状况。

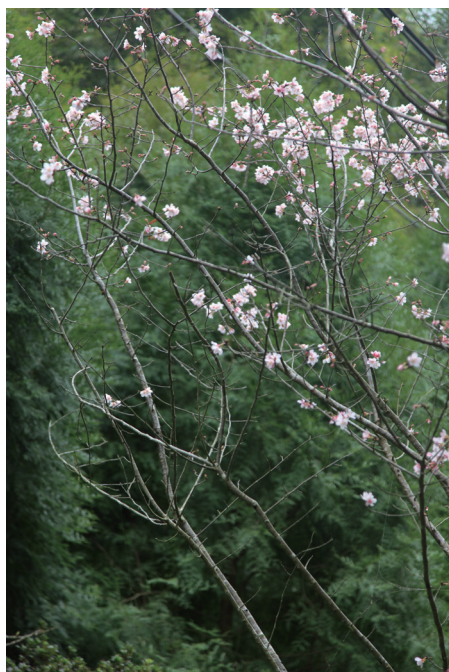
Your learning courses appear because “you” created them from the very beginning. By using your “free will” correctly or incorrectly, you consciously or subconsciously create your circumstances of the moment.

当一个人把上天所赐予的、深藏在自我内在和神圣之心里面的潜能释放出来时，这些天堂的珍宝，就是他开发出来的神圣礼物。

When someone releases his God-given potentials that are hidden deeply within his internal self and divine heart, these heavenly treasures are the divine gifts that he discovers.

让你的心不断地被你心中恒久的喜乐
和感恩之歌提升，这个伟大的爱就会
变成你的。

Let your heart constantly arise by the songs of
your heart, songs of eternal joy and gratitude.
Then this great love will become yours.



不要为了平衡生命债务所正经历的事感到抱歉，而是要永远努力地改善自己，并为正在接受到的协助而心怀感激。

Do not feel sorry for what you are experiencing right now for balancing your life debts. Always work hard to improve yourself, and be grateful for the help that you are receiving.





在三次元的世界，心智的领导地位高过心的领导地位，这引发了包括内在和外在的冲突，因为心智的领导权会导致分离，要回到完整的意识，把领导权交还给心，让心来作决定。

In the three-dimensional world, the mind has a higher position of leadership than the heart; this creates internal and external conflicts because leadership of the mind causes separation. Return to the whole awareness and give the leadership back to the heart for making decisions.

你越能敞开自己接受你所有的面向，
你就越能取得灵魂进化过程中每一世
里所得到的经验和智慧。

The more you can open yourself and accept
all aspects of yourself, the more you can
access the experiences and knowledge that
you gained from all of the lifetimes in the
evolution process of your soul.





神圣的礼物唯有在原本无条件的爱、
和谐正确地使用意志、正确地使用权
力与神性的智慧，以维持个人的醒觉
下，才能够保持与恢复。

Divine gifts can only be retained and regained
when you use your will harmoniously and
correctly, and when you use your power and
your divine wisdom correctly, to maintain
your own awareness, with original and
unconditional love.



正值次元转换的时期，目标是要学习所有的时间都觉知地活在一个正在提高的震动层次上，好像你的生命就是一种“动态静心”。

As we are now shifting to another dimension, your goal is to learn to be aware all the time that you are living on a layer of increasing vibration; your life is to “be still at heart while in motion” .

认知到全然的自己，及选择要生活在其中的振频，并持续地保持对他的觉知。



Know your entire self, and choose to live in its vibration and keep your awareness of it.

所谓的“大道无门”，“无门”就是不用言语的意思。

“The Great Way has no door.”

“No door” means no need for languages.





你们就是你们一直在等待的人。

You are the one that you have always
been waiting for.

行事变得更简单，结果会变得更开展。

Simple action expands the possibility of the results.



你们有一个机会在运用一切万物的支持，把这些真实在物质世界显化出来。这就是你还有机会在此时投生于此的原因。

You have one chance, with the help from all things, to manifest these truths in the material world. That is why you have the chance to be born now.



自信并不是在膨胀的小我中看到的自大，
而是单纯地信任自己。

Self-confidence is not arrogance of the inflated
ego. It is simply trusting yourself.

让你们的能量流出去，信任自己的才华和天赋，信任你们的本质，向世界展示自己。

Let you energy flow, trust your talent, trust your nature and show yourself to the world.





我希望你们相信自己，发现自己内心的真相。

I hope that you trust yourself, and discover the truth within your heart.

敢于相信直觉，是与心的能量流调整到一致最重要的方法。

To have courage to believe in your intuition, is the most important method for adjusting yourself to be in tune with the energy flow of your heart.





幻相会使你忘记自己才是生命中一切事件的创造者。

Illusions make you forget that you are the creator of everything in your life.

只需去觉察什么是自己真正的渴望，做那些充满热情的事，如此一来，你们就能把自己的能量带入这个世界，别人就会被感染和鼓舞，这就是你们来此要从事的工作。

Just to be aware of your true desire, do things that you have great passion in. By doing so, you can bring your energy into this world. Then others will be influenced and encouraged. This is the job that you have come to do.



喝茶就是一种动态静心，你的内心越来越平静，才真正在能量的流动里，这就是所谓的动禅。



Drinking tea is a kind of meditation in action.
Your heart becomes more and more calm, and
only then can you truly be in the energy flow.
This is the so-called Zen in motion.

喝茶本身就是迈向灵性之路，
喝茶的人就是喜欢追求心的宁静。
静，不是说你不说话，
是你内在真正地平静下来。
如果你没有让自己内心真正的寂静，
就不可能找回永恒的生命。

Drinking tea is a spiritual way.
People who drink tea look for the inner peace.
Be silent doesn't mean that you stop talking.
It means that you calm down within. If you
cannot let your heart be in true quietness, you
cannot regain your eternal life.

让你的心去感受万物的美，自然的美，
让你的心去感受人与人之间的交织。
离开了心，就离开了道。



Let your heart feel the beauty of every beings,
of the nature. Let your heart feel the connection
among people. Leave away from your heart and
leave away from the Tao.



心是一个充满答案的图书馆，珍惜
心提供给每一个问题的答案。

The heart is a library full of answers.
Cherish the answer that the heart gives for
each question.

只有你不污染这个世界，才能够谈到帮助别人。万物一体，你自己和平了，世界就跟着和平了，就是利益世界了。

Only when you don't pollute this world, can you talk about helping others. All things are One. When you are at peace, the whole world will be at peace. That is what you can benefit the world.



很轻松的时候，你内在散发出来的都是光与爱，宁静的磁场就能够带给整体和谐。静本身就是一种非常强大的力量，跟爱的力量一样强大。

When you are relaxed, you send out light and love from within. Peaceful magnetic field brings harmony to the wholeness. Quietness is a very powerful force, as powerful as Love.

用轻松的心，就能够跨过所有的障碍。

With your heart at ease, you can stride
over all obstacles.



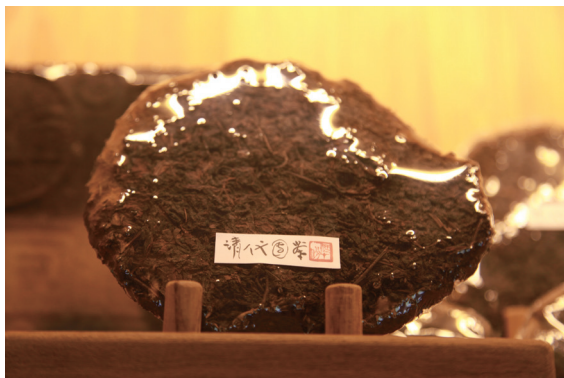


透过对彼此的爱连结内在，探究我们的灵魂，这就是我们品茶真正的意义。

Connect each other with Love and explore our souls. This is the true meaning of drinking tea.

茶是灵性的礼物，超越任何宗教，它是一种适合全人类的饮料，让人抛开了二元性对立的意识和宗教的分别。

Tea is a spiritual gift beyond any religion. It is a drink for all mankind. It makes people drop their consciousness of duality and the division of religions.





茶能够带给我们人类内在的文明，
一步一步唤醒灵魂。茶是传递内在
文明的一个种子。

Tea can bring to mankind inner civilizations,
awaken our souls step by step. Tea is a seed
that spreads inner civilization.

普洱茶是最能够代表文化艺术的茶饮，从它陈韵的过程里，散发出一个生命经历变化的过程，就像我们身心合一的过程。

Pu'er is the most representative tea for art and culture of tea. Its aging process is a process of evolution. It's just like the process of unifying of our body and mind.





茶是碱性食品，属阳性，能协助消化负面的东西。喝茶慢慢放轻松，身体就会健康起来，想法变单纯，人会变得真实和谐。

Tea is an alkaline drink. It belongs to Yang nature. It can help dissolve negative things. Drink tea and relax, your body will get healthy. Your mind becomes simple and you become true and harmonic.

茶是上天赐给我们人类的礼品之一，
自古以来，茶不但可以解毒，也可净化
能量磁场。

Tea is a gift from heaven for mankind. Since
the ancient time, tea can not only detoxify
the body, but also purify the energy field.





浪漫的人都是顺流而行。

Romantic people go with the flow.

喝茶的人会很安静地配合演出，
随时进退，跟随万物自然的能量
轻松流动，才是真正浪漫的人。

People who drink tea act along quietly,
advance and retreat at any time, easy to
follow all the natural energy flow. It is
the real romantic.

碰到问题，学会请求直觉来告诉你答案。
当你能不断使用你的直觉来解答问题，
你就进化了。



When you encounter problems, learn to seek
solutions from your intuition. When you keep
using your intuition to solve problems, you evolve.



当你随时随地可以听到内在声音，
外在的声音也不会影响你的时候，
才是真正的动态静心。

When you can hear the inner voice anytime
anywhere, and the outer sounds do not
affect you, this is the true Zen in motion.

只有依靠自己，能量才会自动协助；想
依赖别人，就不可能跟自己的核心连结。

Only when you rely on yourself, will the
energy assist you automatically. When you
want to rely on others, you cannot connect
with your inner core.



每一天提醒自己：你处在幻想里，
还是真实的世界里？你要服务别人
服务世界，还是想让别人服务你？

Remind yourself everyday: Are you in the
illusion or in the true world? Do you want
to serve others and the world or want
others to serve you?



你的心才是医生，才是老师。心就是整体的能量，源头的能量。能量改变一切，转念就有这份能量。

Your heart is your true doctor and teacher.
The heart is the energy of the Wholeness,
the energy from the Source. Energy changes
everything. When you change your concepts,
you will have this energy.

先宽恕自己，才有办法宽恕别人，
宽恕是一体的意识。



Forgive yourself first and only in this way
can you forgive others. Forgiveness is the
consciousness of the One.

过去地球人类意识的沉沦，是因为缺乏信任，这个世界的冲突，也是因为缺乏信任，忘记了一体性。我们今天喝了茶，就是来找回一体性。

In the past, the consciousness of mankind sank because of lack of trust; The conflicts in this world are also caused by the lack of trust. Oneness is forgotten. Today we drink tea to find again the Oneness.



喝茶，最重要的是要有爱心，
彼此聚在一起提升光的强度，
那才是喝茶的意义。

As for drinking tea, the most
important thing is to have Love,
to gather and increase the power
of the Light. That is the meaning
of drinking tea.

喝茶只是让你过真正属于自己的生活。

Drinking tea let you live a life that belongs
truly to yourself.



将灵性的进化摆到第一，
其他让它自然的呈现。

Let spiritual evolution be your first priority
and just let other things manifest.





只有经过很多的冲突，你内心才可能
找到真正的平静，这才是真正的道。

Only by experiencing many conflicts can your
heart find quietness. This is the real Tao.

我们过去内在体验过光明的过程，现在再来体验黑暗的过程，你的灵魂就越来越接近完整，这就是很大幅度的进化。

As we have experienced bright periods, so now we experience dark periods. Your soul will evolve more and more to be complete. This is a huge step of evolution.





茶在这个世纪，正好融合东西方，彼此会交织出更新的能量。

In this Era, tea is just right to merge the East and the West, interweave the two sides to create a new energy.



每个人都能够传递这个光到地球上来，
当然你也能很快跟源头的能量连接，你
本身也就是带光的人。

Everyone can transmit this light onto the earth,
and of course, you will be able to connect
quickly with energy from the Source, you are
also the one with the light.

当你能够用越简单、越轻松、越浪漫的方式，实际上你们已经跨越了时空。

When you can find ways that are simple, relaxing and romantic, you have already transcended time and space.





你要想提高你的能量，只有让自己过得简单、单纯，最好能够靠你的直觉过生活，用你的心跟别人沟通，那你的能量一定会很高。

If you want to increase your energy, live simply, purely, live with your intuitions, use your heart to communicate with others, your energy will be high.

喝茶终于让你能够真正找到内心的安全、宁静，所以你会有一直想沿着这个能量回到源头的感觉。现在也是你跟源头能量重新连接，找回你的家的时刻了。



Drinking tea can help you to find the real inner peace, quietness, so you want to return to the Source along this feeling. Now it's time for you to reconnect with the energy of the Source and find your way home.

我们每一个人的灵魂，都是离开了源头海洋般合一的能量，开始了个人的旅途，来体验二元性的世界，所以才一直渴望家的感觉，渴望源头合一的感觉。

Our souls have left the unified energy of the source, which is great like the ocean, and started our individual journeys to explore the world of dualities. So we long for the feelings of home, long for being unified again with the Source.

挑战越大，灵性的领悟也会越大。

The bigger the challenge is, the greater
the spiritual awareness will be.



你最难改变的地方，你就一定会碰到；唯有碰到、经历，最后你才会愿意放下一切。

You will keep encountering what you have the most difficulty to change; only after experiencing them, will you let all go eventually.



接纳灵感，与内在深处的激情连结。我们每个人都带着使命来到地球，它透过你的激情、你的渴望展现出来。

Accept your inspirations, connect to your deep enthusiasm. We have all come with a purpose. It is carried out through your passions and your desires.



宗教教导的是扬善去恶，而灵性是要找到超越善恶的意识层次，找到可以理解和接受所有事物的地方。

Religions teach us to reward goodness and abandon evilness, while spirituality is to reach a level of consciousness that transcend good and evil, to find a place of understanding and embracing all things.

用开放的心去寻求平衡自己内
在存有的阳性与阴性的磁极力。

Open your heart to find the balance
of Yin and Yang within yourself.



在能量的世界，你只要静下来，
所有的东西会向你靠近。

In the world of energy, as long as you
calm down, all things will get close to you.



生活在越不自由的地方，你会越想让自己心灵、灵性达成真正的自由。外在很自由的时候，你内在根本不会想到要去超越，所以很难跳脱。

The less free places you live in, the more you want your soul to reach the true spiritual freedom. When your environment is free, you would not think of going beyond, it is difficult to evolve.

一旦觉醒，你会突然遇见许多与你的能量产生共振的人，这是由众多独立个体组成众多网络的时代。这些独立个体，以各自不同的专长补充彼此的不足，每个人代表集体灵感的一个面向，在互动中成长。

Once awakened, you will suddenly meet many people that can resonate with your energy. This is the time when many individuals forming networks. These individuals, with their different specialties, compensate the lack of others. Each one represents an aspect of the collective inspiration of the group, and grows up in their interactions.

你的想法决定你进化的速度，不要在形式
上花很长的时间，所以让自己轻松吧！

Your thoughts decide the speed of your evolution.
Do not spend too much time on the forms. Just relax.





把旧概念丢掉，新的自动会进来，
这就是流动的真正意义。

Drop old concepts, new ones will
come in automatically. This is the
true meaning of the flow.

很多人读了灵性书籍，有很多头脑上的知识，但是他们没有和这些知识融合为一并展现他们的神性，所以灵性进步仍然很小。

Lots of people have read spiritual books, and have got lot of knowledge in their mind. However, as they fail to merge with those knowledge and develop their divine nature, they only have little progress in spiritual way.

爱是一种能量，是一种波动，你散发出来爱的波动时，别人内心会触动，自然会交织出更高等的能量，因为爱是唯一最高的创造力量。

Love is a kind of energy, is a wave of vibration. When you send out the vibration of Love, others will feel touched and will co-create higher energy, for Love is the only highest power of creation.

不管接收到任何的频率，永远的爱是重要的，甚至爱你的敌人，爱你的仇人，否则你就会成为负面力量的加持者。



No matter what kind of frequency you receive, eternal Love is most important. Love your enemies, love your rivals, otherwise, you will become the supporter of negative power.

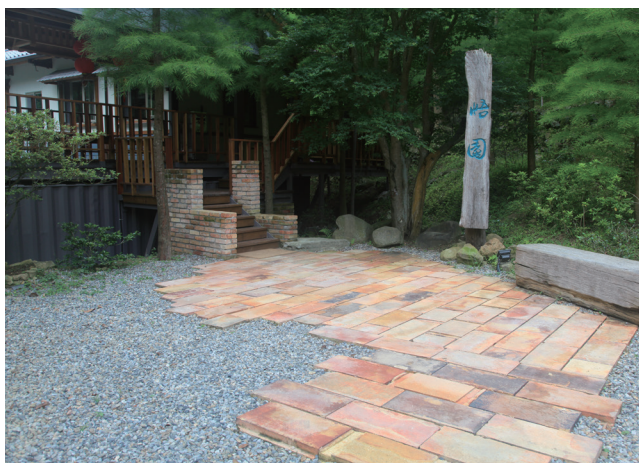


不管出现任何状况，你只要顺其自然，让你生命神奇的力量发挥作用，并信任它，就可以了。

No matter what happens, you just need to go with the flow and let your magical power of life manifest, just trust it, it will go well.

只有爱可以让自己心变得更柔软更轻松。

Only love can make our hearts tender and lighter.





浪漫的生活就是一朝风月，万古长空。

Romantic life is for the present moment
while everlasting.

真正的浪漫，是在生活之中，在行住
坐卧中展现出柔和轻松的能量。



True romance manifests in daily life, in
everything that you do when you show gentle
and light energy.

爱自己就是自己决定的一切，要想办法完成。

To love yourself is, whatever you have decided,
make all efforts to accomplish it.





要完全能够接受更高等的能量，就是要完全放下你心智头脑的运行。

In order to fully accept higher energy, you need to let go your mind completely.

我们过去经历了太多痛苦的过程，现在找回了一体意识，这就是世界和平真正的基础。



We have experienced too much pains in the past and now we find back the consciousness of the Wholeness. This is the real foundation for the peace of the world.

新时代了，开始以直觉的方式生活，跟我们的内心联结，由过去头脑心智所主导的社会，转换成由心主导，所以每个人都将获得一个信任生命的生活方式，这就是未来的世界。

This is the new era. We begin to live by intuitions, connect with our hearts, moving from a society guided by mind to the one that will be guided by heart. So that everyone can trust life, that is the future world.

东方追求内心宁静的东西，西方注重外在文明的东西，在茶这种内在文明的饮料上互相交流，彼此会交织出更新的能量。



The East pursued inner peace while the West focused on outer civilization. Both can communicate with each other through tea, the drink of inner civilization, and co-create new energy.

新时代就是两性合作，不断地交织出第三种能量，包容两性、善恶、阴阳、对错，跟宇宙神性本源的能量交织，产生无限的创造力，创造出新的世界，即未来的世界。

In the New Era, the masculinity and the femininity work together, constantly create a third kind of energy that embraces duality, good and evil, right and wrong, and interweave with the energy of divine source of the Universe, generate infinite creativity, to create a new world, the future world.

最大的污染源就是人的不和平的心，所以我们喝茶创造出来的和谐力量才是真正利益世界。我们走到哪里所带来的和谐的能量，将灾难和负面的东西大量净化，所有的业力让它平衡，不会再持续创造下去，这就是终结业力循环的过程。

The biggest source of pollution is the discords among people. That is why the harmonious energy that we create while drinking tea will truly benefit the world. Anywhere we go, we bring harmonious energy that purifies a large amount of disasters and negative things, naturalizes all karma, so that it stop recreating itself. This is the process of ending the cycle of karma.



概念并不需要学，只要你能能量一直提升，就像地球在提升，新的东西自然会创造出来，那是自然的运作。

You don't need to go anywhere to learn new concepts. You only have to keep increasing your energy, like the Earth, she is also increasing her energy. All the new things will be created naturally. It is how the nature works.



教育从来就不是单行道，本来就是双向道。未来的世界就是成人跟小孩一起共事，小孩子提供灵感的来源。

Education can never go one way. It should go both sides. In the future adults and children work together and children can provide sources of inspirations.

你们静下来，能够属于自己，自然就能够成为别人的榜样，那才是我们喝茶的目的，并不是叫你成为什么伟大的人物，只是叫你成为一个平凡的人。



When you become quiet, belong to yourself, you become naturally example for others. That is why we drink tea. The purpose is not to become someone great but just to become an ordinary person.

只有圣人能够做到真正的平凡，
不会有分别，也不想刻意展现。



Only sages can be truly ordinary.
They do not distinguish, and do not
show anything intentionally.

用你的直觉就能找到神性之美，当你慢慢了解神性之美，你就会懂得平凡之美，所以平凡才是神性的表达。

With your intuition, you will find the beauty of the divine. When you gradually understand the divine, you will understand what the beauty of the ordinary is, therefore, the ordinary is an expression of the divine.



把你生命中最自然最真实的部分
显现出来，那就是大师了。

Show the most natural and truest part of
your life and that is what a master does.

只有大巧不工，你才能创造更自然艺术的生活。

Only by the delicate works without any trace of
technic, can you create more natural and artistic life.



茶的能量是往上提升，酒的能量只会停留在你身体。茶里面的茶多酚除了提神以外，它里面的能量会协助你放松，随着陈化的时间，它会不断地散发出光和爱的热力，散发出一种永恒力量的美感。

The energy of tea goes upwards, while the energy of alcohol stays in your body. The caffeine in tea refreshes you and the energy of tea helps you relaxing. As tea ages, it transforms, keeps on sending out the heat of light and Love , it will send out the beauty of eternal power.

你越轻松越跟着这股能量运行，
当然你进化的速度就越快。

The easier you follow the energy of the
movement, the faster you will evolve .





真正的修行，就是每一天都懂得生活。

The true spiritual practice is to know how to
live your daily life.

只要你爱心够，基本上是天天都活在天堂里。



As long as you have enough love in your heart,
you are basically living in heaven every day.

以一种爱与温和的方式学习课业。

Learn lessons with love in a gentle form.



静才是真正的力量，你坐在茶桌上很安静，很和平，整个磁场也会跟着和谐。

Being still is the true power. You sat quietly on the tea table, very peaceful and the entire magnetic field will also be in harmony.



喝茶从内在散发出更多的光能，流入这个地球，所以地球就会更和谐、更和平地进入一种新的生活方式，这就是喝茶对这个世界最大的贡献。

Drinking tea emits out more luminous energy from within that flows into the Earth. The Earth then becomes more harmonious, transiting peacefully, entering a new kind of lifestyle. This is the biggest contribution to the world by drinking tea.





茶代表了一种宁静的力量，所以为什么新时代我们用茶跟整个世界交流，能够以茶入道就是找回这个宁静的力量。

Tea represents a power of tranquility, that is why we interact with the whole world by using tea in this new era. Entering Tao though tea means recovering this power of tranquility.

越轻松，越没有分别，越自在，就表示内心进入更深层的一个阶段。

The more you are relaxed, the more you are at ease , the less you differentiate. It means that you are entering a deeper stage of inherent.





回味就是静静地跟茶自然地融合，用心去感受。

To savour is to quietly and naturally merge with the tea, and to feel it with your heart.

这个世界只有唯一一条路，只有走入和谐，
我们才能够存在这个世界，不然我们很快
就会消失，所以这也是集体意识的提升。

The only path of this world, is through harmony.
And only in this way are we able to exist in this
world. Otherwise we will disappear very soon, this is
also the ascension of collective consciousness.





可以在自在和恩典中学到宝贵的课题，并不是一定要经历痛苦和困难才能学到。抗拒打开心房接受更高更简单的方法，是造成生活辛苦的原因。

Precious lessons can be learned from comfort and grace. It is not necessary to learn by experiencing sufferings and difficulties. When you refuse to open your heart to accept a higher and simpler way, your life becomes difficult.

茶是最重要的灵性饮料，
带来了内在的文明跟物质的丰盛。



Tea is the most important spiritual drink. It brings us the inner civilization and abundance of the material world.



跋

两千多年前，海陆两条丝绸之路以中国的丝绸、茶叶、瓷器等为媒，给世界带去了中国的文明和友好，茶以及中国茶道精神早已经成为中国文化的重要组成部分，并在中外文化经济交流中发挥了重要作用。今天，作为中国传统文化载体之一的茶道，又重新焕发出新的文明内涵。中国茶道、茶禅文化之兴恰逢其时，茶道文明也将成为中国与世界文化交融的崭新桥梁和纽带。

本书作者为茶道研究会创办人兼会长，他长期致力于茶道的推广，并协同两岸茶界友人于中国海峡两岸及世界各地举办多场茶会，以活泼轻松的形式，融合古今茶禅，品茶论道，把中国茶道的精神发扬光大，并引领着新的茶道文明运动。他在中国茶道、茶文化及茶禅一味等诸多领域都卓有高见，为中国传统茶道灌注了新的符合时代的精义，并出版了多部茶道生活的书籍，对海内外茶道界有深远的影响。

这部书以精简而又雅俗共赏的形式，对茶、茶道、茶道生活及茶道新文明等，都做了富有创造性的诠释。这些内容站在时代的尖端，对于茶给人类身心灵的帮助，以及茶道文明在当代环境、生态、人类和平及地球文明等议题方面，都发表了极富启

发性的洞见，殊为难得。作者的隽永法语意味深长，平凡之中显深密，是融茶、艺、道为一体的精粹文集。本书图文并茂，所选图片皆取自茶友拍摄，这些生动活泼、意境深广的照片，于日常生活中具像化地展现了新的茶道生活，也真实记录了各类国际性品茗茶会活动的片断，可以看作是有关新的茶道生活及各类茶会活动的真实记录。

我们坚信这本对中国茶道和茶禅文明做了深度阐释的书籍，不仅对中国茶道在现代社会的推广产生重要影响，亦将给海峡两岸及新的世界茶文化交流带来直接的贡献。

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Postscript

Two thousand years ago, the Silk Road - via oceans and lands - brought tea, porcelain and silk, as well as civilization and friendship, from China to the west. Tea and tea spirituality had already become an important part of Chinese culture, playing an important role in promoting culture and economic exchanges between China and foreign countries. Today, Tea Tao (the fusion of Tea and Chan), representing traditional Chinese culture, will become even more significant in stimulating the cultural interchange between China and the rest of the world. For many years, Mr. Ho Tsai-Ping has promoted Tea Tao. With tea friends from China and Taiwan,



he organized more than thirty tea festivals in China, in Taiwan and all around the world. With a relaxed mind and lively method, combining ancient and modern Tea ceremony and Chan, carries forward the spirit of the Chinese Tea Tao. Mr. Ho has remarkable views: he has greatly contributed to the tea culture, the art of tea, and the spirituality of tea. He brings a contemporary essence to traditional Chinese tea culture. He has also published several books on the subject of Tea Tao. In a concise form, this book will promote new and creative interpretations about the ancient tea culture, it will have a significant and profound impact in promoting modern Tea Tao.

This book explains the original views of Mr. Ho about tea, tea tasting, the way of tea, tea and Chan etc, and is an anthology of new spirituality of tea. The pictures are all taken by our tea friends , those are true records of all kinds of tea events. Standing on the edge of the new era, the lifestyle of the Tea Tao brings new issues for the human body, mind and spirit union, as well as for environment, ecology, world peace issues, it is a special and rare book of tea.

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