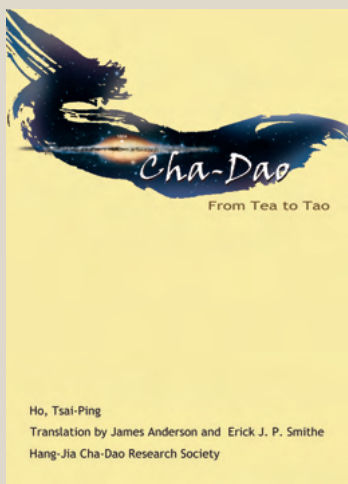




Cha-Dao



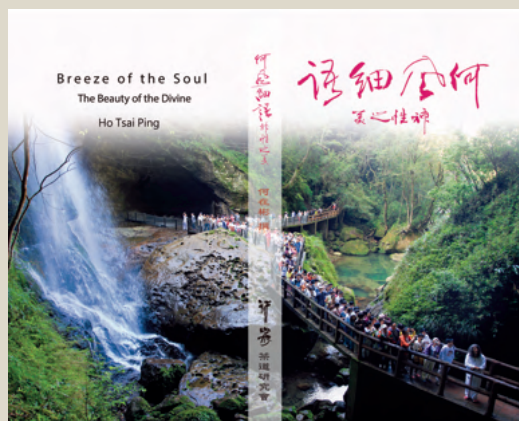
Cha-Dao



Tea Tao life



Romantic Sentences of Master Ho



Breeze of the Soul: The Beauty of Divine



Breeze of the Soul: The Beauty of Intuition



Breeze of the Soul: The Beauty of the Ordinary

(iii) Books on Tea Tao

Master Ho Tsai-Ping has published numerous books on Tea Tao, such as "Cha-Dao", "Tea Tao Life", "Romantic Sentences of Master Ho", "Breeze of the Soul: The Beauty of Divine", "Breeze of the Soul: The Beauty of Intuition", "Breeze of the Soul: The Beauty of the Ordinary". These works offer innovative and deeply original insights and interpretations of Chinese Tea Tao, Tea Zen, and the new civilization concept of Tea Tao. Positioned at the forefront of its time, these writings provide deep insights into the benefits of tea for the human body, mind, and spirit. They discuss the role of the new Tea Tao civilization in addressing today's environmental and ecological concerns, promoting humanity's peace, and developing a new civilization on earth. Offering inspiring and thought-provoking ideas, these books eschew traditional theoretical frameworks. Instead, they employ a format akin to traditional Zen oral transmissions, using relaxed yet profound language to reveal deep meanings with ordinary sentences. Each word is a jewel, imbued with significant depth, making the texts highly cherished by tea enthusiasts. These essential collections, which combine tea, art, and Tao, are enhanced with numerous images related to tea and the Tea Tao life, providing a visually satisfying experience. It is believed that these books, with innovative interpretations of the Tea Tao, will not only aid in reinvigorating this ancient Chinese cultural practice in the new era but also have a profound and far-reaching impact on the advancement of tea culture across the Strait and the whole world.



The only thing we can contribute to this planet is the energy of love and peace. When you drink tea and can communicate with your heart, you will know we are one. This energy inside each person will gradually connect us all, which will reduce the conflicts in the world. Thus, tea can bring peace to the world and allow us to reconnect with the virtues we share within, making this world ever more beautiful.

Drinking tea emits light energy from within. This energy flows into the earth, fostering a new way of living in harmony and peace. In this way, tea drinking makes its greatest contribution to the world.

The earth is about to enter a higher civilization. Without balance between the spiritual and the physical, there can be no enduring development and growth. We are a seed of abundance and civilization for this planet, hoping to bring a lasting prosperity to this world.

Traveling to different countries, even if languages differ, our hearts can still communicate. We are all one. It is not possible to hurt others without also hurting yourself. The heart holds the energy of wholeness. When each of us connects with the heart, our collective energy unites and distances between people vanish.

After drinking tea, everyone can live by their own inspiration and rediscover their true self. This is a way of life at a higher level of consciousness.

Tea Tao is very relaxing and romantic, free from constraints. Being at ease is Zen. Drinking tea helps us to relax, quiet our minds, awaken our true nature, and reconnect with our self-confidence, thus it is relaxing and romantic. Tea Tao is about breaking old concepts. The Tao itself is lively and joyful. In the process of evolution, most become overly serious and are confined by formalities. Tea Tao intends to break these concepts, create new ideas and elevate our own energy.

The Tao forms naturally. Tao is logic without logic and rules without rules -- it follows the operation of nature. Everyone is in accordance with the laws of nature. Simply being natural and follow the inner feelings, that's it. The Tao is the same: listen to your inner voice and adjust yourself accordingly.

Tao is beyond words. What is spoken in words is not the Tao. It is an energy that helps everyone resonate together, and this resonance can last a very long time. It can even assist in renewing the energy of the whole world. Therefore, when gathering together, it is the energy of resonance and merging that allows you to accelerate the purification and renewal process.



If we only savor tea externally or rely solely on our senses, we won't be satisfied, because it won't touch our soul and heart. Yet, we do experience tea with the external senses, at the same time, we tune in to each tea's vibrations. This way of tea savoring allows its energy to flow through our entire body system, aligning our cells and chakras to resonate with this energy, as well as with the environment around us. That's why the legacy of Tea Zen is enduring and is well accepted worldwide.

When people talk about Zen, tea is forgotten. When talking about tea, Zen is forgotten. Yet, given that tea and Zen are of "one taste", they are meant to be present together. Tea represents inner civilization, awakening your inner self. It bridges the past, present, and future. The "one taste of Tea Zen" known since ancient times remains the same: Zen helps you rediscover yourself and connect deeply with your heart.

If you understand, it's "Zen"; if not, it becomes "entanglement" (both pronounced "chan"). Pursuing external senses — sight, hearing, smell, taste, touch, and thought — leads to entanglement. If you see through these clearly, then you have the true heart of Zen, allowing you to move through life unentangled. Thus, the way of Tea is the way of Zen.



spirit in an integral state. It's such an elegant lifestyle. When we quiet down and internal flow accelerates, the movement of body energy also accelerates, activating cells for better health and vitality.

China has endured a lot of hardships in the past, all of which were preparations for it to shine today. With its large population in China, in this era, we must open our hearts and help lead the world into the age of peace. Tea friends are seeds of peace. If every tea drinker can enter a little deeper within, the world's evolution will accelerate.

We began promoting Tea Tao in response to the birth of a new civilization. The new civilization we speak of refers to a shift from external to internal, which marks the true beginning of the new civilization. In a flat world, we chase external sensations and physical things, which lead to disharmony in the earth's collective consciousness, intensifying its disturbances. Thus, it is essential for more people to turn inwardly and connect with their hearts, for only through our hearts can we connect to the universe. Everyone should transform their own universe to a more magnificent and brighter place. Through tea drinking, we start to uncover the truths within us, and step by step, bring this energy to earth. This is what we call the new civilization.

Why are Tea and Zen of "one taste"?

Zen is not about words. Zen is enlightenment, a realization within the heart. The way of tea (Tea Tao) is simply lifting the pot and pouring the tea. The higher the level, the simpler it is. Tea is a form of energy. Any form of Tao (literally, Way) is a way of energy elevation and transformation. In different spaces, what is transformed differs. When tea drinking raises our vibrations high enough, all things become clear and questions dissolve. This is why it is called Zen, which actually means to see one's true nature clearly, in a single glance. In Zen, as in tea, words are unnecessary. Tea and Zen are the same -- beyond words. Thus, they share one taste. Drinking tea is the simplest way to enter into Tao.

The lack of peace in the world stems from the lack of peace within each person. As more and more people find peace within after drinking tea, the world naturally becomes more peaceful. Drinking tea in this way is highly civilized and well-suited for the new era. Since tea symbolizes friendship and eternity, sharing tea with others removes distance between people and facilitates communication from a place of unity within. The circulation of tea will continue to grow in the future, with an increasing number of people worldwide, including those in Europe and America, enjoying tea.

Only a few people in the past were able to connect inwardly by way of tea, which inspired the poem "Seven Bowls of Tea"; most people only remained in the physical and artistic aspects of tea ceremony. The level of prosperity back then could not match what we have now, when many people are capable of being in touch with their heart, entering the deepest part of Tea Tao. Only what emerges from within can be eternal, everlasting, and unfading, bringing true benefits to the world.

Tea Tao life is a new philosophy. It's about a heart-centered life. This new philosophy integrates various elements of humans and nature. With just a cup of tea, one can enter the heart within. When people gather together for tea and feel connected with each other, the shared sense of unity intensifies the collective energy. In silence, words become unnecessary, and joy is palpable. This is how Tea Tao life offers humanity true joy and represents a way of living well-suited for the future. Those who bring joy to the world are true heroes.

The Tea Tao life is both static and dynamic. In silence, with eyes closed, the inner flow actually accelerates. When performing on stage, the action is dynamic externally, while internally there is stillness -- a state of both movement and tranquility, marked by a continuous interchange between two energies. This lifestyle is holistic, in that tea drinking, a type of Zen by itself, unifies body and

(ii) Wisdom from the Master

Whatever can enter into Tao must be spiritual in nature. When tea unifies with the body, it can open up the energy system in the body, achieving "Tea Tao Unity". This progresses from conscious to sub-conscious to super-conscious levels. A truly high-quality tea allows one to enter stillness by merely smelling its fragrance. In this state of complete tranquility, one can hear and see the inner sound and light. That sound is Tao. When everyone can hear their inner voice and live from the heart, Earth will enter into a new civilization and a new way of life, which marks the Earth's new era. Its advent enables us to enter into a higher state of balance.

Since the Tang and Song Dynasties, and possibly earlier, the Tea-Zen way of tea savoring has evolved in China. In ancient China, the integration of tea and Zen instilled an opening in people's consciousness. This Tea Tao consciousness is essential for the spiritual well-being of contemporary Chinese people. Genuine Tea Tao or Tea Zen practices facilitate a deep connection within. Tea is the seed of an inner civilization. After thousands of years of cultivation, this seed is now ready to flourish and bear fruit. The time has come for Tea Tao to fully blossom and shine its light, as ordained by nature. For China, this is even more significant. After thousands of years of development, China is poised to usher itself and the world toward peace, by nurturing greater love and manifesting a stronger inner spiritual civilization.

Ordinary tea savoring happens on a physical level. But in Tea Tao life of Hang-Jia, with the integration of Tao, what we talk about become multidimensional, including emotional, energetic, and spiritual aspects. In order to heal the body, one should start from healing the spirit body first, then physical recovery will follow. Thus, what we talk about in Tea Tao life is a holistic, multidimensional system. Our tea savoring transitions from the physical to the non-physical, penetrating all aspects of us and letting us emit a different kind of energy. This can bring about a holistic transformation in human spirituality, which is a higher way of living.

Tea is one of the gifts to mankind from the divine. Imbued with the quintessence of heaven and earth, tea purifies our body and mind, helping us become tranquil within. Tea, a drink of peace, can dissolve a war with just a cup. Fine tea exists for nurturing friendship among humanity. When inner peace is attained, so too is peace in the outer world. Tea symbolizes humanity's longing and blessings for peace.

In China, the tradition of tea drinking dates back thousands of years. The poetry of Tang and Song dynasties attested the significance of tea in people's life and heart. Tea, along with the spirit of Tea Tao, has always been a key element in Chinese people's lives, and undoubtedly becomes an integral part of its cultural heritage. Historically, the famed Silk Roads, both over land and maritime, have long carried the Eastern leaves to the far reaches of the globe.

Today, over three billion people in more than 160 countries enjoy tea. In today's prosperous age, China is reawakening the ancient Silk Road. The renowned Tea Tao culture, once globally celebrated, is poised to once again become a cultural bridge between East and West—a rainbow bridge that connects people to each other and to the world.

Over the last two centuries, while human material civilization has rapidly advanced, spiritual civilization has lagged behind. Humanity is increasingly longing for spiritual upliftment and higher consciousness, seeking means to transcend racial, political, religious and cultural divides. We aspire to a way of life that nurtures our soul in everyday life, fosters inner harmony, and is in tune with nature and rhythms of the heart. A new lifestyle, pioneered by Hang-Jia, revitalizes and transforms the traditional essences of Tea Zen and Tea Tao. In this new era, it revives the spiritual values and cultural heritage of the classical Chinese civilization in a modern style.

II. The Spiritual Wisdom of Tea Tao



(i) Asking tea: an Ancient and Revitalized Civilization

In the secluded valley grows the spirit grass
a suitable medium for entering the Tao
Woodsmen gather its leaves
and exquisite flavor fills the flowing cups
Stillness clears the mind with insights
Bright hearts illuminate the gathering place
Effortlessly, one ascends
as the gate of Dharma opens.

Over a thousand years ago, the poem "Ode to Tea" gave a beautiful description of the Tea Tao.











The Ordinary Tea House at Hang-Jia Center





The Tea Appreciation Hall at Hang-Jia Center: The Gateless

