



Japanese-Inspired Tea Ritual

for Calm & Presence



1 Prepare your space

Choose a quiet place, remove distractions, and place your tea tools neatly in front of you.



2 Light incense (opening the ritual)

Light incense to mark the beginning of the ritual and shift the space into calm focus.



3 Warm the tea bowl

Pour hot water into the bowl to warm it, then gently swirl and empty it.



4 Purify the bowl

Wipe the bowl carefully with a soft cloth using slow, intentional movements.



5 Prepare the tea

Add matcha to the bowl and pour in warm water slowly and steadily.



6 Whisk the tea

Whisk in smooth, rhythmic motions until the tea becomes light and frothy.



7 Pause before drinking

Hold the bowl with both hands, look at the tea, and take a quiet breath.



8 Drink mindfully

Sip slowly and fully notice the taste, warmth, and texture.



9 Close the ritual

Place the bowl down gently and sit in silence for a few moments.