

Others

"We do not drink tea alone. We drink rain, soil, hands, and seasons." - Tea grower saying

Journaling Prompt

1. Our hands are not only external organs that help us sense, touch, hold, grasp, bless, but also rich metaphors that symbolize labor, connection, community, relationships, as well as domination, power, and more.
2. As we sit here holding our cups of tea, reflect on the many hands that have touched and blessed your tea journey. Pause to consider the many (invisible) hands that have brought your cup of tea to this space.
3. Whose hands (labor) have you not seen before? How do we listen to, acknowledge, and express gratitude for the labor of others in our tea practice?

Nature

"The tea's color, aroma, and taste are all messages from the earth." - Okakura Kakuzō, The Book of Tea

Journaling Prompt

1. Discuss a time in nature spent with tea.
2. The fractal pattern in tea leaves mirrors the fractal pattern of branching in our lungs, neurons, and veins, as well as the roots beneath the soil and the branches of trees. Where do you feel the hidden networks connecting you to the natural world?
3. Consider the nature of tea leaves. When we steep them in water, they give us their essence. Imagine yourself as a tea leaf. What essence would you release?

Greater

"There is a voice that doesn't use words. Listen." - Rumi

Journaling Prompt

1. What is the energy you want to experience and in turn, manifest to others within your lifetime?
2. Write to what feels larger than your own story here - the threads of family, culture, grief, love, faith, land, or endurance.

Facilitators



Olivia Dorsey Peacock
@ohdeepeacock
oliviapeacock.com



Debarati Dutta
@debarati.
duttacherukuri

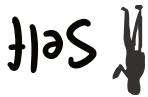


Heather Marcelle Crickenberger
hmcrickenberger.com

1. What would happen if I was still or otherwise slowed down to hear the voice of my inner self?
2. How do you know when your intuition is speaking to you? What signals does your body give you?
3. Whose voices collectively guide your path? When do you feel most connected to them?

Journaling Prompt

"Tea is drunk to forget the din of the world."
- T'ien Yi-Heng



"Wherever you are drinking your tea, there is no need to go elsewhere"
-Tich Nhat Hanh

In this zine, you'll find quotes and prompts you can use for journaling as you sip your tea. Feel free to do whatever feels right in the moment.

LISTEN FOR YOUR SONG

Self



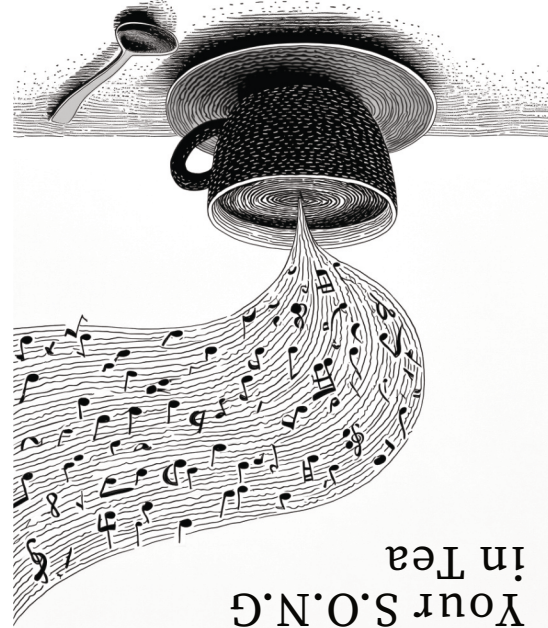
Others



Nature



Greater



Listening for
Your S.O.N.G.
in Tea



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