

EN-LIGHTEN UP

When you begin down an Eastern path, and Cha Dao mostly heads East, you quickly realize the important role language can play in our thinking, and consequently our insights. For the most part, we come to love the ancient spiritual words in languages like Sanskrit and Chinese—for their subtlety and breadth. There is one English word we've come to like better than its Eastern equivalents, however: "Enlightenment". When most people think of "Enlightenment" they see in the word the "light" and are reminded of the light in us, which we all travel towards. But "light" in English has another meaning: not heavy! Being enlightened means, literally, lightening up! Don't take yourself serious, or anything else for that matter. There is an old Indian saying: "beware the spiritual/religious man that takes himself seriously!" And many of you know how we here do so love laughter and humor. We thought that these newsletters might be getting a bit heavy and that we would en-lighten them up.

On Wu De's trip, while looking for a gift to bring home to his beloved Kaiya, he came across a tea called "Pink Lady" and thought of Kaiya immediately. Kaiya was unnervingly delighted to receive this gift, and rushed home to brew it right away. We're not quite sure what happened, but he hasn't been quite the same ever since. It seems this this powerful tea may have set free a repressed personality, which, frankly, many of us had always suspected was in there! Funny enough, "Kaia" is a girl's name in the Northern European area where this marvelous tea hails from!

