

*Each month we introduce one of the Global Tea Hut members to you in these newsletters. We hope that this helps us all get to know each other better. It's also to pay homage to the many manifestations that all this wonderful spirit and tea are becoming, as the tea is drunk and becomes human. The energy of the tea fuels some great work in this world, and we are so honored to show you some glimpses of such beautiful people and their tea. This month we thought you could finally meet Lindsey's friendly and warm boyfriend, the astonishing **Rudolph-Merlin Bernd Govinda Von Trott Zu Solz** (Yes, that is his real name! You can call him Merlin, though.)*

Although I never would have guessed it, in retrospect, it makes sense that Tea would be such a big part of my life. I was always deeply connected to what I consumed because I grew up on an organic farm. I grew up drinking organic herbal infusions grown and prepared by my mother and organic teas (but never coffee). And since age 15, I was a Zen meditator with dreams of traveling to Asia.

Before I connected to Tea Sage Hut, I already understood that tea was a peaceful, natural means of connection and sharing. Drinking tea with friends had become a regular activity for me (although I have to admit we were drinking Yogi Tea teabags with milk!).

In the spring of 2012, I traveled through India, a country known for its love of tea. High up in the Himalayas, as the snows were just beginning to thaw, I met Lindsey, who was on a journey researching tea. We quickly fell in love and through our bond, I began to see the spiritual side of tea. On our first date, we drank Puerh with Buddhist monks. Within a week, we were regulars at a little Japanese tea cafe in Leh, where we would sip organic Japanese teas and eat Tibetan tea foods with a panoramic view of the snow-covered mountains. Before we parted ways, Lindsey showed me how to make simple bowl tea and gave me some tools and organic tea leaves to begin my own tea practice as I continued my travels and returned home.

Within one year of our first encounter, I found myself surrounded with tea in nearly every aspect of my life. I drink tea everyday, share Global Tea Hut teas and newsletters with my mom each month, and often serve tea to friends. And, when I listen to Tea, I also find a deeper connection to myself, Nature and the present moment. This is a continuation of the connection and sharing that I already knew to be a part of Tea. But there's much more to Tea... I found in Tea a tool to integrate meditation into my day to day life. She gives me a way of finding a meditative mind, not on my meditation cushion, but in action. In the silence of a tea session and in listening to Tea's nonverbal communication, I've found a way to listen to my heart. Within that space, I've also realized that Tea doesn't judge. She's such a loving teacher, and through Her love and patience, I can be more patient and loving to myself and to others. That's something I want to do more, and to share with others as well.

Today, I am writing this from Tea Sage Hut. The last time I came to Taiwan, my main motivation was seeing Lindsey. But in being here, I ended up making much more space for Tea in my life. This time, I've come to Taiwan not only to visit Lindsey, but also very much to learn more about the deeper aspects of a life of tea. This visit has inspired me to connect with more of my tea brothers and sisters around the world and to spread the Way of Tea in my home country of Germany. If any of you are visiting Germany, contact me!

I'm grateful for Wu De and his students, who provide this Tea space and give people the opportunity to walk on this path. I'm thankful that they are doing this with all their hearts. And I'm looking forward to returning here a third time! merlin.v.trott@t-online.de

