

Tea Wayfarer

Each month, we introduce one of the Global Tea Hut members to you in these magazines in order to help you get to know more people in this growing international community. 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 share glimpses of such beautiful people and their Tea. This month we would like to introduce Justin Polgar:

Great greetings my tea brothers and sisters! It is with enthusiastic pleasure that I write to you from Oakland, California. May my fingers weave the ink upon this page with as much grace and levity as tea leaves dancing in hot water. This morning is like many others before it, filled with the sounds of fire wooing water, slow waking breath, and, of course, a river of cars outside rushing to work. My daily work begins with tea, thankfully.

Like you, I am a student of Tea, thirsty for the cups of wisdom that fill us and empty us. Wu De once told me that when passion and purpose are found, it is important to live in them deeply, so that the groove one digs in this life will be easier to find in the next. This rings true, deep into the stardust of my bones. I am grateful to find myself back in the role of alchemist and magician, this time healing the world through chocolate. Tea can be a warming beverage, or a medicine for consciousness, just like chocolate can be a sweet treat, or an evolutionary messenger from the plant world. Like Tea, chocolate is labor intensive, which means there are several opportunities to adore, revere, respect, and love each step of the process. When we give attention and reverence to a cup of tea, or a carrot, or a chocolate bar, the innate intelligence of the plant begins to sing to us. Every sip of tea, every bite of chocolate, is an opportunity to give thanks to the meta organismic ecosystem of the wild that is "the farmer".

This wander-guided education into chocolate has been deeply supported by my love of Tea, and this Tea community that is dedicated to learning with an open mind, a curious palate, and an encouraging heart. I must take a moment to thank Adam Yasmin for introducing me to Tea as a ritual practice. I remember following him around Los Angeles, no matter what time of day or night, just for the opportunity to enjoy tea in the casual depth of gongfu style. I would find him serving tea at 3am, tucked away in the corner of an underground party, walls vibrating with drum and bass; and there we were, peacefully smiling in grounded presence, tea cups cradled in our hands, observing the diversity of entertainment that is human behavior. Many nights and many cups later, I have cultivated a deep respect for Tea as my teacher. In 2010, Adam gave me a tea set for my birthday, which is now stained with stories, smiles,



prayers, and deep insights of my belonging here and now. Yes!

I am honored to share Yes CaCao's botanical chocolate bar, Gaba Baba, with the Global Tea Hut community this month. We use chocolate as a delivery system for botanical medicine, a vehicle for education, and a reason to praise with a big smiling "Yes!". The Gaba Baba can be enjoyed at any time of the day or night. We have stone-ground the GABA tea, kava, turmeric, and blue lotus spagyric into this smooth and flavor-layered chocolate to help you relax into your natural rhythm. The bars contain no refined sugar, no dairy, no soy, and no gluten. There is only one rule: ***Make a wish*** and then ***take a bite!***

You are invited to explore our website and support our current Kickstarter campaign, "Feeling The Yes." We appreciate the heavenly gaze of your eyes on these words, and when you find yourself in Oakland, please come by for a cup of tea and a bite of chocolate!

Like you, I love Tea. Like Tea, I love you.

**Bless you, Yes you,
Justin Frank Polgar
Minister of Chocolate
YesCaCao.com**