

# TeaWayfarer

*Each month, we introduce one of the Global Tea Hut members to you, 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 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 Bo Wong.*

I grew up with Tea. Tea has always been there for me, from my grandma always drinking black tea, eyeing my other grandma's golden dragon tea set, to making my own herbal blends. My name is Bo Wong and I live in Brisbane, Australia; I live at the bottom of a mountain and my housemate plays giant gongs.

My family migrated to New Zealand from Malaysia before I was born. We were never normal, as I have fond memories of eating off banana leaves instead of plates, helping my grandma grow food and harvesting food from the sea. Later in life I got more into Tao practices and alternative health, so serving tea seems like a natural progression and something that always been within me, waiting to awaken.

After my first tea ceremony at a friend's place, I felt an instant connection, awareness and happiness that tea was something I wanted to know more and explore. I was hooked and have been presented with the most beautiful moments and connections of drinking tea in Nature and learning more about Her spirit.

I never knew there was so much to be learned about tea, all the different varieties, brewing methods, history, processing and quality. At first, it was a little overwhelming to discover there was this entire culture that could offer so much and I had never really known about it. Since then I've known it's the right path to go down and it makes my heart sing with joy.

I've learnt to be gentle with myself and all that tea has to offer, remaining nonjudgmental that I may not know as much as others, but instead I listen to the messages tea teaches me. It has taught me to slow down, listen to my heart, dance with life and be more present rather than stressed, rushed and constantly push through.

I love the simplicity tea ceremony in particular can offer and have been so drawn to serving tea in this way. I hold monthly tea ceremonies at my space and before my women's circles, in which I've seen the transformative power a simple bowl can hold, the connections and heartfelt conversations afterwards.

For me, being part of the Global Tea Hut continues to connect me to kind, caring people who I am honored to be friends with. The info has been such a blessing and is so synchronistic with what is going on in my life. I'm so glad to have met the spirit of Tea, be part of the Hut and all it brings into my life. I would love to share tea with more of you and hope that we continue to learn and grow together.



茶人: Bo Wong

I work with diet, food and health, offering consultations and exploration of a healthy, organic lifestyle, sharing what I learn with others as I grow in this beautiful life through writing, photography and videography. Tea plays an important role in what I do, both in terms of physical and spiritual well-being.

Tea has taken me on a wonderful journey which I will continue to share with others and ceremony has become a big part of my life. I've learnt to love more, trust my inner wisdom, build a stronger bond with nature and thrive to create beauty in every moment. This is my wish for everyone. If you're ever in my part of the world, I would love to share a bowl or three with you! Blessings, my friends.