

You must be completely awake in the present to enjoy the tea. Only in the awareness of the present, can your hands feel the pleasant warmth of the cup. Only in the present, can you savor the aroma, taste the sweetness, appreciate the delicacy. If you are ruminating about the past, or worrying about the future, you will completely miss the experience of enjoying the cup of tea.

-Thich Nhat Hanh

